**Tips for Involving Parents in Movie Night**

Watching movies is an engaging activity for the young and old, but movies are particularly impactful for youth. According to statistics from the Kaiser Family Foundation (Rideout, Roberts & Foehr, 2005), youth ages 8-18 spend approximately 6.5 hours each day using media, an activity that far surpasses the time they spend with parents, doing homework or playing sports (p. 6). Youth in the age group daily spend approximately 1 hour 44 minutes listening to music, just over an hour using the computer, 49 minutes playing video games, 43 minutes reading and 25 minutes watching movies (Rideout, Roberts & Foehr, 2005). For movies, that equals 9,125 minutes or 152 hours per year! Parents and adults are an integral part of making sure that youth take away important topics and themes from each movie they watch.

Here are some hints to help the adults in attendance get the most out of Movie Night:

- If the adults have already seen the film: While youth are watching the movie, have the adults look over the discussion guide together, and then as a group discuss possible scenarios on which to base movie discussions with youth.
- If the parents haven’t seen the film: Encourage a separate viewing of the movie for adults in another room. While the youth are engaged in post-movie viewing activities, parents should engage in dialogue regarding relevant themes their youth are experiencing, which also tie into the movie.

**Possible topics include:**

*Parents:*

- What are my child’s current interests?
- What skills do I hope my child will gain in the coming year?
- What are my child’s problem areas at home or school?

*Out of School Facilitators:*

- What character or emotional skill sets do youth at this age need to develop?
- Do I already lead a workshop on a particular topic that can be bolstered by a movie?
- What are some shared interests of my group (sports, music, art, friendships)?