



## Don't Let the Monsters In!

With Halloween approaching, your children may be talking of ghosts and monsters, zombies and other grotesque things. But Halloween isn't the only time that we invite things that go bump in the night into our homes. Video games are becoming increasingly more violent and parents seem to be quite unaware of what their children are playing. Studies have shown that violent and aggressive behavior is strongly attributed to video game use<sup>1</sup>. Ever wonder why your child doesn't seem to be phased by guns, pain or gore? If they're playing video games, they may be desensitized to violence and have low levels of empathy for others, studies say<sup>2</sup>.

As games are hitting the shelves, many parents are

buying the product for their children without knowing what they're letting into their homes. For example, in Halo, a popular first-person shooting game, there is an option to connect online to other gamers. Who your children connect with, how old they are, and their language use is unknown. Don't let your children talk to strangers, on the street or online.

Many video games have vulgar language, sexual content (including nudity) and extreme gore. Even if your child is "of age" to play the game, it is up to the parent to decide if the content is appropriate.

Here are basic ratings for video games, definitions of content and examples of popular games:

E- Everyone 6 and older

can enjoy these games (Wii Fit games)

E10+- Designed for 10 and up (Need for Speed Nitro)

T-Teen 13 and up (suggestive themes, minimal blood and language content) (World of Warcraft)

M-Mature- contains intense language, blood and gore, sexual content and strong language. (Halo)

AO- Adults Only 18 and up. May contain prolonged scenes of intense violence, graphic sexual content/nudity. (Grand Theft Auto)

Visit [ESRB.org](http://ESRB.org) for more game ratings and information!

<sup>1</sup> Funk, 2003

<sup>2</sup> Bartlett, 2007

## How to talk to your child about video games

Talking to your child about video game use may be difficult, especially if your child is a tween/teen. They may feel threatened and misunderstand. Here are a few guidelines to talk to your child about their video game use:

~Play with your child. Let them explain the rules to you. Observe the game to see if it is appropriate

~ If you find it is not suitable, set limits with your child. Ask your child (if they are old enough) what they think is fair- for a time

limit and game type. If your child is younger, it is up to you to decide for them what is suitable.

~If you have older and younger children at home, it may help to designate blocks of time for each child to play his/her game with supervision.

### Contact Our Office

Kendell Hardy LCSW  
School Social Worker

274-1422 x 2008  
[khardy@greenisland.org](mailto:khardy@greenisland.org)

Elizabeth Couser  
MSW Student Intern

[elizabeth.couser@yahoo.com](mailto:elizabeth.couser@yahoo.com)



### Visit our webpage for community resources!

Need a few suggestions for crisis services, housing, respite or psychotherapy in the community? Visit the guidance website for contact information regarding services in the area. If you have additional questions or need another type of service, please do not hesitate to contact our office by phone or email!

## Inside Story Headline

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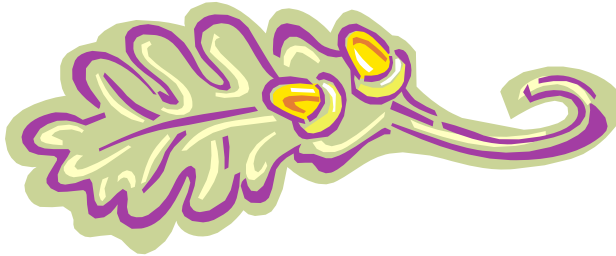
This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World



Caption describing picture or graphic.

publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web

## Inside Story Headline

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This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial.

You can also profile new employees or top customers or vendors.

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

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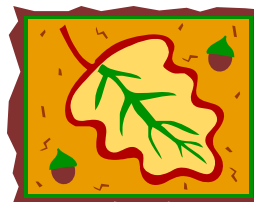
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Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the



Caption describing picture or graphic.

caption of the image near the image.

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*Caption describing picture or graphic.*

# Organization

## **GREEN ISLAND**

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

***Your business tag line here.***

*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

**We're on the Web!**  
**example.com**

## Back Page Story Headline

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This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

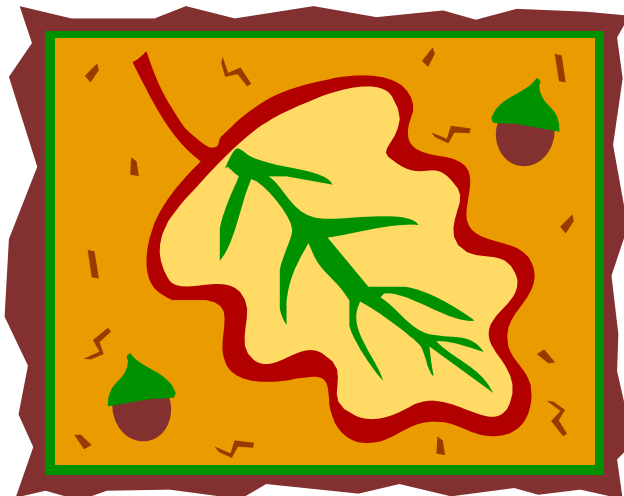
If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to

any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the

month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



*Caption describing picture or graphic.*