

HORROR MOVIES' EFFECT ON CHILDREN'S BEHAVIOUR



content

CHILD'S BEHAVIOUR

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MENTAL ILLNESSES

You might think that mental health disorders happen in adults, but they can happen in children too. Dr. Daniel S. Schechter is a child psychiatrist who spoke at the American Academy of Child & Adolescent Psychiatry conference where he noted that "children who watch horror films may be more likely to develop anxiety, sleep disorders, and self-endangering behaviors, may become unable to sleep alone"



These are serious matters which every parent should take into consideration while choosing a movie to watch. Most child trauma's come from experiencing something **painful** or **scary** as a child , scary movies also can bring traumas (being scared of the dark,an old house and...),which can cause painful experiences (such as sleep paralizes).



SLEEP PARALIZES

Sleep paralysis is a state, during waking up or falling asleep, in which a person is aware conscious however the only part of the body that moves is the eyes meaning you can't move or speak. During sleep paralizes, one may hallucinate (see, hear or feel things that don't actually happen) which often results in terror or anxiety.



40% of people suffer from sleep paralysis there are different type of treatments such as Reassurance, sleep hygiene, cognitive behavioral, therapy, antidepressants. Each episode of sleep paralysis is usually a couple of minutes.



FICTION & REALITY





Most grown-ups can tell the difference between fact and fiction but children seem to struggle with that. One scientific study backs that saying too. Dr. Joanne Cantor, a researcher, author, and an internationally recognized expert on the psychology of media has noted the effects on watching horror movies as a child " Fear of losing control, fear of dying, 'unreality' feeling "



VIOLENCE

which shows children can't say the difference between fact and fiction which can cause phobias, traumas and bad behavior. Kids are known to copy what they see other people do. A child doing dance moves seen on television can be funny, but recreating fight scenes from horror movies aren't really a laughing matter.



Dr.R.Y.Langham Master of Science in Family therapy has noted "that kids who watch scary movies can exhibit aggressive or violent behavior both at school and home due to their inability to understand the consequences they have in the real world.For instance, my son thinks he's invincible and doesn't get why he can't perform the same stunts the superheroes in films do."She recommends children below 18 avoid watching horror, to prevent the potential for any lingering traumas or phobias.



A REAL EXPERIENCE:

Ankita Bhonsle's case is an example of what could happen if a child ends up watching a horror movie not meant for children and therefore isn't able to tell what is real and what isn't. "I saw Aliens when I was somewhere between five and eight", She say "Watching it led to nightmares and a fear of intruders climbing in from windows or entering through the washroom.

"She continues" I remember drawing a smiley face on one of my pillows so that I would have a comforting, friendly face to sleep next to."Even though now she is 27, her unease with horror still hasn't disappeared " I still find it difficult to be alone at night or in hotel room, horror plays with your mind " She admits.





SOLVING ISSUES AGGRESSIVELY

One of the things I was most surprised to learn about was how a child's problem-solving skills can be **affected** by internalizing the situations they see in media. In an interview with The New York Times, Eric Cantor said watching frightening and horror movies "makes kids feel they can use **violence to solve a problem**."





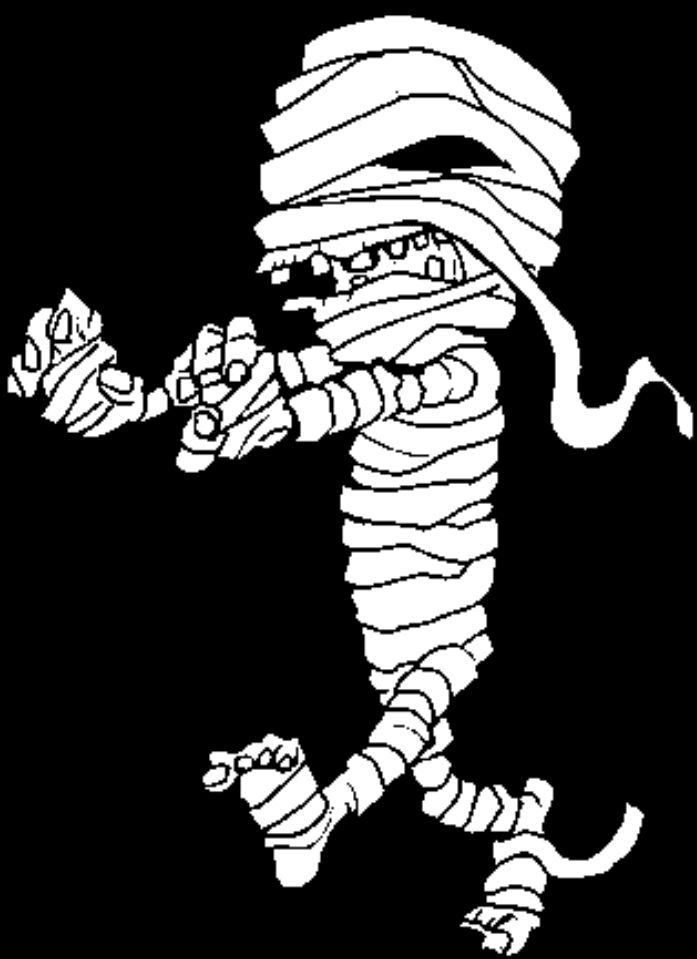
"Since kids seem to idolize anything which seems thrilling they can also idolize different Super heroes or Villans and different charecters from horror movies that use violence to get their way which will end in them being violent."





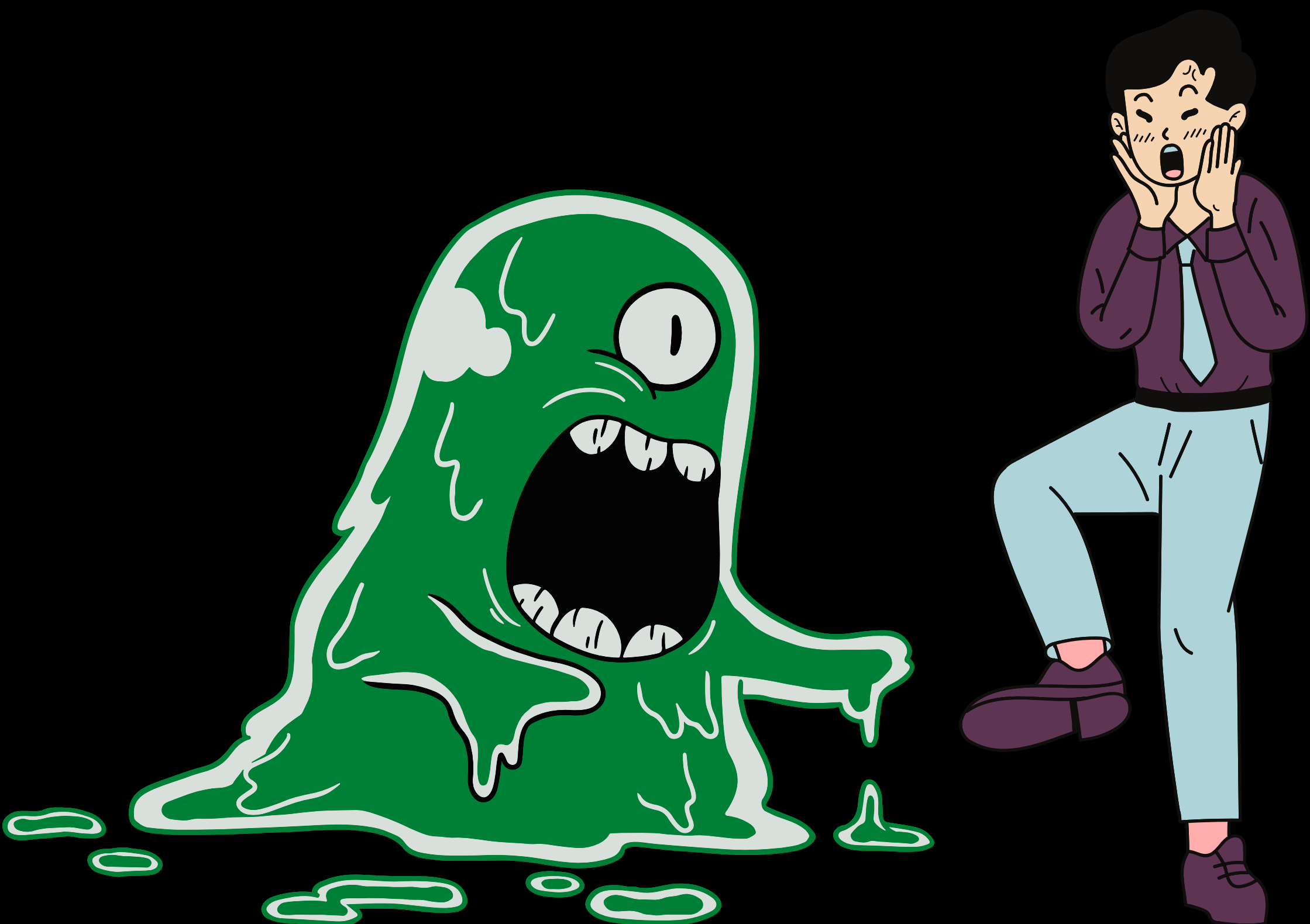
BECOMING NUMB

Most of us grew up being told Caring is Very important and "Sharing is caring" but Watching a few horror movies can change that for a child. Doctor Brad Bushman which is a professor in causes and consequences of human aggression has noted "on-screen violence can negatively affect a young person's tendency to be compassionate.





This could be something as simple as laughing instead of helping when someone trips or it could lead to what Bushman refers to as an emotional numbness which many of the people who experience emotional pain or numbness have seen horror movies when they were little.



ALWAYS RIGHT

Not everything in this world is as simple as black and white. Televisions like things used to be in the 19s, but children may not understand that fact. Dr. Michelle Garrison, principal investigator at Seattle Children's Research Institute Center for Children's Behavior and Development, told CNN that, "If a child sees themselves as the 'good guy', then anyone who disagrees with him must be the 'bad guy'"





which mirrors what they see in horror movies where most thoughts spins around a hero defeating a monster. On the opposite side, "if a child sees themselves as the 'bad guy', then it's no longer about choices that can change." Learning how to see the right from wrong and take ownership of one's actions is an important lesson to teach children, and it seems like horror films could be an intrusion.



HORROR COMEDY

Even watching **horror-comedies** might have a consequence on children's behaviour, this type of movies don't usually show **supernatural activities** such as ghosts, zombies and vampires they usually show gory scenes such as murderers or serial killers which can hurt children and cause more trouble and trauma.



Movies such as "The Babysitter 2017" and "Freaky 2020" are horror-comedies which conclude a lot of bloody-scenes and murder. However, the scenes seem so fake it might still have an influence on children under the age of 10. Even though both of these movies have a rating of +13 but many children or parents don't pay attention to the age rating.



AGE-RATINGS

This days you can't trust the age rating many people notice that, many horror movies which will freeze your blood in veins are rated **PG-13.** Movies such as "Lights out 2016", "Insidious 2010"(which contain a lot of jumpscares) and "The Ring 2002".If a 13 year old watches these movies will have trouble sleeping in the dark however these movies are **PG-13.**

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INSIDIOUS



Most parents (or even children themselves) pay careful attention to what their child watches and will think these movies are okay just because they are rated **PG-13** however children will be **traumauized** after watching these movies and this is a world-wide problem because many movies are rated wrongly and the age ratings are not going to change.



ADULTS AND CHILDREN

Watching horror movies as a child can only hurt you and cause trauma however watching horror movies in adulthood can have benefits such as Burning Calories. This benefit may sound weird and it might be the first time you heard it "Horror movies Boost your Immune System" .



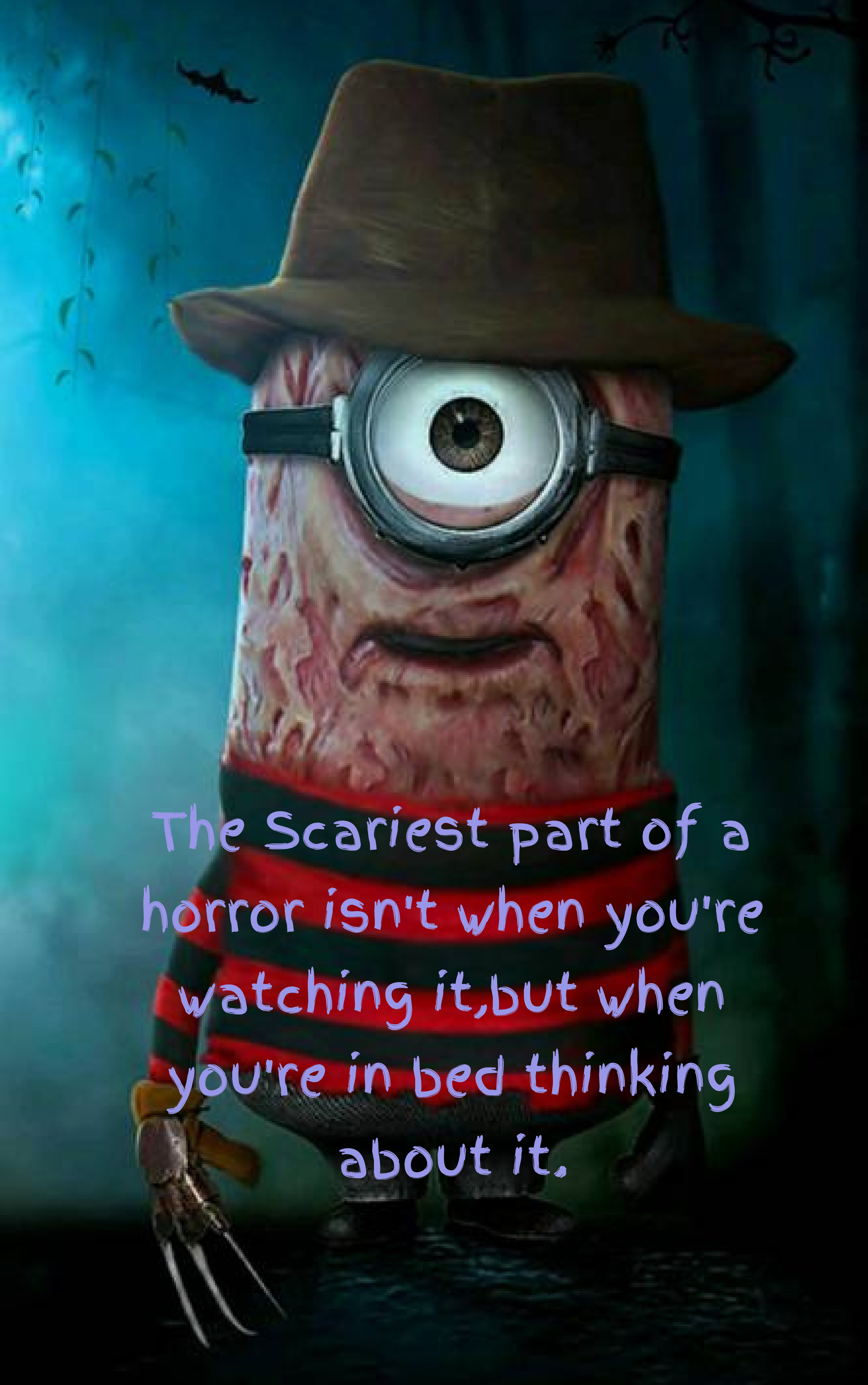
horror

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which means children can't say the difference between fact and fiction which can cause phobias, traumas and hurtful behavior to them selves and other.



A close-up of a character with a large, single eye wearing a hat and a striped shirt. The character has a textured, reddish-brown face and is wearing a brown hat and a red and black striped shirt. The background is dark and blue, with some faint, dark shapes that look like leaves or branches.

The Scariest part of a horror isn't when you're watching it, but when you're in bed thinking about it.