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District Writing Assessment: Pokemon Go

Today, there are many people all over the world playing Pokemon Go, a game by Niantic. Teens just need to walk a few steps to a Poke-stop or to catch something. Is this really safe? Document by Sarah Needleman, Document C, by manulifelookingforward.wordpress.com, Document D, by procon.org, and Document E, by Psychology Today, are all articles that discuss the dangers and benefits of teenagers playing the game, but should teens really play Pokemon Go? Teenagers should play Pokemon Go because it improves physical health, improves mental health, and allows teens to discover new communities and people.

To begin, Pokemon Go improves physical health. To play Pokemon Go, you need to walk around to catch Pokemon around the neighborhood or wherever you want to go. Document C states, “69% (of people) report an increase in the number of steps a day. 84% have increased their daily physical activity... since starting to play.” These statistics mean that Pokemon Go makes the users more active. The document continues with how users have been notably more active during the week, spend more time outside, and explored their community more. As a player, I’ve been to the park and walked around with my mom and this is much better than me staying at home on the computer or watching TV. With more outdoor activities, many users can get the exercise they need, way better than doing nothing. Document C also states that walking outside can, “Tone muscles, lower blood pressure, prevent osteoporosis, improve moods, fight stress and depression, prevent colds and improve the immune

system, protect against cancer and heart disease, and help manage weight.” Look at how much just walking can do. Thanks to Pokemon Go, teens can go outside and decrease the risk of illness or weakened bones and it helps the community stay healthy.

To continue, Pokemon Go improves mental health and allows teens to discover new communities and new people. You may be thinking that an app isn't able to improve mental health, but it battles social anxiety teens have. Psychology Today claims, “The game was successfully encouraged people to go outside, walk and interact more socially. The app has the potential to benefit people who would not otherwise be motivated or able to leave the house due to fear or anxiety.” Users can leave the house to go interact with others. When I am shy, I get a push forward to go and talk with others and this make sme less shy and more relaxed. With Pokemon go, the teens have a push forward, which is the game. Pokemon Go helps to battle teens' social anxiety, improving their mental health. Document D says, “Others say that the game is bringing people together and creating a sense of community. By exploring their communities and sharing information about where to find creatures, players are interacting with strangers and finding new friends.” This means that Pokemon Go brings players together to make new friends which allows teens to find friends and even battle their social anxiety. When having a common interest with someone, it can spark a friendship or even multiple. People who disagree may claim that Pokemon Go causes accidents and causes injuries, but the game isn't to blame. They can also say that it is dangerous for this reason, but maybe the teens should take responsibility and use the game responsibly.

To conclude, teenagers should play Pokemon Go. Teens can have improved physical health by walking around. Teens can meet new people, battle social anxiety, and explore the community. With

Pokemon Go, people can get their exercise and make friendships. It is amazing how a game can bring people together and help them stay fit. Are you going to catch 'em all?