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Video games are popular all around the world. I think video games are good for you, because playing a little time of video games does not effect your grades, your eye sight, and school.

In video games you can feel free of doing things, that you can't do in the real world. Video games makes another world inside of you. Video games also clam people down when they have anger.

As I watched a video about gaming, my opinton charged about gaming. In the video Your Brain on Video Games, Daphne Bavelier talked about binging on something is not good for you.

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But also on the other hand there are good things about video games. "Gamers who play 10-15 hours a week actually have better vision than people who don't play video games."

In my research on video gaming, they say some people think violence games make people violent in society. Also some people think the opposite. There are good and bad about gaming.

My opinion about gaming now is like in between. Since bingeing on something is bad and most gamers have better vision. From my whole research about gaming, I believed that gaming is good and bad. As you see the reasons in my research shooked me. Now you see why gaming is good and bad for you, it's only good if you did it a certain way.