# Video Games

Young people today spend too much of their free time playing video games.

Do you agree?

1. things you can learn from video games

2. doing exercise

3. .......................... (your own idea)

Do i think young people spend too much free time on video-games? This is a wildly discussed topic in today’s day and age from newspapers to TV news stations. video-games are a beloved and hated medium and the discussion about if today’s youth is addicted to them is sure to pop up pretty frequently

Its been proven that video-games aren’t simply harmful but provide a variety of benefits for kids ranging from improving critical thinking skills to reaction times and teaching about essentially any topic from history to psychology. Despite the benefits that video games can provide there has also been a decrease in the amount of exercise that kids are performing with video-games likely being one of the causes that doesn’t mean that video-games can’t also help with making physical exercise more enjoyable with experiences like Wii fit or more immerse experiences like fitXR that provide a free virtual physical trainer. In my opinion video games have not damaged society by making kids spend too much time on them, as they have been proven to be more useful than many other art forms like movies or music

In conclusion, video games have many uses outside of entertainment that can have both positve and negative impacts on kids. These impacts make determining whether kids are spending too much time playing video games more difficult, however I disagree with the statement as a whole.