

My Media Diet

How much does your Mom or Dad really know about your media use? Answer these questions and then compare them to your parents' answers. Do you think they match a lot or a little?

1. Think about all the different things you do everyday. About how much time do you use media?

| | Minutes | Hours | Don't Know |
|-----------------------------------|---------|-------|------------|
| I watch TV | | | |
| I play video games | | | |
| I listen to music | | | |
| I email or Instant Message | | | |
| I use a cell phone | | | |
| I surf the Internet | | | |
| I read for fun (not for homework) | | | |

2. What media do you use in your bedroom? _____

3. What is your favorite media?

- TV show _____
- Video game _____
- Website _____
- Movie _____
- Music CD/group/song _____

4. Do your parents make rules about:

- a. How much TV you can watch? (circle one) YES NO
- b. What about video games? (circle one) YES NO
- c. What about which TV shows or movies you can see? (circle one) YES NO
- d. Or where you go online? (circle one) YES NO