

Barney vs Power Rangers: Who wins?



Dr Gentile presenting his research findings to the audience at the cyber wellness seminars.

At the seminars organised by TOUCH Cyber Wellness & Sports (TC&S), Dr Douglas Gentile, Assistant Professor of Psychology at Iowa State University and the Director of Research for the National Institute on Media and the Family in the United States, revealed an alarming fact; that the type of TV programme your child watches will affect the development of the child's personality. Citing an example from his research, it was found that little children who watched Power Rangers had a higher tendency of displaying aggressive behaviours than those who watched Barney.

The two seminars, titled '*Media Wise, Digital Savvy*' and '*Reaching the Wired Generation*', held on 26 and 27 January, saw Dr Gentile speak on topics such as brain development and media, and video gaming effects. TC&S also highlighted the potential dangers of cyberspace and addressed several cyber wellness issues.

Targeted at educators and parents, the seminars were very well-received. Said Adeline Wong, a parent and Education Officer at MOE, "This seminar taught me how to set boundaries and gave some insights on why teenagers like to stay in the virtual world. This is useful for parents, especially those who are not tech-savvy."