

## HEALTHY TV HABITS

1. Limit the number of TV-watching hours  
Keep the TV out of your bedroom, turn the TV off during meals, and don't watch TV while doing homework.
2. Try a weekday ban  
Schoolwork, sports activities, and household responsibilities make it tough to find extra family time during the week. Save TV time for weekends and you will have more family time together to spend on meals, physical activity, conversation, and reading during the week.
3. Test what you watch against your beliefs and values  
If something bothers you that appears on the screen, turn off the TV and ask questions like:  
“Was it OK for those men to get into a fight?”  
“What else could have been done?”  
“What would I have done?”  
If certain people or characters are mistreated or discriminated against, ask yourself why, what the motivations were, and whether that was fair or not. Discuss what you've seen on TV, including issues that TV raises, with your parents.



### REMEMBER: THERE'S A WORLD OUT THERE

Play outside, read, work on crafts or hobbies, or take some initiative and learn how to cook ema datshi or play an outdoor sport. The possibilities for fun without TV are endless-- so turn off the TV and enjoy some quality time!

### ACTIVITY: TV DIARY

Begin to explore how you use TV by keeping a TV diary. Use this diary to log all of the TV programs you watch in a given week. After completing the diary, consider:

- What do you like most about TV?
- What do you dislike most about TV?
- Did you do other activities while watching TV?
- How did you feel after watching the programme?
- Have you spent time talking to your family today?

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Department of Information and Media [DoIM],  
Ministry of Information & Communications,  
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A GUIDE FOR THE  
YOUTH OF BHUTAN

# BUILDING A BALANCED TV DIET



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BHUTAN CENTRE  
for MEDIA AND DEMOCRACY



UNDEF The United Nations  
Development Fund



## “TV IS BRINGING UP OUR CHILDREN.” -MOTHER IN MONGAR

As a concerned mother commented, TV is beginning to develop a tremendous presence in the lives of Bhutan's youth.

As you get older, too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family.

## POTENTIAL NEGATIVE EFFECTS OF TV

- Children who consistently spend more than 3-4 hours per day watching TV are more likely to be overweight.
- Kids who view violent acts are more likely to show aggressive behavior, and also fear that the world is scary and that something bad will happen to them. Older children may mistakenly believe that violence is the only way to solve problems.

## HOW TO BE A MINDFUL MEDIA USER

- Whether it's a fictional superhero or wrestler, violence is often promoted as a fun and effective way to get what you want. WE should limit our exposure to violence on TV, and explore alternative ways of solving problems.
- TV SHOULD BE A CHOICE— NOT A BAD HABIT!
- One Bhutanese mother found this to be true of her own children: “I always see my children being like TV characters. My sons want to dress up, keep their hair like a wrestling hero.”



- TV characters often depict risky behaviors, such as smoking and drinking, and also reinforce gender-roles and racial stereotypes. Some parents are concerned about the sexualisation of children in Bhutanese music videos, which show little girls dancing and imitating grown-up women with provocative dance moves.
- TV does open up the world to us, but it is important to learn about Bhutan as well.
- Do you know more about what is happening in the world than what is happening in Bhutan? Think about it.