

## 1. Technology & Screen Time: How Much is Too Much?

- Should kids have unlimited screen time, or should there be restrictions? Discuss the benefits and drawbacks of technology in daily life.

Screen time is a hotly debated topic among parents, educators, and health experts. While some argue for strict limits, others believe in a more flexible approach. The key is to strike a balance that maximizes the benefits while minimizing the risks.

On one hand, screen time can teach children valuable life skills. For instance, self-control is developed when children learn to manage their screen use and face the consequences of overindulgence, such as eye strain or wasted time. Additionally, screens can foster social interaction and teamwork. Many children collaborate with friends through online games or video calls, building communication and problem-solving skills.

On the other hand, excessive screen time can have serious drawbacks. Prolonged use can isolate children from family and friends, weakening personal connections. Moreover, the physical effects—such as eye strain, poor posture, and even weakened bones from inactivity—are concerning. These risks highlight the need for moderation.

In conclusion, screen time is neither entirely good nor bad. It's a tool that, when used wisely, can offer educational and social benefits. However, parents should set reasonable limits to protect their children's physical and mental health. By finding the right balance, we can ensure that screen time remains a positive part of children's lives.

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## 2. The Environment: Should Plastic Be Banned?

- Argue for or against banning plastic to help protect animals and the planet. Suggest alternatives and how people can make a difference.

Imagine a sea turtle mistaking a plastic bag for food, swallowing it, and dying days later. This tragic scenario is just one example of how plastic harms wildlife. To protect animals and the planet, plastic must be banned.

Plastic is deadly to marine life. Over 100,000 marine mammals die annually from entanglement in discarded fishing nets or ingestion of plastic waste. Smaller creatures often become trapped in bottles or bags, leading to suffocation or severe injuries. Recycling and reducing plastic use can help, but these measures aren't enough to stop the crisis.

Moreover, plastic releases toxic chemicals as it decomposes. Substances like methane and leachate poison soil, water, and air, endangering both land and sea animals. A better solution is to switch to biodegradable alternatives, which break down safely and reduce harm to ecosystems.

Plastic also destroys habitats. In the ocean, it smothers coral reefs and blocks access to food sources, disrupting entire ecosystems. For example, fish lose their hiding spots when plastic entangles coral, leaving them vulnerable to predators.

Banning plastic is essential to protect animals and the environment. By adopting biodegradable materials and supporting stricter regulations, we can create a safer, cleaner world. It's time to take action—for the sake of every sea turtle, every coral reef, and every creature that calls this planet home.

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### 3. Education & Learning: Is It Better to Learn at School or at Home?

- Compare traditional schooling with homeschooling or online learning and argue which is more effective.

Imagine waiting for a noisy class to settle down while two classmates giggle uncontrollably. Despite repeated warnings, they continue disrupting the lesson, wasting precious learning time. This common scenario highlights a key advantage of homeschooling: it minimizes distractions and allows students to learn at their own pace.

Homeschooling offers a focused environment where students can work efficiently. Unlike traditional schools, where disruptions are frequent, homeschooling lets students complete their work faster and spend extra time on challenging topics. For example, if a student struggles with math, they can slow down and master the concept without feeling left behind. This personalized approach ensures a deeper understanding of the material.

However, critics argue that homeschooling limits social interaction, which is crucial for developing teamwork and communication skills. Traditional schools provide opportunities for students to share ideas, collaborate on projects, and learn from diverse perspectives. These experiences prepare students for real-world challenges, such as working in teams or resolving conflicts.

To address this, homeschooling can be supplemented with group activities. Organizations like Euka bring homeschoolers together for collaborative learning, ensuring they gain social skills while enjoying the benefits of personalized education. This hybrid approach offers the best of both worlds.

In conclusion, while traditional schooling has its merits, homeschooling provides a more focused and flexible learning environment. By incorporating group activities, homeschoolers can develop social skills without sacrificing academic progress. Ultimately, the choice depends on the student's needs, but homeschooling offers a compelling alternative to traditional education.

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#### 4. Animal Rights: Should People Stop Eating Meat?

- Discuss whether eating meat is necessary or if people should switch to plant-based diets for health, environmental, or ethical reasons.
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## Sports & Competition: Should Everyone Get a Trophy?

- Debate whether participation trophies are fair or if only winners should be rewarded in sports and competitions.

Imagine playing your absolute best in soccer, only to lose to the other team. As they celebrate their victory, you're left standing on the sidelines, feeling overlooked. This is why participation trophies are essential—they encourage effort, promote healthy priorities, and boost self-esteem.

Participation trophies motivate players to engage in sports and activities. Recognizing a student's presence, even if they don't win, can inspire them to keep trying. Studies show that people are 20-50% more likely to participate when their efforts are acknowledged. This creates a more energized and committed team.

Moreover, participation trophies teach valuable life lessons. They emphasize that winning isn't the only goal; effort and teamwork matter just as much. This mindset prepares children for real-world challenges, where persistence and resilience are often more important than coming in first.

Finally, these trophies boost self-esteem. For example, a young basketball player struggling with the game might feel discouraged after a loss. A participation trophy reminds them that their effort is valued, encouraging them to keep practicing and improving.

In conclusion, participation trophies are more than just small prizes—they motivate, instill good values, and build confidence. By recognizing everyone's effort, we can transform competitions into friendly arenas of joy and growth.