

Class : 5D

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Topic : Binge-watching does more good than harm to teenagers

Text Type : Debate speech

Good morning, Judges, Principal, Teachers and Fellow Schoolmates.

The motion of today's debate is 'Binge-watching does more good than harm to teenagers'. Binge-watching is defined as watching TV for a prolonged period of time. Given the negative influences on teenagers, I am on the opposing side.

To commence with, the burgeoning increase of "hidden youths" in Hong Kong can be ascribed to the prevalence of binge-watching among teenagers. One fact is indisputable – binge-watching tends to be an isolating activity. More often than not, teenagers binge-watch TV programs alone. They spend their time watching mindless and stereotypical TV dramas instead of hanging out with their friends. As a result, they have less interaction with their peers and soon become disconnected from society. Therefore, binge-watching is an inhibitor to satisfying relationships with others.

Not only does binge-watching bring us social problems, it also brings about a health crisis. Because of the sedentary lifestyle of binge-watching, youngsters will become obese more easily. Obesity increases the risk of developing Type II diabetes. In some extreme cases, binge-viewers might suffer from coronary occlusion which will lead to heart attacks. Therefore, it is not an overstatement to say that binge-watching ruins our health. Because of the negative impacts brought about by binge-watching, I cannot compromise with the affirmative side that binge-watching does more good than harm to teenagers.

The affirmative side may argue that binge-watching could help us relieve stress from academic pressure and help us to strike a good work-life balance. However, despite these so-called advantages, what they advocate does not hold water. The fact is that binge-watching makes viewers waste a large amount of time. Adolescents would spend more time binge-watching than studying. Once they succumb to binge-watching, they would neglect their studies, resulting in unsatisfactory performance at school. Consequently, they may fail to fulfil their parents' expectation, which in turn adds to their stress. This is exactly the reverse of the so-called "advantages" of binge-watching. Worse still, teenagers will be caught in a vicious circle of feeling stressed and indulging in binge-watching. Therefore, do you really believe binge-watching can help students relieve stress? Definitely not.

Overall, it is crystal clear that binge-watching does more harm than good to teenagers, both mentally and physically. As a corollary, the motion of today's debate should not stand. Thank you.