

Should Teenagers Be Allowed to Play Pokemon Go?

Pokemon Go! Is by far the most successful mobile application ever downloaded. People worldwide have downloaded this game making it the most downloaded app of the summer of 2016. This application has built bridges between the outside world and the digital world. Unfortunately, this game is also linked to people in accidents or death. People have started to question this game's safety. Should teenagers be allowed to play Pokemon Go or not? Manulife, the illustrators of "Healthy Benefits of Catching 'Em All" and 2 articles from ProCon.org and Psychology Today, have concluded that the game promotes exercise, exploration, and is linked to other benefits. Therefore teenagers should be allowed to play this game.

First of, Pokemon Go has promoted exercise. With this application exercise has been gained by players. Manulife, author of an infographic, state "78 percent of millennials say they need to exercise more often. Nearly 1/3 of US millennials say they don't have enough time in their week to exercise." In this century exercise has declined in people. Manulife stated that with this app 69% of it's users report on increase of steps a day, 84% have increased their daily physical exercises, and 62% of players have been physically more active. Personally, I think that this is true. I have seen people spend more time outside to play the game. In addition, they also stated that the application has improved oxygen flow to the brain, manages weight and prevents osteoporosis. People love walking outside because of this app. This game makes you explore new places which brings us to paragraph 2.

Next, Pokemon Go allows people to explore new places. There have been a lot of controversy of this specific topic. However, exploration benefits have outweighed the consequences. "By exploring their communities and sharing information about where to find creatures, players interacting with strangers and making new friends. "(ProCon.org) Undoubtedly, this app has helped us explore new areas. In the summer, my siblings downloaded the application and we explored lots if new in my community. I discovered a local park and water fountain with the application. In addition, "As people explore their towns while playing the app, they are discovering new stores, shops, restaurants, and local parks." (ProCon.org) As mentioned earlier, this app has helped people explore new areas. This can

help businesses attract new customers because of pokestops. Pokemon Go has helped people explore new areas within their communities by placing pokemon there. Teenagers should play this game due to its activeness.

Finally, Pokemon Go has other benefits. Besides exercise and exploration there have been numerous benefits made because of this application. It helps with mood control. "Improves mood, fights stress, and depression." I can see how this is true. Playing the game allows you to see new places or if you go in a group of friends searching for a pokemon around town, it can make you forget about the stress and problems of life. "The app has the potential to benefit people who would not otherwise be motivated or be able to leave the house due to fear and anxiety." (Psychology Today) This application helps the, because they want to "catch 'em all". Possibly they can find another player with interest in the game and build a relationship. Pokemon Go has been linked to exercise increase, exploration, and internal benefits. Playing outside again has become a reality now with Pokemon Go. However, some claim that this has people distracted to the point where they get into danger. It is somewhat true however, "Niantic, the company that created the game, blocks creatures from run roads, airplane

runways, bodies of water and other areas.” (Search & Needleman) So the real culprit of the dangers are the players themselves not the app.

In conclusion, this app will forever be remembered as the best app of 2016. It is no surprise because it increases physical activity, exploration, and has brought benefits. This app has multiple of positive benefits. People have a chance to feel the rush of a pokemon trainer.

My score for my essay was 4 and 4.

