**COMPUTER AND VIDEO GAMES ARE HARMFUL TO CHILDREN**

Many people assume that technology has made our lives better by being able to access a wide range of information, etc. However, like most things, where they are advantages, there are also pitfalls. Technology has also caused the world to be obsessed with it. Computer and video games are harmful to children.

Time is the one thing we cannot get back; therefore, it is essential to prioritize ourselves doing the most important things first; thus, being productive. Nowadays, the videogames made are so good that many children spend at least 17 hours out of the 24 hours playing video games. They stay up many nights playing the video games, trying to meet the next stage/level or to earn a badge, without realizing there is more to life.

Some people argue and say computers are not harmful to kids, helps them to interact and learn new things. Yes, that is true; but, using a computer, robs children. It is no secret that children who spent all day playing videogames, forget about their homework, assignments, household chores, spending time with their family, etc. As a result, there is a decrease in their school grade performance, sometime kids have to repeat their class term due to poor performance.

Lethargy is a lack of energy and enthusiasm. This happens to kids that frequently sit and play video games all day long they do not engage in any physical activities. As a result, many kids may be obese, have eye strain due to the long hours on the computer, and other problems with their bodies. Recent statistics have shown that 66% of kids that own computer results in digital eye strains.

In conclusion, children should not have computers nor video games because they do not engage in any physical activity, they less productive, and they can damage their eyes, have excess weight, etc. Our kids are the present and future, and we should protect them at all costs.