Many young people like watching movies or television in their spare time. However, some experts state that movies and televisions have more negative effects than positive effects on the way young people behave, but young people, such as students in Harvard University, who are outstanding in their field, are also willing to watch movies and television, so in my opinion, though they have some negative effects, movies and television have more positive effects on the way young people behave.

First and foremost, considering of the original function of movies and television, the media benefits young people mentally by providing a more effective way of entertainment. Different from doing sports which needs plenty of energy, or reading books which needs a high level of education, movies and television provide a cheaper and more convenient way for young people to relax. Take the US Army, the force that went through many great wars, for example, which always gives the soldiers free movies to watch between battles. Thanks to the convenient way to relax, the soldiers are full of energy when going back to battle, leading to the victory of the war.

Besides, though it may seem that movies and television waste too much time, they actually teach young people much knowledge, which is good for their study. Since young people are easier to learn by watching educational movies or brilliant documentaries than reading boring textbooks, they can get more knowledge which can be used for writing articles. For instance, Mark Twain, the famous writer, used to watch television in his youth, and he stated that it helped him with his writing because he always got some ideas from television news.

Ultimately，it is also well worth mentioning that the media help young people to program their job, that is, to decide which career to choose, because the media gives them opportunity to know about variety careers. If they have seen an ideal job in the movies, they are likely to set a goal and plan to get the job. Back to the example of the US Army, George Button, the four-star general, joined the army just because he watched a movie concentrating on the Great War when he was young, and he tried hard to become an excellent soldier.

In conclusion, movies and television have more positive effects than negative effects on the way young people behave, since they not only benefit the young people mentally and academically, but also help them programming their career. Since the media are becoming more popular among young people, it is fundamental to discuss whether movies and televisions have more positive effects than negative effects on the way young people behave or not.