

Violence on television affects children negatively, according to psychological research that I did for this work.

There are 3 major effects of seeing violence on television are:

- Children may become less sensitive to the pain and suffering of others.
- Children may be more scared of things around them.
- Children may be more likely to behave in aggressive ways from what they seen on T.V.

I found out that children's television shows contain about 20 violent acts each hour and also that children who watch a lot of television are more likely to think that the world is a mean and dangerous place.

Children often behave differently after they've been watching violent programs on television. I found information about a study done at Pennsylvania State University, and about 100 preschool children were observed both before and after watching television; some watched cartoons that had many aggressive and violent acts; others watched shows that didn't have any kind of violence. The results made people notice real differences between the kids who watched the violent shows and those who watched non-violent ones.

Children, who watched the violent shows were more likely to fight with playmates, argue, disobey authority and were less willing to wait for things than those children who watched non-violent programs.

The University of Illinois, found that children who watched many hours of television violence when they were in elementary school tended to also show a higher level of aggressive behaviour when they became teenagers

For most of television's early years, it was difficult to find role models who would inspire young girls in the viewing audience and make them watch the right programs

In the mid-1970s, a new genre of programs such as "Charlie's Angels," "Wonder Woman," and "The Bionic Woman" entered the scene.

Now, there were females on television who were in control, aggressive and were not dependent upon males for their success.

Now each film has a rating on them and these go as the following shows:

The rating system may use letter codes (such as PG-7 for children aged 7 and up, PG-10, PG-15, etc.), and this goes up to PG-18 which is suitable for adults, because the film may contain scenes of a extremely violent nature or scenes of a sexual nature.

When I did some research on what parent can do to help this problem getting out of hand I found out that according to recent studies, the following steps can help parents maintain some control in shaping their child's viewing habits.

- Watch at least one episode of the program your child views so you can better understand the content and discuss it with them.
- Explain questionable incidents (e.g. random violence) that occur and discuss alternatives to violent actions as ways to solve problems.
- Ban programs that are too violent or offensive.
- Restrict television viewing to educational programming and shows or programs, which demonstrate helping, caring and cooperation.

- Encourage children to participate in more interactive activities such as sports, hobbies or playing with friends.
- Limit the amount of time children spend watching television.

Now the children may not agree to this, and for one I don't agree with some of it but if that's what it takes to get the problem of violence and children's TV then that's what should be done.