

*The Truth About Video Games*  
*by Tyler Carreja*

Are video games really all that bad? The media portrays video games as addictive and corrupting, but in reality video games are no more violent or addictive than movies or TV shows. There are many positive effects of video games that the majority of the world doesn't know about. Video games are great tools for adolescents, because of their capabilities to boost mental functions and important skills.

Video games help strengthen many of the important life skills that you need to be successful. Video games with active societies help you to gain leadership and teamwork skills while also creating a friendly environment that encourages others to find and create new friends groups. First person Shooter video games also help to strengthen some of these important skills. One example of this is that they increase a player's capability to think about objects in 3 dimensions just as well as some specialized academic courses. All these skills and more can be learned and improved on when you play video games.

Did you know playing video games may actually strengthen a range of cognitive skills such as spatial navigation, reasoning, memory, and perception? Right now video games are being integrated into school programs around the world because of their many benefits. Video games can also be used to teach children about resilience in the face of failure which is a common theme in strategic video games. Because of this, video games are going to become the textbooks of tomorrow. Even the medical world is starting to use these fine tools, because they have the ability to become a therapy for the mentally ill. In the future video games are going to be integrated into many different professions.

While many people think violent video games are bad because of their properties of addiction and aggressiveness, they actually are good for controlling violent crimes. Many tests have been conducted to see whether the release of a violent video game and the criminal rate in the country are connected in some way. Studies show that for each 1% increase in violent video games sold there is a .03% decrease in violent crime. Also, the amount of violent young offenders fell by half between the years 1994 and 2010 while the video game sales doubled in those years.

In conclusion, video games are tools that parents should be wanting children to play instead of shunning them, because of their mental and crime controlling advantages. Video games are the educational tools for the future. So, get ahead of your time and start encouraging young adolescents to stop watching TV and start helping themselves by playing video games.