The Truth About Video Games

And what are video games doing to you?

By: Max

Do you realize what Gameboys, Nintendo, home computers, and other mind numbing electronic devices are doing to children? These items are creating the largest group of couch potatoes in the world. What they are doing is creating fat kids that only know how to use their hands for joysticks and their fingers for the A and B buttons on an electronic console.

Whatever happened to after-school baseball games, one-on-one basketball, or soccer in the schoolyard? They have all been replaced by kids getting fat while sitting alone playing against unbeatable electronic opponents. According to the Center of Disease Control in 1988 to 1994 approximately 11% of American children (age 6-7) were considered over-weight compared to 5% in the 1960's to 70's. This happened while the video game industry grew from a million-dollar to a billion-dollar business.

People also say that violence comes out of video games. In most video games the object is to kill your opponent and not let your opponent kill you. This gets kids to think that it's okay to kill people. For example, according to the watch group, Media Watch, in the game *Carmageddon* when you have won the game, you have killed a maximum of 33,000 real-life looking characters. In the game *Duke Nukem*, Duke uses XXX sex poster for target practice and get bonus points for killing bound half-naked women. In one level there are nude women tied to columns pleading, "kill me, kill me."

Video games are very addicting. In a Time Magazine/CNN poll, 31% of the boy polled say that they get addicted to violent video games.

I know someone who likes to play Gameboy and Nintendo. He is also very athletic. During the week he spends most of his time outside running around, but on the weekend he grabs a tube of Pringles, sits down on the couch with his Nintendo controller and plays video games for many consecutive hours. In one game that he plays you pick a situation form a spy movie and you go around killing the terrorists.

In a recent survey of six 10 to 11 year old boys questioned, all owned a video game that contains hurting or killing. Also out of the mentioned, James Bond 007 and *Die-Hard* were the first and second most popular of all the games.

Where are our future Olympians? Last time I watched the Olympics, electronic games were not an official event! We must have physical activity within a daily schedule to have any resistance against the mindless machines that are taking over the younger generation, and to stop our children'' aggressiveness directed towards others.

So what's the solution to this tragic era? Parents should take the Gameboys away, turn off the television, shut down the computer, unplug the Nintendo and get their kids involved with outdoor activities. It's better to have your child bounding around like a monkey than sitting around getting fat like a hippopotamus.

Max's published article.