

video games are harmful if experts are giving their opinions about the matter. Throughout ^{the} years, video games have become even more harmful than not. So next time you run into your room to not come out for another 2-3 hours playing video games, think about that. Psychologists Douglas A. Gentile, Anderson, and Henson all say video games are harmful. Video games. Are they worth it? ⊕ Rhetorical question ⊕ great ending

Counter-arguments
Although video games do increase everyday skills, they cause too many harmful effects that cannot be overlooked. Yes, video games increase hand-eye coordination and they relieve stress, but can't you do that while doing healthier activities? Like playing sports, you can still relieve stress and improve hand-eye coordination. It is good that video games can do that, but that still doesn't make it healthy. Many pro video gamers say that video games help hand-eye coordination, teamwork, and they relieve stress. Many people will just give up \$60 for those reasons, while you can sign up for a team sport for less than that. So to sum up, although there are benefits, that does not make it healthy.