

Video Games = Brain Washers

Video games are too addictive and are ruining peoples' minds. If students are getting bad grades in school, this may be the cause.

They may be a video game addict.

Experts say, "Gaming can be an addiction as strong as gambling." "It is a clinical impulse control disorder", says Kimberly Young, a worker at Smith and Jones

Addiction Consultants. It is proven kids don't try as hard in school if they are addicted. Most kids are addicted to bloody-gory games than others. Gross!

Kids are saying that moving the joystick and firing weapons at targets is improving their hand-eye coordination. This "Fact" has been proven wrong. This is only teaching kids one skill...moving the joystick and firing weapons at targets. Staring at the T.V. doesn't improve your hand-eye coordination at all. I want you to



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be aware, and stay safe.

People are also admitting they are becoming powerless over their addiction, so they are becoming obese. Gaming is one of the #1 causes of obesity. Kids are sitting around playing video games, instead of getting exercise. Are you getting exercise at least 20 minutes a day?

Playing video games excessively can harm your health and brain. Be aware of gaming too much, and stay safe.