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## District-Wide Assessment (Pokémon GO)

Pokémon GO, a simple app game that drove people crazy during its first months of release. The game itself has nothing wrong inside, but many people who play it have been told that the game has some negative effects. Media everywhere takes advantage of the app's following by giving it bad publicity, but does it really deserve it? Many think not, such as the infographic (Doc. C), "Health Benefits to Catching 'Em All," by Manulife, and the article (Doc. D & E), "Is Pokémon GO Good for Our Society?" and "The Psychological Pros and Cons of Pokémon GO," by ProCon.org and Psychology Today. Pokémon GO is not a negative app, but actually one with positive influences due to its ability to benefit a player's health, people are finally going outside to see the community, and the psychological benefits.

First and foremost, Pokémon GO has the ability to benefit a player's health. As you know, America has been facing obesity epidemic and has been trying its best to prevent it. Pokémon GO can help with that because in Document C, the author states, "65% say they have increased the time they spend outdoors since starting to play." This health benefit Pokémon GO gifts players the luxury to walk outside and enjoy a game, while preventing obesity in them. This healthier lifestyle people are now living is a definite positive impact from the app. Adding on, Document C's author provides more information by stating, "85% have increased their daily physical activity by 30 minutes or more since starting to play." These results once again can

depict how Pokémon GO helps players get healthy. Of course though, Pokémon GO offers way more positive effects on people.

Secondly, Pokémon GO benefits people another way, through psychological means, A big chunk of the game's fanbase are teens, and being a teen isn't so easy. Many struggle with depression and anxiety, but Pokémon GO can help in that fight too says Document E, "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." Being able to benefit both physically and psychologically helps show the apps true influence. Many people's lives have changed due to this. The game also helps with shy people as well, Document D's author says, "By exploring their communities and sharing information about where to find creatures, players are interacting with strangers and finding new friends." Exploring one's community is a great way to appreciate it and talking with others in the process can really help people. Speaking about exploring the community, Pokémon GO does much more with that idea.

Finally, Pokémon GO gives people the opportunity, to visit the community they live in. Some users used to be complete couch potatoes before they actively went outside to catch some digital Pokémon. Sounds silly, but it is true! Document C gives light on this with its data it found, "78% have explored their community more often." You cannot deny it, but some people try, Pokémon GO helps you really get to know your neighborhood and the place you live in. This shows how the people against Pokémon GO have to think more about game's benefits, and look on the bright side. But one argument they say is that Pokémon GO does not really help you explore the community since you are always staring at your phone. But people still are able to explore the community like that, Document D says, "As people explore their towns while

playing the app, they are discovering new stores, shops, restaurants, and local places.” How are they doing this you say? Through PokéStops. They are found at community landmarks, and give you items to use in the app. This helps people visit places they’ve never seen before! In the end, the app’s positives outweigh the negatives.

In conclusion, Pokémon GO is a benefit to society due to the fact it gives health benefits, as well as psychological ones, and it helps people explore their community. Why is this even important? Many people see this new game as scary and even a threat. Knowing the benefits of the app can help show that the game is not a negative threat to society. It is simply a new step in how our games and technology have evolved to help people and be fun at the same time.

My score for this essay was a 5 and another 5.