

## 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.

Imagine being restricted to everything by your parents and being forced to only read books in your free time. Will you feel depressed or even a bit mad at your parents? This is the result of being restricted to screen time, therefore I strongly agree that kids should not have screen time restrictions.

Technology has always been very helpful and entertaining. People can watch films, chat with friends, finish homework, etc. However, overuse by their children has been a serious concern for parents worldwide. When you walk into a random restaurant, you will likely be seeing kids all addicted to their phones. These phenomena are happening more frequently than ever and can cause health problems, affect academic results and more. As a summary, technology has both magnificent help and also devastating impact to us.

The popular solution has always been restricting children's screen time or even not allowing electronic products. While this might "work out" for a lot of parents, it is a double-edged blade. Restrictions will often make children grow a sense of protest to their parents as they place these annoying restrictions. If this sense of hatred grows, children will have a whole bunch of disagreements with their parents causing disharmony. Also, children with restrictions are often more depressed than those who don't. As a result, restrictions should not be established.

In short, restrictions are like double-edged blades. It can stop addictions but will also cause harm like distress. If I am a parent, I will explain clearly the drawbacks of technology to my kids and make them fully understand the proper use of technology. This will ensure that they won't be addicted to it or feel unfair of having restricted screen time. If all parents use this method, I'm sure that there will be less phone addictions or family relationship problems occurring.

## 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 using fragile paper bags for your weekly shop and using only wood cutleries for takeaway. Not scary enough? Suit yourself into Bryan, who is always very unfortunate of breaking all his wooden cutleries. Has this ever occurred to you? I am going to argue about whether plastics should be banned because of environmental protection.

Plastic, a global emergency problem, is taking over the concentration of the United Nations. In Australia, landfills are facing a crisis of running out by 2030 and the major culprit is plastic. Additionally, there are numerous marine animals murdered by plastics because the landfills are simply not enough. Species like vaquitas have only 6-8 left in the open ocean. Therefore, governments worldwide are adapting wooden/paper replacements for plastics in current years.

However, these wooden/paper replacements are often very delicate and toxic since some of them emit wooden scraps and black paint for straws. If I have influence over this, I will use biodegradable options rather than wooden/paper replacements. Although people might suggest that biodegradable products cost more, wooden/paper products decrease the tree population and contribute to climate change. Also, some companies are already using biodegradable products like Coles and Woolworths. Furthermore, being biodegradable means that the landfill crisis can be solved without importing our trash to other countries.

In conclusion, plastic is one of the devastating crisis the world is facing recently. If plastic is fully banned, people will have to deal with the disappointing qualities of wooden/paper replacements. If I can make a difference, I would replace plastics with biodegradable ones even though it might cost more. Do you agree with me that plastic should not be totally banned?

## 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 every single kid playing games all day and only learning a teensy tiny bit of knowledge each day, having poor eyesight and only focusing on games rather

than their studies. Is that what our future generation should look like with the rise of technology and AI? That truly indicates the impact on children if they are home-schooled or experienced online learning.

Firstly, kids who are given homeschooling or online learning usually lack social ability skills. Given that schools are the main source of kids' friends and socialising. These skills are crucial for their life ahead since they need to survive in the community without their parent's help some day. According to scientists, humans are pack animals, we cannot survive independently after all. Imagine going to a supermarket and ending up buying nothing for your groceries because you simply cannot communicate to others. It's just like being in a foreign country but worse because you can understand their rude comments of you being a freak. At that time, you need to master all the skills you need and strive in your after school life.

Secondly, kids who are given homeschooling or online learning tend to have worse academic results than kids who don't. This is because in your own home, you usually feel more relaxed and tend to not focus. In addition, specifically for kids who do online learning, they can easily have access to games or other social media websites that can have a serious impact on their learning. This has happened to some of my friends during the Covid-19 online zoom classes where they cannot focus on their studies at all.

Thirdly, online learning can cause humongous eyesight problems like me. We all have experienced online learning for a few months during covid, but for me, it had led me straight to my glasses. According to my observation, students who learn online often feel more depressed since they cannot play with their friends. Furthermore, there are physical education lessons during school. Vice versa, online learning cannot effectively provide students with those physical lessons nor the cohort to spend time with. Therefore, this could lead to potential health problems like obesity, eyesight problems and depression.

In short, online learning or home schooling is not a healthy way for students to learn because of health problems and their lack of social abilities which are crucial for their life ahead. If our future generations really are entirely home schooled or are online learners, they might all wear heavy glasses, have a chubby body and maybe even experience depression.

#### 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.

Imagine being murdered just after you were born and not even realising what for? This is just the brutal life of many animals like pigs that we sabotage just for our pure enjoyment of their meat while not even caring about their welfare. Now, I am going to argue whether we should eat meat for health, environmental and ethical reasons.

Health, environmental and ethical reasons are massive influences over whether or not we should eat meat. According to research, people who eat meat tend to have heart diseases etc. while vice versa. Furthermore, sometimes butchers might even kill way too many animals per year not aware that their population is decreasing. Just like the dodo bird going extinct because hunters killed them for their meat back then causing the mass extinction. Last but never the least, why should we kill innocent lives for our pure enjoyment? Imagine you being the one slaughtered for your meat just because you are an animal. Is that fair?

Why kill animals just because they overpopulate? If animals that overpopulate must be mass slaughtered to remain as a weaker potential threat to humans, we sort of overpopulate as well. Can creatures like aliens slaughter us? The best example is kangaroos. Many people may argue that kangaroos' population should be maintained by eating their meat. However, people argue that they are a symbol of Australia so therefore should be preserved. But is it only because creatures are a symbol of a country so we should not kill them?

In short, I think that people should not eat meat because of health, environmental and ethical reasons. Most importantly, why should animals be treated like this while we get to enjoy all the things they "do not" deserve? Is that because we are the most intelligent creatures on Earth? If so, when other creatures from outer space intrude, they are allowed to slaughter us as well!

## 5. 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 everyone getting a trophy, even the worst runner in the whole school. Will you feel that your whole effort put into the event is all wasted since everyone just receives a trophy because of participating? Today, I will discuss why shouldn't everyone be awarded a trophy.

Participation trophies are never fair. To be honest, most people are forced into participating and therefore spending no effort on their competitions. If everyone gets a trophy for participating, then the winners will not be fair since they have putten extra hard work on it while others simply took part in the event for a trophy. This will truly upset the winners and make them feel frustrated and want to give up.

Additionally, trophies were designed to congratulate and encourage the winner to keep up the great work and motivating others to work hard to compete for the trophy. If everyone simply gets a trophy for trekking lazily on the track, no one will really focus on the competition anymore. What is the meaning of a competition then?

In short, participation trophies not only bend the original value for a trophy, it also makes past winners feel unfair since they have putten extra effort resulting in the same pay. If I were the competition organisers, I will surely give out real trophies that identify success and efforts while considering whether we should add extra participation awards or not.