

## Now I think... 1

Now I think that video games are totally harmless but you shouldn't stay on for more than 3hrs.

I think video games can help you not hurt you. In the video "Your Brain on Video Games" it said that video games can help with vision. In the video it said: "Gamers who play 10-15 hrs have better vision than those who do not"

Most people say "It's just a game." I also think some adults should get off those games and spend some time with your family or kids.

My big thought is people should only play for 3hrs. The video said that action games won't hurt you. In the video "Your Brain On Video Games" it said: "Playing action games does not lead to attending problems."

The woman Daphne Bevelier was studying these things and I found out a lot of things that

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they studied when they put people in front of a screen while there playing these games. Most people ask how does it effect your brain?

Well, a scientist named Daphne Bevelier studied this and said:  
"The 3 parts of the brain that are used for attention are actually more efficient in video games."

So my thought is that there harmless.