**Do you agree or disagree with the following statement? Children rely too much on the technology, like computers, smart phones, video games for fun and entertainment. Playing simpler toys or playing outside with friends would be better for children’s development.**

In the modern era, technology serves the most important role in people’s lives. We can’t overlook its considerable advantages in our convenience, but that doesn’t necessarily mean that it does not harm human beings. In this regard, people’s opinions are divided as to whether technology like smart phones or video games benefits children or not. Although these facilities assist children in gaining information and having fun, it is my firm conviction that playing outside would be better for them. To support this, there are several reasons, two of which are going to be aptly explored in the following.

The first vital point to bear in mind is that video games as one of the most harmful types of technology can often cause feelings of isolation while playing outside with friends establish effective communication. Providing many benefits for their future lives, children ought to spend loads of their time with their peers and improve their social skills. For example, my cousin who is very creative and innovative used to play diverse video games. He never played with us and consequently had no friends. After graduating, he applied for a good job in an eminent institute. Despite his literacy, he couldn’t get the job since he obviously lacked confidence and communication skill. Later on, he confessed that had he developed a sense of sociability; he would have been qualified for that good position.

The second noteworthy reason is that researchers attribute many serious diseases to technology development. Most importantly, staying at home and squandering the time playing games or working with smart phones diminish the activity as well as mobility which are the major reason for obesity. It should be taken into account that nowadays many dangerous diseases like heart attack and blood pressure emanate from obesity. Moreover, according to recent studies, children playing video games are quite vulnerable to mental and psychiatric disorder because there are many violent scenes in some games which is not suitable for them. Furthermore, decreasing eyesight in another devasting consequence of these new technologies which is irreparable. Nowadays these issues turn into a serious concern for parents.

In conclusion, although we must be very grateful to technology advancement for giving us many profits, it’s better to be aware of its side effect too. To be mentally and physically healthy, children need to be active and these facilities discourage them from playing outside and accordingly, endangered their health. Besides, wishing to attend university or finding good job opportunities, improving social craft is a basic need for every individual. Without doubt, the overuse of smart phones or computers prevents children from taking apart in social activities. So, the advantages of playing outside outweigh the benefits of spending time with computers or modern video games.

**Time: 1 hour**