

Topic: Are Video Games Harmful for Children?

For the motion:

Honourable judges, respected teachers, and my dear friends, good morning. I stand before you to support the motion that video games are harmful for children.

My first point is health. Children who play video games for more than two hours a day are more likely to have eye strain, poor posture, and disturbed sleep. A 2022 study by the World Health Organisation classified gaming disorder as a real condition, just like other addictions.

My second point is school performance. The hours spent gaming are hours not spent reading, studying, or playing outside. Teachers across the country report a clear pattern: the heaviest gamers are usually the weakest students, not because gaming makes them weak, but because gaming takes the time that would have built strength.

My third point is behaviour. Many popular games involve violence, and while a single game does not turn a child into a violent person, repeated exposure changes what a child sees as normal.

For these reasons, video games are harmful for children, and I urge you to support the motion. Thank you.

Against the motion:

Honourable judges, respected teachers, and friends, good morning. I oppose the motion that video games are harmful for children.

My friend has spoken about health, school, and behaviour. I will answer all three.

On health, the issue is time, not the activity. A child who reads for six hours straight will also have eye strain. The fault is in the duration, not the game. Limit the time and the harm disappears.

On school performance, video games can teach skills that schools struggle to teach. Strategy games build planning. Multiplayer games build teamwork. Puzzle games build pattern recognition. The same children my friend calls weak students are often the ones solving real world problems online.

On behaviour, the link between game violence and real violence has been studied for thirty years, and the strongest finding is that there is no strong link. Countries with the highest gaming rates, like South Korea and Japan, have very low youth violence.

Video games are not harmful to children. Time spent on them is what we should manage. Thank you.