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The results of the study show that children who watch horror films experience anxiety, fear, difficulty sleeping, negative thoughts, the desire to be alone, and imagining scary things to commit acts of violence, even against themselves and their parents.

[The Effect of Watching Horror Film on Health Children and Adolescents in ...](#)

[atlantis-press : article](#)

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While there is no absolute age at which scary movies are appropriate, Dr. Dry recommends not introducing them to very young children because of the potential to create long-term anxiety.

[Should You Let Your Kids Watch Scary Movies? - Parents](#)

[parents : kids : development : should-you-let-your-kids-watch-...](#)

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Before dying, John tells Dean, if he can't save Sam, he'll have to kill him, should he become evil. The fourth season episode "On the Head of a Pin" reveals that the demon Alastair tortured John in Hell for over a century, with John refusing the demon's offer to stop if he himself would torture someone else.