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### Should Teenagers Play Pokémon Go

Pokémon Go is getting people to become more active and to get outside. PokémonGo improves the mood, fights stress, and depression. In the articles, “Is Pokemon Go Good for Our Society?” by ProCon.org, and “The Psychology Today shows how PokémonGo is a great app for mental health benefits. Also in the infographic, “Health Benefits to Catching ‘Em All,” by Manulife illustrates how the app has positive effects on people. Teenagers should be able to play PokémonGo for having great health benefits. Teenagers should be able to play PokémonGo for their own benefit.

To begin with, PokémonGo gets teenagers to be more active and fit. This app helps manage weight. According to Manulife, “Pokémon Go has increased their daily physical activity by 30 minutes or more since starting to play the game.” This shows how teenagers are being more active by playing PokémonGo. It improves brain function, by the fresh oxygen. According to Manulife, “Teenagers are physically active for 5 or more hours each week.” The app is having teenagers become more active and stay in fit. The people that play this app are walking more for the reason that they need to catch monsters. PokémonGo is helping teenagers become more active and getting outside.

Furthermore, Teenagers are discovering areas around their community that they didn't know existed. In the app Pokémon Go it makes you walk to find creatures, so you can discover new places. According to ProCon.org, “As people explore their towns while playing the app, they are discovering new stores, shops, restaurants, and local places.” This benefits the owners of their business because they are having new customers. Also teenagers can discover great places that can be interesting, helpful

to them. According to ProCon.org, “By exploring their communities and sharing information about where to find creatures.” This explains how PokémonGo is a great app so that teenagers know about their communities. Also how they get to interact with people from their community, and make new friends. It is bringing people together and having a sense of community. Teenagers should be able to play Pokémon Go because they can interact with new people, and discover new places in their community.

Lastly, Pokémon Go is helping teenagers with problems to overcome them. The app can actually help people with depression and social anxiety. According to Psychology Today, “The app has the potential to benefit people who would not otherwise be motivated or able to leave the house due to fear or anxiety.” The Pokémon Go app sparks creativity and imagination. Teenagers with fear would be able to get outside and play. According to Psychology Today, “It provides positive rewards, promotes structure that helps define goals and stepwise levels.” This demonstrates how the app can help people with anxiety by giving them rewards. Teenagers would interact more socially decreasing the possibility of depression. People say Pokémon Go is taking the players into danger, for example-forested area, or areas where they don’t belong. This can only happen if they are only looking at the phone screen and not being aware of where they are walking towards to. The company “blocked creatures from roadways, airport runways, bodies of water and other areas,” according to Sarah E. Needleman. Teenagers should be able to play because it helps them fight stress and have mental benefits.

To conclude with, teenagers should be able to play Pokémon Go because it has many benefits. The app helps teenagers notice their neighborhoods. People should be able to play the app because it has health benefits, discovering new areas, and having mental benefits. Pokémon Go helps you get active while having fun. For teenagers that are anti-social it encourages them to be fearless and lose stress. Teenagers can discover new areas around their neighborhood. Teenagers with depression and

anxiety it helps them decrease social anxiety. Pokémon Go is safe when you're aware of your surroundings. Teenagers should be able to play Pokémon Go because it has many benefits.