



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 175 - What does suggestibility have to do with children, violence and the media?

*Children live in a world of suggestions every day from TV commercials, video games, music, friends, articles, or other sources. These bombard them constantly. Why would that affect a child more than an adult? Let me explain:*

Your conscious mind is estimated to be between 1 to 12%. It handles your logic, reason, and will power. However, in a young child, logic and reason has not developed yet.

Your subconscious mind is estimated between 88 and 99%. It handles all automatic body functions such as breathing. Your subconscious handles your associations and identifications with the past and your imagination and expectations. The subconscious has no analytical ability.

The child's mind is strictly subconscious. Between 8 and 12 years of age, critical mind begins to develop and it acts like a filter in that the child begins to question things more, beginning to develop some logic and reason and making better decisions. Critical mind acts like a filter and is beginning to filter out to some degree what the child accepts.

*Since the brain is so suggestible and immature, it is open to a great many misconceptions. If an event involves emotion, then the emotions will color the perception of an event for perhaps years to come. The child acquires a context of associations and identifications and these experiences lead the child to decide that certain things are good or bad.*

*When the child grows into a teenager, critical mind is still developing so the teenager is often very suggestible. It may be a time of great concern for parents, because this is a suggestible time to the many negative influences around them. Most parents have witnessed this to some degree.*

*It is easy to understand the importance of what a child hears, sees, and learns.*

*According to the US Department of Justice, law enforcement arrested approximately 2.8 million juveniles in 1997. The number of juvenile violent crime arrests in 1997 exceeded the 1988 level by 49%.*



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*By age 18 an American child will have seen approximately 16,000 simulated murders and 200,000 acts of violence.*

A 1999 report prepared by the Majority staff, for The Senate Committee on the Judiciary of Utah, states that over 1,000 studies on the effects of television and film violence have been done over the past 40 years. The majority of the studies reach the same conclusion that television and film violence leads to violence. Violent video games have an effect on children similar to violent TV.

Some experts believe music has an even greater effect. Research has shown that the average teenager listens to 10,500 hours of rock music during the years between the 7<sup>th</sup> and 12<sup>th</sup> grades. Music is believed to bypass critical mind and drop in the subconscious. It affects our emotions, our moods, and attitudes. We laugh, cry, and dance to it. It is an integral part of our lives. Studies have been done on the effects of music on children.

*Since children are so suggestible, the violent images drop down into the subconscious mind without critical analysis and may have an effect on childhood development and impact negatively on the value system. Not only does it steal from spontaneous, creative time for children and adolescents but also the child may become desensitized to violence so that it no longer shocks or upsets them. A child does not have the analytical ability of an adult, so as far as the subconscious is concerned, it is really happening as truth. To further compound the problem, it is extremely important to many teens that their peers accept them.. Combine that with drugs, a strong desire for attention, and no supportive influence in their life, and the picture becomes even more urgent. Think about the child who has watched violence on television for years and played games shooting figures that resemble or look like people. Would it really be such a big step to go from watching it to doing it?*

*Several years ago, former United States Senator Paul Simon observed that "thirty seconds of a soap bar commercial sells soap. Twenty-five minutes worth of glorification of violence sell violence."*

*What if during those same hours, that the child spends watching TV or playing video games, they were doing or learning something constructive? How many hours in a year would that add up to? Television, like most things, can be positive or negative. It depends on how it is used.*



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*We can do something about this problem. As parents, we can monitor what our children watch on television. We can listen to the words in their music and decide if those are the messages we want them to learn.*

*It is common to find parents who try to be their teenager's friend. They have friends, but they need parents. They need parents who know where they are, and who ask questions. They need parents who lay down rules, in a loving way, and mean for the children to honor those rules.*

Hypnotherapy is a natural, powerful, and effective way to raise children's confidence levels and therefore prevent many other problems from occurring in the future.

*A hypnotherapist works with children giving them positive suggestions, raising their confidence level, and their ability to say "no" to negative influences therefore, improving the behavior. It is a natural and effective way to help your child to identify and associate with positive behaviors.*

