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Sitting and playing a game may be fun, but playing a game which benefits you in many different ways is the better choice. The better game is called Pokemon Go. In Document A by Sarah E. Needleman, Document C an infographic by Manulife, Document D an adaptation by ProCon.org, and Document F an adaptation from Psychology Today, their brief information revolves around the game Pokemon Go. Pokemon Go is an app for your mobile phone which encourages you to go walk outside and catch Pokemon. Teenagers should play Pokemon Go because it provides health benefits, encourages people to leave their house and explore, and helps people discover their community.

First of all, most video games only require your hands for movement. You could sit around all day doing nothing but sit and play your game. Pokemon Go is different because you have to walk to discover new pokemon. States in Document C “ 84% of people have increased their daily physical activity by 30 minutes or more since starting to play Pokemon Go.” People have become more active which could lead to a healthier future. Also in Document C, “62% of people are physically more active for 5 or more hours each week.” Healthy behaviors have advanced ever since the app Pokemon Go got released. Pokemon Go is a helping factor to a healthy, happy, future.

To continue, for some people their house is their safe place because outside of their secure walls is a terrifying world. But in Document E the author states, “Furthermore, the game

is centered around a theme and a cartoon that is non-threatening, encourages walking by giving reasons to go out and discover new pokemon, helps players notice their neighborhoods, and sparks creativity and imagination.” Pokemon Go is helping you explore things you would have never dared to explore before. Also stated in Document E, “While it’s too early to know whether Pokemon Go will help long-term with the treatment of anxiety or depression, the game has successfully encouraged people to go outside, walk, and interact more socially.” Social interaction is starting to be outshined by texting, calling, or emailing. Knowing that Pokemon Go is encouraging more social interaction is another reason why teenagers should play it.

Lastly, knowing your community does not mean running to stores to complete errands or going to school. To get to know your community starts with discovery. In Document D the author states, “By exploring their communities and sharing information about where to find creatures, players, and interacting with strangers and finding new friends.” Pokemon Go is encouraging interacting with strangers and making new friends. Also in Document D the author states, “As people explore their towns while playing the app, they are discovering new stores, shops, restaurants, and local places.” People are discovering new places and most likely encountering ethnic diversity. But in Document A the author states, “The hit mobile app “Pokemon Go” is raising questions about whether the game’s location and mapping features are taking players into danger.” It is common sense of where you should or should not go. But even for people who attempt going into dangerous places, Pokemon Go is making warnings and notifications. For example, “Do not trespass into unknown areas” is one of the notifications. The game is showing discovery is good but sneaking around and trespassing is not.

In conclusion, without Pokemon Go, discovery, social interaction, health benefits would disintegrate into 10% of people actually doing these things. Not just for the app but Pokemon itself is a road of discovery and making new friends followed by encouragement and imagination. Without Pokemon in general teenagers would be lazy people who text. Teenagers should be encouraged to play Pokemon Go because of health benefits, encouraging adventures, and to learn about their community.

My score for this essay was a 4 and a 4.