WHAT ARE YOU MISSING?

In an average U.S. home, television is on for 7 hours, 40 minutes.

The average American watches over 4 hours of television per day.

Forty percent of Americans always or often watch television while eating dinner.

Fifty-six percent of children ages 8-16 have a TV in their bedroom.

Seventy percent of day care centers use TV during a typical day.

The average American child sees 200,000 violent acts on TV by age 18.

Forty-nine percent of Americans say they watch too much TV.

The average American youth spends 900 hours in school and 1,023 hours watching television.

Fifty-five percent of young adults admit to postponing their bedtime for the Internet or TV.

The average American sees 2 million TV commercials by age 65.

Fifty-four percent of 4-6 year-olds, when asked, would rather watch TV than spend time with their fathers.