

The Harms of Video Games

"Children, come down here and do your homework!" Parents yell but the kids ignore them. Kids, teens, and some young adults love to play video games. Sometimes we can escape from the world when playing video games, but sometimes they aren't so good for you. Too many people these days are playing violent games. Today, those are the games I'm going to talk about and tell you why they aren't so good for you.

"Kids get off your electronics! It'll ruin your eyes!" Do you ever hear your ^{your} guardians say that to you? I know I do! Even though I don't want to admit it I know it's true. So it's unhealthy for ^{how? eye strain?} your eyes, ^{etc.} that's not the only thing it can be ^{unhealthy} for.

Did you know it could affect you mentally? Well if you didn't I'm here to tell you it can! If you play all those violent games it can sometimes make you commit acts of violence, like on the video games. Does it really have to cost other people's life, your health, and life just to play a game?

Explain how ^{metabolism} inactivity etc.

How? Do you know of examples from real life?

Do young kids "bop" one another after playing? etc...