O'level Foundation Week

The Write Tribe

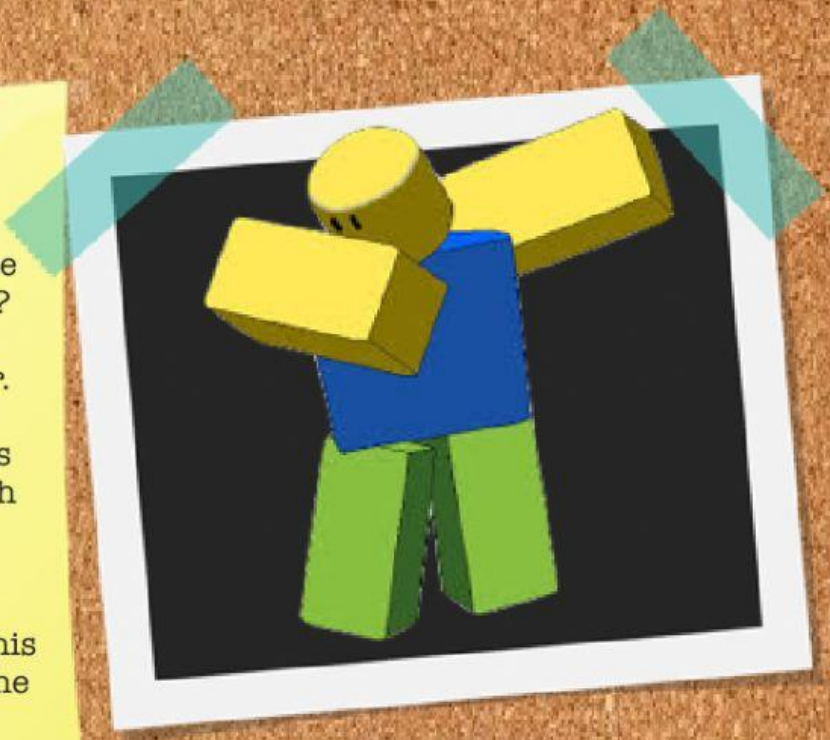
COMPO PLANNING

The Write Tribe


Composition Topic
Video games are a waste of time.
Is this really true?
Yes
No

Video games are a waste of time!

1.Game addiction causes chronic stress



Have you ever experienced a knee jerk when you hear a loud sound? That is the limbic region of the brain protecting you from danger. Playing video games mimics the kinds of sensory assaults humans are programmed to associate with danger. When the brain senses danger, primitive survival mechanisms swiftly kick in to provide protection from harm. This is 'The flight or fight response.' The brain thinks the game scenario, threat and attack are real. It doesn't know the difference!

When the fight-or-flight state occurs too often, or too intensely, the brain and body have trouble regulating themselves back to a calm state, leading to a state of chronic stress.

Blood flow is directed away from the higher thinking part of the brain (the frontal lobe) and toward the more primitive, deeper areas necessary for survival. It **triggers cortisol - the stress hormone.** causing children who are still in development stage to have trouble paying attention, managing emotions, suppressing impulses, following directions.

Video games are a waste of time!

1.Game addiction causes chronic stress

WHY IS LEAVING A GAME MIDWAY SO DIFFICULT?

Our brains hate leaving things halfway. It loves completion. This is known as **zeigarnik effect.** It is an urge to complete an unfinished task. This is why it is so difficult to leave a level halfway!

THE WRITE NEWS

THE WRITE TRIBE — THE WORLD'S FAVOURITE NEWSPAPER — Since 1879

GAMING CAN BECOME AN ADDICTION?

Hyperarousal also can be triggered by a release of dopamine, the feel-good chemical that's released in the brain when we experience success or achievement. It's the same dopamine release process that triggers addiction to video games, screens and chemicals, such as alcohol or cocaine.

Dopamine is powerful. It helps sustain interest and attention, which is why it can be so hard for anyone to tear themselves away from a video game or Facebook post.

It's self-reinforcing — the more interest we experience, the more dopamine is released, and the more attention we direct to the task at hand. These biological processes can lead to long-term or permanent changes in the brain that require extensive behavioral/ medical treatment to reverse.

Video games are a waste of time!

2. Game addiction causes insomnia

Humans are trained in nature to sleep when the sun sets. By being exposed to artificial light, our circadian rhythm is affected. Circadian rhythm is our internal body clock that tells us when to sleep or wake up. If interrupted this can lead to insomnia. When we don't get enough sleep, our body becomes unhealthy.

A protein called melanopsin in the cells helps them process ambient light. Prolonged exposure to light causes the protein to regenerate inside the cells.

Continual regeneration of melanopsin triggers signals to the brain that inform it about ambient light conditions. The brain then uses this information to regulate sleep, alertness, and consciousness.

If melanopsin regeneration is prolonged, and the light is bright, it sends a signal that helps reset the biological clock. This blocks melatonin, a hormone that regulates sleep.

Video games are a waste of time!

3. Video game DEATHS

Date today 00/00/00

THE WRITE NEWS

CHINESE BOY JUMPS!

CAUSE OF DEATH: SUICIDE
GAME RESPONSIBLE: PUBG
YEAR: 2018

PUBG not safe!

When you perform a move or skill on a computer game too many times, you might begin to believe that it's possible to do the same thing in real life right? Well that's what this Chinese boy wanted to find out.

The mother of a thirteen year old boy from Haimen, China blamed her son's death on video games after he decided to jump from a fourth-floor flat to see if he could survive like the characters in his favourite game, Player Unknown's Battlegrounds.

WARNING GAMERS!

Similar to many action games, players are able to save time by jumping off buildings without losing their lives and only taking minimal damage. His mother suggested that he was still probably thinking about the game after he had stopped playing and had no other reason to commit suicide, although if that was really the case or not, we will never know.

Date today 00/00/00

THE WRITE NEWS

DEATH BY Pokémon GO!

CAUSE OF DEATH: HOMICIDES
GAME RESPONSIBLE: POKEMON GO
YEAR: 2017

Pokémon NO GO!

Pokémon Go shook the world when it was first released in 2007 as players bravely stepped outside, holding out their Smartphones and ready to enter a new augmented reality experience of wild Pokémon cropping up all around them.

Although most of the population managed to remember the common sense they had learnt leading up to this period, many players disregarded their surroundings which included trespassing onto cemeteries, railway tracks and even abandoned building.

ACCIDENTS!

With the majority of the deaths on the app being caused by accidents on the roads, muggings or heart attacks, there were a couple of separate incidents where security guards and home owners killed trespassers on their land. In 2016 Jerson Lopez de Leon was shot dead after breaking into a home with his cousin to catch one of the virtual animals.

Video games are a waste of time!

QUIZ TIME!

1. What is melatonin responsible for?

a. a protein that informs the brain about ambient light
b. a chemical responsible for happiness
c. a hormone that regulates sleep
d. a stress hormone

2. What is melanopsin responsible for?

a. a protein that informs the brain about ambient light
b. a stress hormone
c. a chemical responsible for happiness
d. a hormone that regulates sleep

3. What is the circadian system for?

a. a stress hormone
b. an internal body clock that tells you when to sleep or wake up
c. a chemical responsible for happiness
d. a hormone that regulates sleep

4. What is the zeigarnik effect

a. a hormone that regulates sleep
b. an internal body clock that tells you when to sleep or wake up
c. the urge to complete an unfinished task
d. a stress hormone

5. What is dopamine

a. a hormone that regulates sleep

b. a protein that informs the brain about ambient light

c. a stress hormone

d. a chemical responsible for happiness

6. What is hyperarousal

a. occurs when a person's body suddenly kicks into high alert as a result of thinking about their trauma

b. a chemical responsible for happiness

c. a stress hormone

7. What is fight or flight response?

a. an internal body clock that tells you when to sleep or wake up

b. a physiological reaction that either prepares our bodies to stay and fight or to flee

8. What is the limbic region of the brain responsible for?

a. to trigger fight or flight response to protect us

b. the urge to complete an unfinished task

9. What is cortisol?

a. a hormone that regulates sleep

b. a chemical responsible for happiness

c. a stress hormone