**Mass Media Cause and Effect**

           Media has impacted our society ever since the first day television and music were invented. From the inventions of the printing press to the computer age, advances in technology have led to the increase of media around the world. Mass media in today’s culture can be very beneficial but can also be very deadly.

         Mass Media can be very beneficial in our daily lives. For example, the internet is a very resourceful tool that we use everyday. When used properly, it can extremely aid in areas; such as, work, school, communication, and googling specific topics or skyping family and friends. Music educational films and news also benefit our knowledge and help us become aware of current situations that are happening around the world.

         Media however can also be used in harmful ways that result in crucial consequences. Many television shows and movies, depicted in our current society, encourage many unhealthy habits; such as, smoking, drug abuse, unprotected sex, and alcohol. Even though it may seem harmless while you are listening or watching immoral movies, the reality is that we are becoming desensitized to sin.

        When used inappropriately, the media can impact our minds and behavior in more negative ways. For example, when we do not protect ourselves from what we watch or listen to then we fall into temptation. We need to guard our hearts, minds, and thoughts, from what the world is displaying through its media. What we watch and spend our time doing is what shapes us as a person.

         The causes and effects of media can be both positive and negative. The media is something that we should not be completely shunned to, but it is also something that should not be misused. We need to guard ourselves from what the world says is morally right and filter what we watch and say through educational content. When we do this not only will it protect our minds, but also our hearts, emotion and actions.