Today’s piece was prepared by Richard Kow, MD, based on a CNN story [Screen violence – real and fictional – harmful for kids, experts say](http://www.cnn.com/2016/07/18/health/screen-violence-children/index.html)

This article explores the effects of seeing both real and “fake” violence on screen in the wake of recent events in France and Turkey. The author discusses how violence is associated with increased aggressive behavior, thoughts and anger in children. Children may have increased anxiety and sleep disturbances immediately after viewing violence, whether real or fictional. Reassurance for children after these evens is important to allay these fears. Additionally it is important for increased regulation regarding the amount of violence in games, television and other media. The author compares the risk of aggressive behavior from viewing violence to be on par with the risk of lung cancer from secondhand cigarette smoke. There is balance in the author’s discussion as the pro-social effects of video games and television are mentioned. The article cautions that we should not demonize media completely as there is no evidence that violence on screen has increased real-life violence.

Overall the article maintains an impartial take on the role of media violence and its effect on children’s behaviors and levels of aggression. It draws on scientific studies published in Pediatrics to substantiate its claims. It appears accurate and attempts to convince its readers that one should not lightly dismiss violence on screen as it has real effects on a child’s development.

**RESOURCES ON SCREEN/MEDIA EXPOSURE AND CHILD DEVELOPMENT:**

[Center on Media and Child Health](http://www.cmch.tv/) *Boston Children’s Hospital academic research center whose mission is to educate and empower children and those who care for them to create and consume media in ways that optimize children’s health and development*

[SafetyNet](http://safetynet.aap.org/) *Resources below for information from the American Academy of Pediatrics and other organizations that specialize in keeping children and adolescents safer online*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!