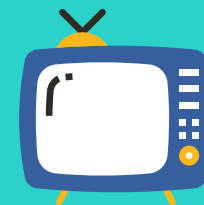


HIGH-QUALITY CHECKLIST FOR VIDEOS, SHOWS, & MOVIES



VIDEO DESIGN

- Slow, calm pace of action
- Scenes do not change quickly
- No flashy animations or loud sound effects
- Sounds and music match the images
- Lesson is repeated in different ways to help child remember
- Characters talk directly to the child sometimes
- Characters pause to let the child respond
- Doesn't annoy you as the caregiver ☺

BEHAVIORS & STORYLINE

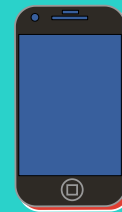
- Story is easy to follow and clear
- Story is appropriate for the child's age and knowledge
- No scary, violent, or hateful behaviors or words
- Characters have positive and friendly behaviors
- Characters speak kindly
- Story shows familiar or realistic places and events for the child

THEMES & LESSON

- Has a specific educational theme or lesson
- Lesson is easy to identify
- Lesson is interesting to the child



HIGH-QUALITY CHECKLIST FOR APPS



APP DESIGN (E-AIMS)

- No distractions or extra bells and whistles
- Do not need to watch ads to keep playing
- Do not need to buy extra upgrades to win
- Child-led activities where the player gets to make choices
- Levels within the app get harder as they go
- Things in the game look realistic
- Situations in the game are familiar or similar to the child's life
- Familiar or repeated characters that the child can get to know
- Encourages playing together through multi-player or turn taking
- Doesn't annoy you as the caregiver ☺

GAMEPLAY

- Open-ended with multiple ways to play the game
- Rules and instructions are clear or app is easy to follow without instructions
- Gestures in the game (like swipe, tap) are things that the child is able to do

EDUCATIONAL LESSON

- Matches the child's interests
- Clear learning goal(s) or lessons
- Games and challenges fit the child's age and what they know
- Educational lessons are repeated in different ways

WHAT'S SCARY FOR KIDS AT DIFFERENT AGES



CHILD ABUSE & NEGLECT
Prevention Board



Keep in mind that this is based on the way children generally develop, and your individual child's experience may differ.

**Ages
0-2**

Fear loud noises, sudden movement, and strangers

Infants learn to notice when their caregiver is gone and begin to fear strangers. They only understand real-life, hands-on experiences.

Infancy

Sensorimotor Stage



**Ages
2-7**

Fear make-believe danger, dramatic changes, and scary appearances

Children in this age range begin to develop imagination and can start to guess what will happen next. However, they cannot easily tell the difference between real and pretend.

Early Childhood

Preoperational Stage

**Ages
7-12**

Fear real events (disasters, losing a loved one) and suggested danger (spooky music, suspense)

By middle childhood, children can tell the difference between real and pretend. They can easily guess what will happen next and understand realistic dangers.

Middle Childhood

Concrete Operational Stage

**Ages
12+**

Fear human and world issues like loneliness, war, poverty, and global warming

Adolescents understand a bigger view of the world and can think about things they can't see. They can easily use both their own personal experiences and information they have heard from others.

Adolescence

Formal Operational Stage



those media moms



WHAT TO SAY IF YOUR CHILD SEES SCARY STUFF



CHILD ABUSE & NEGLECT
Prevention Board



5-STEP SCRIPT

We get it, it happens.

Your kids might see something on a video or in a game that really scares them. But there are steps you can take to calm some of their fear and worry.

Use this script to guide you as you talk to them afterward.

Please feel free to change this script based on each child and their unique needs.

The key is to create a safe and open space for your child to share their feelings and for you to provide comfort and help them work through their fears.

1. Listen to their Feelings

Try not to say things like "Don't be scared!". Instead, just listen and talk about how they feel. For example, "I can see you're feeling worried. Do you want to tell me about it?" Listen and repeat back the feelings they describe.

2. Explain their Feelings

Explain why the child might feel scared by what they saw. For example, "That ice monster was really big and loud. I can see why that scared you."

3. Let them Know they are Safe

Explain to the child that what saw on screen is not a threat in real life and that they are safe. Say things like, "That ice monster is only in the movie, not here. Monsters actually aren't real, and I would never let anything like that near you. You are safe, it's my job to keep you safe."

4. Give them Tools for Next Time

Remind your child that if something feels too scary for them, they can use their words and tell an adult, look away, cuddle their lovey, etc.

5. Redirect their Attention

Change to talking about something positive. If possible, switch to a different activity and place. Stay close for a while. Your child is comforted by having you there. You could try to take them to play in a different part of the room or to read their favorite story, sit at the table and draw together, or go outside for a walk - whatever you and your child enjoy!

