

## The Dangers of Video Games

Why do parents allow their children to play so many video games? Kids already spend too much time in front of screens. They watch TV, surf the Internet, and use tablets. Add in video games, and problems increase even more. Video games keep kids from spending time with friends and family. Too often, video games replace outdoor fun. Schoolwork suffers. Parents have to remind their kids to do chores. Because of all these problems, parents should limit or ban video games for their kids.

Children already have too much screen time. Screen time is any time kids spend in front of a computer or other device that has a screen. According to one study, many children spend five to seven hours in front of a screen each day. Too much screen time can affect children's health and well-being. They may gain weight. They may also have a hard time paying attention or falling asleep at night.

Playing video games is an inactive hobby. And too much inactivity is not good for kids' health. Kids will sit and play for long periods of time. Too much time sitting means not enough exercise. To live an active, healthy life, kids need to move. Researchers at an organization called KidsHealthy found that kids who exercise more have a better outlook on life.

Kids who play video games less often may also develop better relationship skills. When children play too many video games, relationships with friends and family suffer. Quality time is limited. Even when kids play video games with friends, they often focus on the game instead of talking. This isn't true for other types of games. For example, kids may play a group sport such as kickball or baseball. They talk to each other. They work together as a team. Children can build better friendships when they turn video games off.

Finally, video games can be harmful to children's schoolwork. Some kids spend more time playing than working on homework. People have done studies that show that kids who play video games spend 34 percent less time doing homework. Other studies show that more than one or two hours a day of screen time can lead to lower test scores. This may be because video games can affect children's ability to pay attention. So, grades and overall learning suffer. Sure, some video games can be educational. But kids enjoy the silly or most popular games more. How often do they really play learning games?

Overall, video games are not a good choice for kids. Children need fresh air, exercise and time away from screens. They need to spend more face-to-face time with others. Most of all, they need to focus on homework and doing well in school. So unless you want your kids to suffer in all areas of their lives, you should keep them away from video games!

1. This question has two parts. First, answer part A. Then, answer Part B.

Part A

What is the author’s point of view?

- A. Video game can sometimes be educational
- B. Video games are too expensive for most families
- C. Video games can be played in groups
- D. Video games are not good for kids

Part B

Write one sentence from the passage that supports your answer to Part A.

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2. Which statement BEST explains what the author wants readers to do?
- a. They should find new video games for their children
  - b. They should limit children’s time playing video games
  - c. They should tell children to exercise more
  - d. They should encourage children to do more chores at home.
3. Write the sentences from the box below in the correct locations on the chart. Show how the author introduces the main opinion and provides details to support it.

SENTENCES	Kids who play video games spend 34 percent less time doing homework. Parents should limit or ban video game time for kids. Video games can be harmful to children’s school work.
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OPINION
REASON
FACT

