



Beyond the Bookends

July 2018

Digital Literacy Initiative: Talking about Screen Violence and its Effects

The controversial topic of onscreen violence, particularly from video games, has been in the news all too often lately as we are faced with terrible acts of violence in our country.

Unfortunately, this phenomenon of violence viewed or carried out onscreen is relatively new and rapidly changing. Long term, comprehensive studies on how it affects the human mind are still needed before any definitive conclusions can be reached. The majority of studies that have been done have shown a link between violent media and aggressive and violent behavior in youth. Many major scientific organizations have found that exposure to violent video games increases aggressive thoughts, angry feelings and decreases prosocial behavior.

It should be noted that:

- Repeated exposure to violence in media can desensitize people to violence. Desensitizing is a normal protective reaction that our brains have to repeated exposure to difficult experiences. It is not something unique to onscreen violence. The repetition of the experience causes this effect.
- Video games are not inherently 'bad'. They do seem to affect behavior, so it follows that the type of game can determine the way behavior is impacted.
- Media violence is not the primary cause for aggressive or violent behavior. Instead, it is one of the risk factors that is common among youth that do exhibit these behaviors.
- Exposure to on screen violence is one of the few risk factors that can be easily modified.

Studies show that children spend more time interacting in real life have more prosocial behaviors; helping, comforting, sharing, etc. So what does this all mean for the average parent? And what should you do if you have a child who seems to enjoy playing violent video games or watch high action, violent media?

The American Association of Pediatrics recommends that parents consider setting limits on time and content for electronic media. Dr. Delaney Ruston, who produced the documentary film *Screenagers: Growing up in the digital age* (2016), suggests that parents and children should keep an honest, ongoing dialogue about screentime and media usage, and that developing a set of house rules for media use with your child can be helpful for the whole family.

Your child's doctor can help you identify resources if you are concerned that your child is exhibiting aggressive or violent behavior. Other screentime guidelines from the American Association of Pediatrics include: No screentime for children under 18 months old, 1 hour of screentime (watched with a caregiver) per day for children under 5, consistently enforced limits for children 6 and older on time and types of media. Media should never take the place of sleep or physical activity

Matt's Monday Matinee Monday July 2, 1-4 PM

Matt has agreed to expand his monthly film screening and discussion with an additional meeting on the first Mondays of the month. Please join us for intriguing films and lively discussions.

MPL Book Discussion Group

Meets on the second Tuesday of each month from 6:45 - 8 PM.

Tuesday, July 10: Join us to discuss *Tribe* by Sebastian Junger

Tuesday, August 14 : *The republic of Imagination* by Azar Nafisi

My Place CT Information Session

Thursday July 19, 6 ;30 PM

Tuesday July 24, 2:30 PM

Join us as we explore MY Place CT, a free resource to help older adults and people with disabilities live independently in the home or community. Making it easier to find care, services and supports—all in one place. Giving you the tools and information you need to find local, state and federal resources when you need them. Empowering you to live in the place you call home. Because there's no place like home My Place CT is the state's independent source of objective and well-vetted long-term services and supports information, with no commercial agenda.

Mansfield Film Discussion Thursday, July 12, 5 PM



The next discussion will be *Before Night Falls* starring Javier Bardem in an Academy Award Nominated performance as Reynaldo Arenas a Cuban Poet who goes from wanting to be part of the revolution to persecution by Castro's government for being gay. The film also features cameo performances from Sean Penn and Johnny Depp.

Drop-In Knitting Group Thursday July, 19 2-4 PM

Bring your projects, your ideas, and your questions. All skill levels are welcome.



Children's Storytimes and Play Groups

All activities are free and open to the public. No registration required.



Toddler Time: Fridays, 10:15- 11:30 AM

Stories, songs, and playtime for children from birth to three with a caregiver. The dates for this month are: July 6, 13, 20, 27

Wonderful Wednesdays: 10:30 - 11:30 AM

Stories, songs and simple crafts for young children with a caregiver. The dates for this month are: July 11, 18, 25

Family Storytime: Saturdays, 10:30-11:30 AM

Stories, songs and simple crafts for young children with a caregiver. The dates for this month are: July 7, 14, 21, 28

Kahana Hula Luau Show Friday, July 13, 3 - 4 PM

Experience the Aloha Spirit at this beautiful program that presents the culture of Hawaii through dance, music and stories. Kids of all ages (adults too!) will enjoy this interactive program which includes hula and other dances, live music, games and more. Tiare Kahana is a performing and teaching artist dedicated to sharing the Aloha Spirit and Hawaiian culture. As a special bonus, anyone who is interested is welcome to stay after the show for a 1/2 hour hula lesson!



Traveling Lantern Theatre Company "The Life of Mozart" Tuesday, July 17, 6:30 - 7:30 PM

A frolicsome, gleeful and historically accurate play about one of the greatest geniuses who ever lived. From start to finish this show is accompanied by Mozart's breathtaking music. The play is especially designed to introduce young children to the vibrancy of history, the joy of music and the true story of this special composer's life.

C.A.N.D.O. Agility Dogs Demonstration Wednesday, July 25, 1 - 2 PM

Our favorite canine performers return with their handlers for a fun and energetic agility demonstration.



Christina the Magician Friday July 27, 3 - 4 PM

Amazing slight of hand delivered with a touch of humor, Christina strives to surprise her audience and make everyone happy.



Judi Ann Jones: Dancin' with Hoops Tuesday, July 31, 3 - 4 PM

If you aren't already a hula hooper you will be after this program. Judi Ann Jones brings hoops of all sizes and engages audiences of all ages in the joy of hula hooping, an energetic combination of creative movement, exercise and play. This program combines instruction with lots of participative fun.



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Crafts for Kids

Get creative with different projects every week!

Thursdays from 2:30-3:30 PM

July 5: Homemade instruments

July 12: Weaving crafts

July 19: All kinds of painting

July 26: Creative drawing

Tween /Teen Program Crafting for a Cause July 11, 18- August 1, 11 Wednesdays, 2- 4 PM

Middle and High School students are invited to drop in and make crafts that will support the Animal Shelter and the Friends of the Library.

Tween /Teen Summer Reading
Young people entering middle school or higher can sign up for the Tween/Teen Reading Incentive Program. It's simple: sign up online or in person, then read. Enter the weekly drawing online or in person each week at the SRP desk. Two gift cards given away each week.

Mindful Mondays July 16, 23, 30, Aug. 6, 13 3:30-4:30PM

Join Katie Bell from Youth Services for a fun, family-friendly introduction to mindfulness through storytelling, movement, meditation and crafts. Attendance every week is encouraged as it enhances the experience, but is not required. Each program is different. For children 2nd grade and up with a caregiver.

Mansfield Public Library

54 Warrenville Rd. , Mansfield, CT 06250

Monday: 10-5 Tuesday: 10-8 Wednesday: 10-5



860-423-2501

Thursday: 10-8 Friday: 9-5

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Saturday: 9-5 Sunday: Closed