Media, in any form, can do good as well by making us creative and helping us make ourselves better in both our personal lives and social lives. It encourages us to do more and pushes us harder and past our limits. It changes our perspective on people and the things surrounding us. It keeps us aware and alert on what is happening around us even if we do not see it. It also helps us unite with people from other places, as well as, making us more open and understanding about their cultures and religions.

Media is both good and bad for its viewers; it just depends on how they see it and how they use it. It is true that media affects everyone exposed to it since we, humans, are easily manipulated that we would tend to believe anything we see and hear. For example, this commercial says that this certain product can remove pimples entirely; people often believe what they see and will want buy to buy it. Television, movies and the Internet have both positive and negative effects on its users.

Media is a way to disseminate information. Users and viewers, especially children, become aware of what is going on around the world and get additional knowledge on things that are unknown to them. All of these can be seen through the use of television, which can supply them information and show them a lot of things at one sitting. Every so often, they get too much information on things that some of their outlooks on life change. For example, there is an obsession in appearances because of what is seen in media, such as magazines and beauty contests. Their health is also put to risk just to look marvelous; making their physical appearances their number one priority in life. What makes this worse is that these lead to health problems such as anorexia and bulimia. This has also created stereotypes that the ideal body is gaunt while a ponderous body is unattractive. With that, rotund people would turn to having diets or having cosmetic surgeries as the solution just to be in with the crowd.

Children spend too much time using media. There had been a study from the Kaiser Family Foundation that 8- to 18-year olds "devote an average of 7 hours and 38 minutes to
from media that they become unsure if what is being shown are right or wrong, if what is being shown is the truth or a lie. Until where will we go to check if it is credible? Do we critically analyze the reality of reality shows as well as the truth behind true stories? We accept what we get; we do not analyze it enough. We get influenced; we do not judge enough. That is how powerful media is.

2. CHILD PSYCHOLOGY

Child psychology is a branch of psychology that is most frequently studied. It involves the behaviors of children and it deals with their physical, mental, emotional and social development. Every expert has different perspectives regarding this since this a very unique, yet complex branch of psychology. Factors of these developments are usually the surrounding environment, culture, and social relationships.

According to the National Institute of Media and the Family: “Children are exposed to 20 to 25 acts of violence per hour in children's programming. It stated that children between the ages of 8 and 18 spend 6 ½ hours a day exposed to potentially violent television and computer games and video games.” It has been researched that nonaggressive children who have had high levels of exposure to media violence has the same kind of activity in a particular part of the brain that is connected to self-control and attention, as hostile children who have been diagnosed with unruly behavior disorder. "This observation is the first demonstration of differences in brain function being associated with media violence exposure," says researcher Vincent Mathews, MD, of the Indiana University School of Medicine, in a news release. These researchers have said that they need to study more to see if this form of violence caused these differences. They performed a study to measure the activity of the front part of the brain by testing a group of children. They grouped them into two, consisting of 14 boys and 5 girls and had to accomplish a task that requires concentration. It was a fact that less activity in the front part of the brain is connected to