

## A Tip from the PTA

### Family media strategies from the PTA



#### Family Media Resolutions

With the new year comes a time for resolutions. Why not have your family make some about their media use?

Be selective about what you watch on TV, where you go on the Internet, or what video games you play. Set the [parental controls for your TV, video game console, and computer](#). Set limits on when and for how long you use media. Talk about a movie, program, game, or website and have your children explain what they like and why. Make sure your kids know that you expect them to behave online the same way you expect them to behave in real life. Point out when characters are acting responsibly and speak up if they do something that conflicts with your values and beliefs.

Help your children learn about Internet safety with [PointSmart.ClickSafe.org](#), [Common Sense Media](#), or [iKeepSafe](#). Media can be entertaining and enlightening if you're media smart! For more information on how your family can be media smart, visit PTA's [TV and Video Game Safety](#) or Cable in the Classroom's [Media Smart for Parents](#).

## Family-Friendly Cable Programs in January

Cable in the Classroom presents a sampling of entertaining TV programs for family viewing



### Treasure Quest (Discovery Channel)

January 15 at 10:00 PM ET/PT

This new series from Discovery Channel follows deepwater explorers as they search for and find some of the world's greatest shipwrecks and bring untold stories back from the mysterious deep. Treasure-hunting season begins in this premiere episode with a search for the richest shipwreck treasure of all time -- the billion-dollar cargo of the *Merchant Royal*. TV-PG.



### Fort Knox: Secrets Revealed (History)

January 3 at 5:00 PM ET/PT

The U.S. Bullion Depository, better known as Fort Knox, is home to the United States Army and is one of the world's most top-secret fortresses. Hidden deep inside the vault is an estimated \$73 billion in gold. Almost all information about it is classified. Through interviews with eyewitnesses, rare photos, and rarely seen films, we will construct a picture of what the building might look like. TV-PG.



### Olivia (Nick Jr.)

January 26 at 11:30 AM ET/PT

*Olivia* (pictured) is a new children's animated television series based on the best-selling books by Ian Falconer. The show invites preschoolers into both the real and the fantasy life of an adventurous, can-do 6 3/4-year-old girl, her family, and her friends. Her real life revolves around her family and school, while her fantasy life takes her everywhere from Egypt, to the Wild West, to outer space, to a pirate adventure, and to a concert hall, to name just a few places. TV-Y.

### On Surfari: Nicaragua (FUEL TV)

January 15 at 8:00 PM ET/PT

Shayne and Shannon McIntyre surf and explore Nicaragua and discover the beauty and tragedy of a nation trying to rebuild from its turbulent past and open its doors to the world. The McIntyres surf some amazing waves, play with dangerous animals, and check out various creative humanitarian efforts that have sprung up in the country. TV-PG.

### **Dangerous Encounters: Jurassic Shark (National Geographic Channel)**

January 3 at 8:00 PM ET/PT

In this episode of the National Geographic Channel nature series, viewers will come face to face with one of the most ancient carnivorous animals on the planet: the sixgill shark. While filming some of the largest congregations of sharks ever seen, the team makes an amazing observation and captures unique shark behavior on film. TV-PG.



### **Underdog to Wonderdog (Animal Planet)**

January 3 at 8:00 PM ET/PT

This new series from Animal Planet (pictured) takes a stray shelter pup and turns its four-legged life completely around. Each stray will be rescued and rehabilitated, trained by a dog behaviorist, primped by a groomer, and placed into a loving home that includes a custom-designed dog house. TV-G.

### **Nick News with Linda Ellerbee: Things I Want My Parents to Know... But May Not Tell Them (Nickelodeon)**

January 18 at 9:00 PM ET/PT

This *Nick News with Linda Ellerbee* episode may be an ice-breaker for your child open up to you. Ellerbee speaks to 10 children from around the country about the things they want their parents to know but may not know how to tell them. TV-G.

### **The Powerpuff Girls Rule! (Cartoon Network)**

January 19 at 8:00 PM ET/PT

Super-powered sisters Blossom, Bubbles, and Buttercup take to the skies for their biggest battle yet in this new Cartoon Network animated special. Still saving the day before bedtime, the world's first kindergarten superheroes will be called upon to rescue the city of Townsville by retrieving a mysterious "Key to the World" that bestows absolute power to whoever possesses it. TV-Y7.

For more family-friendly programs, plus information on using parental controls to block out inappropriate content, go to [ControlYourTV.org](http://ControlYourTV.org).

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## **Cable on the Web**

**CIC presents a sampling of family-friendly websites**

### **Cities of the Underworld ([www.history.com/minisites/citiesoftheunderworld](http://www.history.com/minisites/citiesoftheunderworld))**

At this History site, users can check out interactive maps, an original online broadband series *Naked Underground*, guides to cities, video blogs, and strange facts.

### **Planet Earth ([dsc.discovery.com/convergence/planet-earth/planet-earth.html](http://dsc.discovery.com/convergence/planet-earth/planet-earth.html))**

This companion website to the groundbreaking series from Discovery Channel has a guide to endangered animals featured on the series, video highlights, games, a guide to the planet, and more.

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Note: PTA does not endorse any television programs or websites and is not responsible for the selections in this newsletter or the content in those selections. All programs and websites are selected independently according to criteria established by Cable in the Classroom, the cable industry's education foundation. For information about these criteria, go to [www.ciconline.org/parents](http://www.ciconline.org/parents).

Some networks may not be available in your area. Check your local listings.

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