

Evaluation of the 10Day Challenge in 2003-2004 Answers from Parents, Children and Teachers

| Evaluation in 6 elementary schools 2003-2004 | Evaluation in one high school April 2004 |
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| <p>1 354 children from 11 elementary schools reduced exposure to TV and videogames by 19 377 hours. Parents, students and teachers from 6 of these schools evaluated the benefits.</p> <p>365 students participated in the evaluation, 27 teachers and 247 parents.</p> <p>Children succeeded in the turn-off an average of 7 days. Girls succeeded in turning off one day more than boys.</p> <p>30% of children kept their TV turned off completely for the whole 10 days.</p> <p>Useful</p> <ul style="list-style-type: none"> - 70% of students found the Challenge «very or quite» useful, - 76% of parents found it «very or quite» useful, - 66% of teachers found it «very or quite» useful, <p>Benefits</p> <p>Time spent in front of the tube deprives children from time to develop social skills. What happened during the turn-off ? The Challenge has shown to increase,</p> <ul style="list-style-type: none"> - Physical activity (62.2%), - Time spent with parents (58.5%) - Time spent with friends(45%), - Helping at home (44.4%). - Relationship with brothers and sisters(31.8%). - Better humor (30.2%). <p>Answers show that social relations and family ties were influence positively. Participating families have observed :</p> | <p>One thousand students participated in 2 workshops to provide motivation and empowerment to participate in a 10Day turn off.</p> <p>522 students participated in the evaluation, 168 parents and 32 teachers.</p> <p>Teens succeeded in the turn-off an average of 4.8 days.</p> <ul style="list-style-type: none"> - 78% of students aged 12-16 said they participated in the Challenge. - 6% succeeded in turning off TV and videogames completely for 10 days, - 23% reduced consumption by 75%, - 36% by half, - 35% by a quarter. <p>Useful</p> <ul style="list-style-type: none"> - 80% found the Challenge very or quite useful. - preparation reached all students, including non participants; media literacy workshops helped them obtain some benefits anyway. - Two thirds of parents found the Challenge very or quite useful. - All teachers (100%) found the Challenge very or quite useful. - 86.2% of staff considered the profit very or quite important. <p>Benefits</p> <p>TV and videogames deprive teens of time that to develop social skills. Self deprivation of TV had an impact on their quality of life.</p> <ul style="list-style-type: none"> - Physical activity increased (50%), - 45% of students increased time spent with friends. - 25% spent more time with parents and increased help for tasks at home. <p>Influence of TV. 76% of parents say that</p> |

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| <ul style="list-style-type: none"> - Closer relations between parents and children (more time together, encouragements to turn-off, help with home chores). - Improved relations between brothers and sisters. - Better relationship between school and community. - Community mobilisation to support children. - Reduced exposure to TV and videogames after the Challenge. | <p>they are conscious of it.</p> <p>New dynamics in the school. 63% of teens say that the Challenge improved it. Majority were girls. This element was the <u>2nd most improved</u> by the Challenge.</p> <p>New dynamics in the community. 58% of teens say it improved, mostly girls. It was the <u>3rd most improved element</u> witnessed during the Challenge.</p> |
| <p>Critical Viewing Skills Half of students (52%) said they improved their CVS. 3rd most positive benefit. TV and videogames influence children « much or quite » say 80.3% of parents, 100% of teachers say that their students' viewing skills have improved.</p> | <p>Critical Viewing Skills Almost 2 thirds of high school students (65%) said they improved their CVS, mostly girls. Benefit no 1. Six parents out of 10 (59%) say that they witnessed the improvement of their child's viewing skills. 9 teachers out of 10 say the same.</p> |
| <p><u>Violence</u> - At Home. Decrease of verbal violence witnessed by 54.7% of students. Benefit no 1 from the Challenge. Decrease of physical violence was witnessed by 54.2% of students. Benefit no 2. - At School. Decrease of physical violence witnessed by 44% of students. Decrease of verbal violence witnessed by 40.5% of students.</p> | <p><u>Violence</u> - At Home. Decrease of verbal violence witnessed by 39% of students. Decrease of physical violence witnessed by 38% of students. That is more than one third. - At School. Decrease of physical violence witnessed by 32% of students. Decrease of verbal violence witnessed by 27% of students.</p> |
| <p>Comments.</p> <ul style="list-style-type: none"> - Decrease of violence witnessed by all 3 partners (students, parents and teachers) was significant for both physical and verbal violence, at home and at school. - Decrease of verbal violence has been observed by children more at home (54.7%) than at school (40.5%). Similar result with teens (39% versus 27%). - Decrease of physical violence has been observed by children more at home than at school (54.2 versus 44%). By teens (38 versus 32%). - Evaluation focused more on the sense of security than the actual number of aggressions. The Challenge has ameliorated that sense for 50% of children and 32% of teens. | |
| <p>Repeating the Challenge</p> <ul style="list-style-type: none"> - Half of student (52.3%) said yes. - Over 2 third of parents (69.1%) say yes. - 2/3 of teachers say yes. <p>Complete analysis.</p> | <p>Repeating the 10Day Challenge 72% of students say yes. That wish is stronger than elementary schools. 8 parents out of 10 (79%) recommend other schools to try it. The strongest support for repeating the Challenge came from teachers (89.7%). Complete analysis of the 10Day Challenge in a high school available at www.edupax.org</p> |
| <p>All data were quoted from final Report to Public Safety Departments of Québec and Canada, May 2004.</p> | |