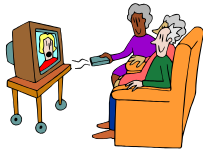




Your Family and the Media

Our experience with media “feeds” our minds and spirit. The media can be a marvelous tool when used wisely and with discernment. Just as we need to have a balanced diet in order to have healthy bodies, we need to select media which is healthy and uplifting, rather than allow ourselves to be dragged down by “toxic exposure.”

On the line below each symbol, write the title of a TV program, movie, video game, and magazine. In the balloon, mark whether it is “healthy,” “junk food,” or “poisonous.”



Think It Through

Families on TV are the same as our family when they _____.

Families on TV are very different from our family when they _____.

My favorite movie is _____ because _____.

The most important thing I ever learned from TV/ a movie was _____.

Act: Watch a TV program together. Discuss: Does the story illustrate Christian values? Inspire or encourage us to do things which make us better people? Where can we see the hand of God in the story?

Scripture: “Whatever is true, whatever is honorable, whatever is pure, whatever is lovely, whatever is of good repute: let your mind dwell on these things. *Phil. 4: 8*”

Resources: Book: *Taming the Media Monster* by Dan Andriacco

Magazines with media reviews: (for kids) *My Friend* <http://www.pauline.org>;

(for adults) *St. Anthony Messenger* <http://www.AmericanCatholic.org>

Websites: <http://www.usccb.org/movies/index.htm>; <http://www.msn.staysafeonline.com>