**Is Gaming Good For You?**

Without a doubt, I strongly believe that gaming is not good for you. I have many reasons to believe this point of view. Here are a few of them that are important to know.

In some games you could spend a lot of money just to get hacked or have hidden fee’s. Some children spend way too much time on screen’s and loose track of time so they spend several hours a day playing these games. This can lead to sleep deprivation, addiction and lack of motivation to do more physical activities. Sometimes sleep deprivation also leads to academic failure and less concentration at school. Addiction can lead to health problems like obesity and problems with some organs. Also, some children might be exposed to things that are not age appropriate, being cyber bullied online and in some case’s social disconnection. When children are addicted to playing games, most of the time they lie to their parents about how much they game. Also, if children log onto unstable or unsafe sites, this can lead to privacy problems and security concerns.

Despite this overwhelming load of information against gaming, some parents still let their children play for excessive amounts of time every day, without checking on what they are doing. So to conclude, I strongly believe that gaming is not good for you and if you do let your child or yourself game, monitor theirs or your behaviour, and possibly limit their screen time.

By Nicole Milejkzyk

Is gaming good for you?

No and yes! I think that the positives out way the negatives. Some say that video games show violence to children but not only do the games have age ratings but most complaints about video games come from people who don’t look at the ratings, which is completely their fault. Video games are a type of media that nearly everybody can enjoy, for example, disabilities aren’t obvious in gaming. Video games are great for stores and businesses and let young engineers and programmers to have more job opportunities. Lately, video game streams have been raising money for cancer research and to give money to the homeless.

In conclusion, video games have helped people since it’s creation and that’s why video games are important.

By Ryan Brilly

Is gaming good for you?

Without a doubt, I strongly believe that gaming is good for you because it can help you in different subjects. My first reason is that gaming can improve your problem-solving skills. It can also be educational with games like educational Minecraft and educational Roblox. Fortnite is not good for children under 18 years old because it has gruesome pictures like people dying and involves violence. Secondly, research has shown 80% of children are online without any permission. Scientists have also said that gaming can improve children’s health and can improve the memory of children. To conclude gaming is good for you because it can improve your vision and your ability to play with your friends in a different way or without arguing about a little thing. Now do you agree with me and my speech? Now you have a good idea about gaming.

By Ethan Michelland

Is gaming good for you?

I think gaming is good for you because when you play video games it can improve your learning skills because there are such games as maths playground, which has loads of learning games. Here are some reasons why I think gaming is good for you: there are learning games that have stuff to do with every subject such as Maths, English, Science, History and much more. It can also improve your typing skills because the more you use your keyboard the more you get used to it. Gaming can be really fun but sometimes there can be unsecure websites so don’t go on to websites that don’t look safe. There are building games, role playing games and concentration games. With some games you can even talk to your friends while you’re playing, so if it’s a strategy game you can strategize together. And that was my speech about gaming

By:Saoirse Brilly

Is gaming good for you?

Without a doubt, I strongly believe that gaming is bad for you in lots of different ways. My reasons that gaming is bad for you are: first of all, it can lead to poor mental health problems like obesity and other health problems. It also leans towards relationship issues. Gaming can also affect children’s academic performance if they miss out on homework. It can also lead to no sleep because of online abuse, anxiety and addiction. Sometimes, addiction leads to time gone so quick, and also can lead to exhaustion because all you want to do is just keep playing. It can also lead to aggression and anger issues. These are my reasons why gaming is bad for you in my opinion.

By Tadhg Friscic.

Is gaming good for you?

I strongly believe that gaming is good for you. It can improve skills such as hand eye coordination. This is a skill that is required to become a surgeon. It can also improve multi-tasking. Through Gaming people can communicate and talk to each other. This can help people stay in touch during things like lockdown or even just playing together. Gaming improves your intelligence. It can improve problem solving and can even ease depression. Some games can improve physical state such as wii sports. These mini sports can increase flexibility and Gray matter. Gray matter can increase your muscle strength and speed. Video games can also help you set bigger and better goals. How this works is when we are stuck on a level, we can set a goal to complete it. When we are struggling with something in real life we can also set a goal to complete it.

In conclusion, gaming is good for you. There are so many games for you to explore so stop looking on the bad side of things and see the pros of gaming. There are many different types of games and I am sure there is the perfect one for you. So, have I convinced you that gaming is good for you?

By Fionn Egan

Is gaming good for you?

I strongly believe that gaming is bad for you because if a child constantly plays

video games, they will get addicted and aggressive and will skip school, not study and have bad attitude. If a child sits in one spot and plays video games, it will cause laziness and obesity.

Naturally, kids can play video games right? Yes, they can but not for too long because a screen can affect a child’s eyesight and health. Sometimes they might even need glasses or a check up at the doctor. Before a child goes on a game, they need to check what age it is for because if it’s over 18, there could be stuff like racism, bad language, violence and more. It is also is very important to get fresh air because if a child is playing video games for hours they might not want to go out with their friends, talk to them and they won’t join in on family games.

Finally, most of the time if a child plays video games before they go to bed, they will not sleep for a long time. I would say children should play video games for less than about 1 hour and 30 minutes. Children, please don’t game!

By Stevie Owens

Is gaming good for you?

Without a doubt, I strongly believe that gaming is bad for you. Children spend too long sitting in front of screens and that can affect children’s mental and physical health. Every day the majority of children spend hours on end gaming. That means they’re sitting in front of a screen and sitting in one place for large amounts of time. Some loose interest in other hobbies. Therefore, they are not moving about also meaning they will isolate themselves from family and friends. Some even go without sleep because they are too interested in the game. Which can affect education. It’s concerning how many games have swearing, violence, death, and other things that are not age appropriate. Children may think that it’s ok in everyday life. Cyber bullying is a huge problem in games with chat. It makes people feel targeted and bad about themselves. In conclusion, playing video games is bad for you. Is it really worth spending hours at a time locked in your room and spending less time interacting with your family and friends?

By Olivia Coffey

Is gaming good for you?

No matter what anyone says, I strongly believe that gaming is good for you. I KNOW gaming is good for you because it can improve your multi-tasking skills and decision making. It can also be engaging and enjoyable which can reduce stress. I myself enjoy video games because I can communicate with my friends. Video games can also make you smarter! A new study out this week in proceedings of the new nation Academy of Sciences demonstrates for the first time, that people who played action games showed greater capacity to learn than those who played non-action games. It’s clear for all to see that gaming can be good for you and I have MANY, MANY, MORE reasons why! For example, games can help us make GOOD goals which can lead to real life. What’s more, other gamers can have better social skills than normal people. Successful people also enjoy video games, but they don’t always talk about it due to the stigma around video games. Video games increase your brains gray matter. Games like WII sport can be so called fitness games. Therefore, there are many reasons and don’t forget I have many many more, so games are good for you? I IMPLORE you to agree with me and do you agree with me now? Like and Subscribe for more! 👍

By Daniel McLaughlin

Is gaming good for you?

Of course, it is! Gaming is stupendously good for you and I have PROOF! According to a few surveys, gaming improves basic visual process. It can also help ease anxiety AND depression. And not only that, a FEW games can help us to learn such as baldis basics charades and bingo! There are even more facts to prove gaming is good for you. Gaming can help with physical AND mental health games. The wii sports can help with physical and mental health. You feel good and exercise. Gaming has been proven to help with problem solving games like mario 3D world require you to complete puzzles to level up. Gaming could help set goals in life like let’s say you want to get to the next level in a game, your setting a goal to get there. Then in real life you could set a goal to get there. Gaming could also help with multitasking, like slaying a dragon while dodging his fire breath. How can anyone not see the benefits of gaming? I mean is it really worth not letting your child play games when it can help with health? In general, to conclude gaming is very good for you and nobody can change my mind!

By Darragh Killeen

Is gaming good for you?

I absolutely believe that gaming is bad for you. In my opinion I would say that the majority of kids play video games. Lots of those kids play for hours a day. So here are my reasons why gaming is bad for you. Firstly, I believe that kids can get addicted and rage if they loose. Also, they can pick up the violence and language associated with gaming and will think it’s ok, which can lead to school fights. Kids also beg their parents for money and can spend tons of money on one game. Kids might also see something scary in games and have serious nightmares. They can have arguments with friends online. Lots of games have a voice chat and they can share person information. I absolutely don’t believe that Cedric x reason can make you fit! My reason is that it only helps you move 1 body part and to get fit, you need your whole body moving. If you stay on video games for too long you may get headaches and pain in your eyes. Your body can get really sore from sitting in one place for a long time. I think an appropriate time for kids to play video games is an hour or less a day however, some kids, and grown ups, stay on for hours and hours on end which can affect your sleep. I would suggest putting a screen time on your child’s device. You can customise how long they stay on for and how late they can play for. Therefore, it is a very good idea for your kids devices. In conclusion, I hope you start making an appropriate time for you kids to stay online. I hope I’ve changed your mind about video games and screen time. Thanks for reading. The End.

By Daniel Bradley

Is gaming good for you?

Without a doubt, I strongly believe gaming is good for you. Many websites can back this up. Gaming can improve your visual spatial skills. In 3D world games such as Minecraft, you don’t have a GPS or map to navigate you, and you have to find your own way. It can also improve your problem solving and decision making. Many puzzle games can help with your cognitive skills, and action games can improve your contrast sensitivity function. Science or mathematical games can help you in your career choices. Some exercise games like Just Dance and Wii Sports can help you stay fit as well. It is proven that gaming can help MS patients improve their balance and cognitive skills, and some educational games help dyslexics with their reading comprehension. Some games can also deal with real life problems and can help kids be happy, communicate with friends, and gives them a hobby. A lot of games promote teamwork, which can help kids to be better leaders and it tests your quick thinking. Gaming allows you to use your imagination and creativity, and in some cases, building and design skills. For my final point, it is scientifically proven that specialists found trainer surgeons who played for more than 3 hours made 32% less mistakes in their procedures from playing surgery games, and improving memory and quick thinking.

By Lucy O’Connor

Is gaming good for you?

Without a doubt I strongly believe gaming is bad for you. Gaming can expose you to repetitive stress injuries. This may include early degeneration of the lower back and neck, tension headaches tennis elbow and a condition known as gamers thumb. Gaming can lead to a dopamine addiction, known as the feel good drug. Our bodies produce this drug naturally but when gaming, our bodies overproduce this which is not healthy. Studies have shown gaming can lead to poor mental health.by increasing anxiety and depression. Gaming can also stop you from interacting with family and friends. However, some games have very shabby security and when playing online games there is always a risk of hacking. Gaming can also lead to obesity due to the fact that you are not moving very much. So in conclusion I believe that gaming is bad for you.

By Dylan O’Connor