

Commonsense Media have come up with some useful tips on how to handle violent games and video material:

Set preferences. Facebook and other social media allow you to choose whom to follow and, to some extent, what kinds of posts you see. Check your children's social media settings to see what options are available to curate the feed. If certain friends always post violent, age-inappropriate posts, you can unfollow or unfriend them. However don't just rely on them to keep your children safe

Turn off auto-play. Make sure violent videos don't play automatically as your child scrolls by. [Learn how to turn off auto-play on some of the most popular social media.](#)

Turn off push notifications. You can avoid news alerts by turning off notifications on your phone and in your apps.

Tell children to wait. As much as you might wish kids just wouldn't watch these videos, they will. So you have to be realistic. You can frame it for them as taking control of their experience: Explain that they have a choice of when and how to watch these videos. Tell them that the fact that the videos show up in their feeds doesn't mean they have to watch them immediately. Discuss how waiting until you're calm or with supportive friends and family can be a way of taking care of yourself. For younger children, tell them you'd like to view these types of videos together so you can discuss them.

Practice media-literacy skills. Analysing media, including real-life violent videos, trains kids to think critically about the information they're receiving. Real-life violent videos are so emotionally charged, children may miss key contextual details. Ask your children: Who are the people in the video? What are they saying? Who is their audience? Why are they recording in this manner? What information is the recording giving? What information is it leaving out?

Remind them that real violence isn't a joke. When people get hurt, that's not entertainment. With older children, you can talk about the social, political, and other issues contributing to the situations they're viewing.