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Video Games tied to Aggression

By Jenn Van, CNN

In a study of 3,000 kids, researchers found
make a kid, school shooter
but, one risk factor you aren’t

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The kids who played video games were more likely to show signs of aggression. The results, published in the journal Pediatrics, add to a growing body of research suggesting that video games can have negative effects on children.

The study, led by Dr. Craig Anderson, a psychology professor at the University of Iowa, found that children who played video games for more than 10 hours a week were three times more likely to be violent than those who played for less than an hour a week.

"Playing video games can lead to increases in aggression and decreased empathy," Anderson said. "It's important for parents to be aware of their child's video gaming habits and to monitor their screen time.

But is it safe to let kids play video games? Many parents are concerned that video games could be harmful to their children.

"As long as parents set boundaries and monitor the content of the games their children are playing, video games can be a fun and educational activity," said Dr. Laura Brown, a psychologist at the University of California, Los Angeles.

Experts agree that video games can have both positive and negative effects on children.

"Video games can be a great way for kids to learn about teamwork and problem-solving," said Dr. James E. Redman, a child psychologist at the University of Michigan. "But it's important to make sure they're not spending too much time in front of the screen.

For more information on the latest research on video games, visit www.pediatrics.org.