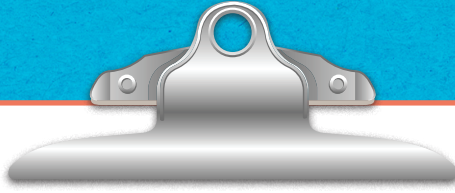


CLIPBOARD



BLOG ENTRY

My favourite game – Lan Ren Sha!!!

1 Faith (26) Wu Tin Yuet

Posted at 11:00 pm by Chloe0926

Hey guys! Have you played a game called 'Lan Ren Sha' before? I love this game so much. Yesterday, I played this game with my classmates. It was such an intense game!

The game actually began in 1986 in Russia as a psychology experiment called 'Mafia'. In 1997, Andrew Plotkin added the werewolf theme and by 2002, the iconic French board game won awards. The Chinese name 'Lan Ren Sha' was trademarked in 2010.

This is a classic social deduction game with two teams: Villagers have to try to find all the hidden werewolves and eliminate them. Werewolves will disguise themselves by day and kill at night. Each round has a "night" phase, when everyone closes their eyes, followed by a "daytime" phase, when the dead are revealed and players discuss. Then comes the vote to banish the most suspicious player. The cycle repeats until one team wins. There are three main rules:

1. No peeking at night
2. Silence from the dead
3. Keep night actions secret

I always feel thrilled while playing! You never know when you will be killed by the werewolves.

Overall, it's a thrilling game because the werewolves could be anyone, even your best friends. What about you? Have you played this game before? Please leave a comment below and share your experience with me!

The Complete Star

1 Faith (25) Wong Sze Yan Carolyn

Posted by Carolyn on 7 May, 2026 at 3:45

Welcome back to my blog!

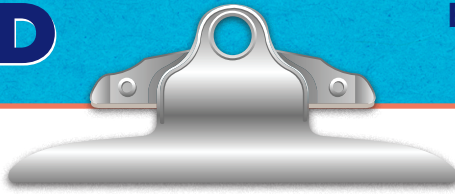
Today I'm going to talk about a board game I've been playing lately. It's a fantastic game! I'm sure some of y'all have heard of it before. It's called Chinese Checkers! The name might sound a bit weird, but it's totally worth a try!

So basically, it's just a game full of jumps. This game was invented in 1892 in Germany by two brothers called Bill and Jack Pressman for marketing purposes. Since the game requires jumping, I guess the brothers really liked jumping! Haha! Anyways, the game can be played by 2-6 players. The game rules state that players can only use a piece to jump over another piece to move in any direction in a straight line. Although it sounds difficult, you'll get the hang of it. Trust me!

You'll need to aim to move all 10 pieces from one triangle corner to the opposite side using adjacent moves or hopping over pieces. I like this kind of game style since it has simple rules and fast-paced, and interactive gameplay. It's suitable not only for families, but also for groups of up to six players. I can play with my family and spend some quality time with them. Also, it helps my brain to think from different perspectives. But another reason is that my board game drawer has so many board games that the drawer doesn't have space for more, so I put Chinese Checkers on my room shelf. It makes me want to play all the time! Ha ha!

It's really fun though! Y'all should try it out, and please don't forget to leave a comment below to tell me what y'all think. I can't wait to read your comments so that I can know what to share next time!





My favourite game

1 Faith (26) Lin Yin Yi ↗

Posted by Amy at 9 a.m. on 13 May 2026

Hello everyone! Welcome back to my blog, where I always share the things I love the most. Are you looking for an ultimate gaming experience that never gets boring? Do you want to escape into a world where anything is possible? I'm excited to share with you my experience of playing Roblox. It is my absolute favourite game now, and I play it every weekend.

Roblox is a big-name online game platform. It is such a popular game that people from many different countries play it every single day. In Roblox, you do not just play one game. There are millions of small games made by different players. You can also make your own character and buy cool clothes, hats and shoes for your avatar.

It is very easy and convenient for everyone to start. You can play it either on a computer at home or on a smartphone when you are outside. When you open the application, you can see that this game is both exciting and creative. You can choose to play "Adopt Me!" to raise cute pets, or you can play parkour games to jump over obstacles with your teammates.

I always feel both happy and relaxed when I log in. I think that this video game is not only entertaining but also great for socialising. This is because I can join the same map with my school friends, and we can chat and help each other win. This game is neither boring nor repetitive because there are always new games and updates coming out every week.

In conclusion, Roblox is the best game because it brings us together and gives us a lot of joy. This game can give you so much fun that you will forget about our stress from schoolwork and homework. If you have some free time today, you should download it and play with me. It is too amazing to be missed!

Any Time Is The Perfect Time For UNO!

1 Honesty (9) Fu Ka An Carmen ↗

Posted by Carmen on 10 May, 2026 at 23:04

Hi everyone, welcome back to my blog! Today I'd like to share my favourite card game of all time! It's a staple game in every household and everyone knows it! Drumrolls please! It's UNO! It's the best game for someone like me since I love spending time with my loved ones by playing board and card games with them!

UNO is a great game for all ages since the game is both easy to play and learn. For the people who don't know how to play, I'll give a brief explanation. UNO is usually played with 2 to 10 people. At the start of the round, everyone is given 7 cards from the deck of cards and has the same objective. You have to be the first player to get rid of all your cards to win. To get rid of your cards, you have to put down a card that is either the same colour or number that is the card at the top of the pile. You also have to yell out the word UNO when you are down to your last card!

Okay well maybe not yell... but it's a super simple game to understand! Not like those games that have so many rules that it's frustrating!

The origin of UNO is pretty interesting and there are a few fun facts that might catch your eye! UNO was first created in 1971 by a barber called Merle Robbins from Reading, Ohio because he wanted a simpler and less argumentative version of the shedding-type card game Crazy Eights for his family which is super wholesome in my opinion! Also did you know that UNO has been officially ranked as the #1 card game in the world since 2021? Plus the game is not only sold in 80 countries but also sold over 150 million copies globally! Yeah, it deserves that number 1 spot for sure!

Those are all the reasons I love UNO. The game is both simple and fun! Perfect for everyone in all age ranges. Have you played UNO before? You can leave a comment below to share your experience with me!

The Most Challenging Board Game Ever!

1 Perseverance (17) Leung Lok Tung, Cassie ↗

Posted by Cass1234 on 27th of April, 2026 at 14:40

Hey guys! Welcome back to my blog!

Yesterday I was playing a board game with my family, and it was a fantastic time. Then I realized that I've never talked about my favourite board game yet!

I'm sure you all are familiar with the game Monopoly, but if you aren't, here's a brief breakdown of how the game works. You play as a character in the world of Monopoly, and you can use your money to buy lands and make other players pay you rent if they step on your properties. There's also the super infamous "Go to Jail" spot where the player has to roll a six to get out!

It's super fun and challenging! Sure, the majority of the game is based on luck, but it also depends on your decision-making skills! You need to decide whether to buy land or upgrade your properties, but be careful or you'll run out of cash! Monopoly also has the coolest collabs! From Minecraft to Mario! The design and figures of the characters are also extremely high quality!

This game is not only fun, but also educational! You get to learn how to spend money wisely! I love playing Monopoly. It's also not like Uno or Rummikub which everyone plays by different rules and gets upset before even starting.

Monopoly is the game that gave me the most memories as a kid. Words alone can't do it justice — you really have to try it yourself!

ONE-SIDED ARGUMENTATIVE WRITING

Reasons Against Promoting Choi Hung Estate as a Tourist Attraction

2 Faith (6) Choi Sze Yu, Skye

Choi Hung Estate is famous for its basketball court and pastel exterior, but it is also home to many residents. It is much more than just a tourist attraction. Looking deeper, there are several problems to address. Because of its old age, there are good reasons to disagree with promoting it as a tourist hotspot. I am writing this essay to argue why it is necessary to preserve this treasure.

First of all, Choi Hung Estate was built about 60 years ago, so safety is a serious concern for residents. The old buildings have leaking problems during rainstorms because of cracks in the aging concrete. The electrical wiring is also dangerous and may cause uncontrollable fires. For example, minor repairs cannot solve these problems long-term. The estate may not meet current safety standards, and the water and piping issues are inconvenient. These safety concerns need proper solutions.

Moreover, Hong Kong has a pressing need for housing. The land is very valuable for constructing homes, and redeveloping the estate can accommodate many people. The benefits, such as helping those who have waited for years and providing better living environments, are strong reasons why redevelopment should happen. Building taller buildings to house more people can solve this ongoing problem.

Furthermore, redevelopment can improve residents' quality of life. The buildings are severely outdated, and redevelopment can fix flaws and cracks. It can provide better layouts, more space, and improved interior and exterior designs, helping the estate keep up with modern times.

In conclusion, safety issues, housing demand, and quality of life are more important than promoting Choi Hung Estate as a tourist attraction. Without redevelopment, many problems will remain. Therefore, redevelopment offers solutions for residents and people in Hong Kong.

Redevelopment of Choi Hung Estate

2 Honesty (25) Ng Yuet Ki Yuki

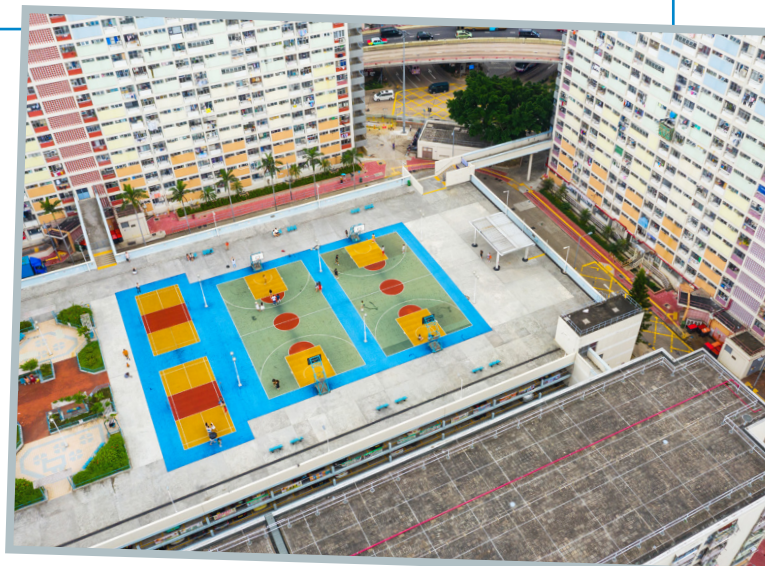
Recently, there have been many news articles about the redevelopment of Choi Hung Estate. Some people believe it should be promoted as a tourist attraction, while others argue it should be redeveloped for the benefit of the locals. In my opinion, I strongly agree that it should be redeveloped. In this essay, I will give my reasons for supporting this matter.

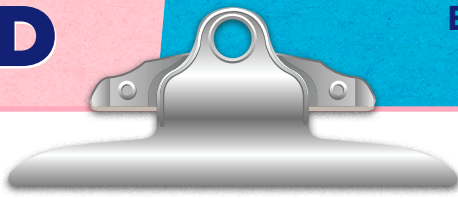
Firstly, redevelopment can improve the quality of living for residents. It is crystal clear that the buildings are in old condition and significantly worn out. If we leave them be for "heritage value," safety hazards may arise, such as collapsing buildings or rodent infestations. On the contrary, modernized residential buildings create a cleaner and more comfortable atmosphere. The new buildings can enhance energy efficiency by providing solar panels on roofs and LED lighting systems to save electricity. As you can see, redevelopment is essential to give residents a more enjoyable lifestyle and an ideal environment.

Secondly, redevelopment can provide new facilities. There is no doubt that it will be convenient for residents. For example, elevators, especially for the elderly, and safety systems. These modern amenities are crucial for a safe environment. Besides that, we can blend cultural preservation (historical landmarks) with modern comfort, such as adding the authentic rainbow scheme to the new buildings to show these historical memories to future generations. Therefore, redevelopment can strike a balance between modernization and cultural preservation.

Thirdly, redevelopment can alleviate the serious housing crisis in Hong Kong. Nowadays, Hong Kong people have to wait for years to get a public housing flat. If we redevelop the buildings in Choi Hung Estate into taller apartments, more flats can be given to more people. In short, redevelopment can shorten the housing waitlist and help families in need.

To sum up, the redevelopment of Choi Hung Estate can improve living quality, provide new facilities, and solve the housing crisis in Hong Kong. It is obvious that redevelopment has many advantageous benefits for the community. That is why Choi Hung Estate should be redeveloped instead of being promoted as a tourist attraction.





Should Choi Hung Estate Be Promoted as a Tourist Attraction Instead of Being Redeveloped?

2 Hope (3) Chen Tianle, Doria

Recently, there has been a great deal of debate in the news about whether Choi Hung Estate should be promoted as a tourist spot or redeveloped for its residents. While some people think it should be preserved to attract tourists, I firmly believe it should be redeveloped to benefit the local community.

Firstly, redeveloping the estate will provide modern housing. The buildings are over 60 years old; because concrete naturally cracks and degrades over time, aging structures pose a significant danger to pedestrians below. This deterioration also negatively impacts the neighborhood's appearance. Therefore, it is absolutely necessary to provide modern, safe housing for the residents.

Secondly, redevelopment can drastically improve living conditions. Many of the old buildings lack adequate lift systems, making it incredibly difficult for elderly residents to climb the stairs. For instance, if an elderly person has to carry heavy groceries upstairs on their own, it poses a severe safety risk. Ultimately, residents' comfort and safety must be our top priority.

Last but not least, redevelopment can create essential new community facilities. Currently, navigating the estate and commuting can be inconvenient for elderly residents who live further away from transport links, often discouraging them from going out. As people age, spending too much time traveling becomes exhausting, leading to social isolation. New, centralized facilities within a redeveloped estate would solve this problem.

In conclusion, redeveloping Choi Hung Estate is the best path forward. It offers safer housing, better living conditions, and modernized facilities that directly benefit the community. Therefore, I believe it should be redeveloped rather than promoted as a tourist attraction.

Choi Hung Estate: A Place Worth Preserving

2 Hope (10) Leung Tsz King, Owen

Choi Hung Estate, built in the 1960s, is one of Hong Kong's oldest public housing estates. Generations of families grew up here, creating countless memories. For many elderly residents, it remains the place where their childhood unfolded. Today, however, the government has decided to redevelop it. I strongly disagree with this plan. Instead, I believe Choi Hung Estate should be promoted as a tourist attraction.

Childhood Memories

Choi Hung Estate is deeply tied to the childhood of many Hong Kong people. Redevelopment would erase these memories and likely upset long-time residents. By promoting it as a tourist attraction, villagers could remain in their homes while welcoming visitors. Tourism could also generate revenue for the government without displacing communities.

The Rainbow Icon

Apart from the childhood memories, the estate's most iconic feature - its rainbow-colored façade - is a symbol unique to Hong Kong. Redevelopment would mean losing this landmark forever. Preserving it would allow future generations to continue enjoying one of the city's most recognizable sights.

Shops and Culture

Within Choi Hung Estate are beloved shops and cha chaan tengs. The most famous is the barbershop, which has operated for nearly seventy years. Even the roads inside the estate are named after rainbow colors - red, blue, and green - adding charm and cultural value. Redevelopment would erase these treasures, which cannot easily be found elsewhere.

Conclusion

Choi Hung Estate is not just a housing estate; it is a living memory for Hong Kong people. Redevelopment would destroy its history, culture, and identity. Instead, it should be preserved and protected by all of us.

Should Choi Hung Estate be Redeveloped?

2 Perseverance (26) Lily Ann Williams

Recently, it was announced that Choi Hung Estate, which has over 60 years of history and has served many residents, will be redeveloped very soon. I strongly believe that it should not be redeveloped, even though some people say it needs a makeover. This essay will discuss why we should not redevelop Choi Hung Estate.

To start with, Choi Hung Estate is more than a building; it is a landmark of Hong Kong. The colorful walls are very famous, and various artists and photographers love to take creative photos there. If we redevelop it, we will lose a piece of our city's history. Also, it has many businesses that should be preserved. For example, there is a barber shop from the 1960s. Shops like these are becoming extinct in Hong Kong. Because they carry such high cultural value, they may be gone after redevelopment. Thus, the estate should not be redeveloped.

Secondly, the residents of Choi Hung Estate have built a strong community. They have known each other for many years. If they had to move away, it would break those special connections, and people would feel extremely lonely. Many residents love living there because it feels like home. That is why it should not be redeveloped.

Third, Choi Hung Estate attracts the attention of tourists. Tourists travel across the world just to see Choi Hung Estate. If it is redeveloped, people may lose interest, which could hurt the local shops and businesses there. For example, there are comic rental shops and little tuck shops that sell old snacks. These shops may have to shut down due to fewer people spending money there. Keeping Choi Hung Estate not only preserves its uniqueness but also helps the local economy.

In conclusion, Choi Hung Estate should definitely stay as it is. Its culture, community, and tourist attractions are all very important reasons why we should preserve it.

LETTER TO THE EDITOR

3 Faith (24) Wong Tsz Chung

Dear Editor,

I have noticed a massive decline in activities related to Chinese New Year. Many people have started neglecting and forgetting about our culture and customs, as these activities have been replaced by digitalized versions of them, such as digital red packets, voice calls instead of physical visits and overseas travel. As a member of the Culture and Heritage Club at my school, I wish for us to work together to resolve this issue and encourage my peers to keep our tradition alive.

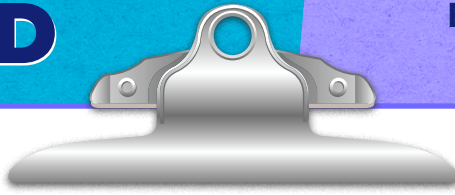
One main reason for the cultural neglect is technology and travel. Many people nowadays barely get together during normal days, so people do not get the chance to visit one another and check on how they are doing. Chinese New Year encourages people to hang out and have fun with each other. The thrill of receiving red packets from relatives or eating good food together is what binds each family to each other. Despite that, people have grown lazy and started using digital red packets and FaceTime chats to replace traditional visits. Not to mention the large number of people who choose to travel abroad to other places instead of spending time with family. These actions are more convenient and simpler. However, they don't give the same warm, fuzzy feeling of celebrating and gathering as a big family that brings humans closer to each other.

Another problem that people face is the lack of participation. Many young and busy people often skip traditional rituals and customs because they think it's absurd and time-wasting. However, the consequences outweigh the benefits. Skipping rituals and get-togethers only separates us from our family even more, which can lead to arguments and emotional neglect. Rituals and get-togethers are a bit time-consuming, however, they have so many more benefits. When humans bond and interact, our hearts lose the heavy stone on their backs and feel lighter. Having people to share our struggles with or to cheer us up when we're down is the ultimate key to a healthier mindset.

Chinese traditions have grown and changed a lot in the past and that's okay as long as we have time to talk and hang out with the people we love most, because in the end, that's the most important thing in our lives. So it's high time we begin to promote and spread the magic of Chinese New Year from this generation to the next.

Yours faithfully,
Chris Wong
STCC Culture and Heritage Club



**3 Honesty (1) Isabelle Chan** /

Dear Editor,

I am writing to express my concern about the rising trend of animal abandonment in Hong Kong. Recently, numerous pet videos have gone viral over social media platforms. They have attracted content creators to join in the trend and start keeping animals for entertainment and potential profit gains. This leads to a widespread trend of animal abandonment and neglect in our community. Not only is this cruel to the animals, but it also disrupts ecosystems in nature.

To start with, pets are treated as entertainers or tools to make money from videos on social media. People do not care about their feelings or health problems. Some owners may scare their pets to see their “funny” reactions. This may cause stress and fright to their pets. They are also put in dangerous situations to create staged and “funny” scenes. These brutal videos will always attract more people to buy pets, forcing them to recreate the same scene. When the animals do not have the same reactions the owners expect, the owners will throw them away. It is unethical for the owners to abandon these animals only for this reason.

This causes a severe problem of animal abandonment in Hong Kong. We often find pets that have been abandoned inside cardboard boxes beside rubbish bins or even inside the rubbish bin itself. If they do not get rescued by animal protection organizations, they will not have a chance to survive. Domesticated animals in general are not well-suited to survive in the wilderness. They cannot hunt or survive by themselves. If they can, they may disrupt the ecological balance since they will hunt and eat most animals in the wild. Also, if they get rescued, animal shelters will not have enough space to fit all the animals that are abandoned or sick. They will be put down afterward, and we do not want this to happen.

I think we should educate the public to raise awareness about taking good care of animals instead of using them as non-living tools. We should not abuse them for money and entertainment. We should not abandon them either. They are living beings and they can feel pain. As a result, we should raise awareness against animal abandonment by promoting the message through commercials so people can see it easily.

Despite teaching people not to abandon pets, we should also help animal shelters by adopting pets if we can. Since there are too many people abandoning pets, animal shelters do not have enough space for all the animals to live and receive medical treatment. For that reason, we can help take care of some pets to give them an actual home to spend their lifetimes in.

Lastly, people who abandon and abuse pets should receive tougher punishment. Currently, they abandon them and are only punished by a \$10,000 fine and six months’ imprisonment. I wish that the government would introduce heavier penalties, including higher fines and longer jail time. It can act as a more effective deterrent against abandonment.

To sum up, “pet trends” are trending on social media, which leads to a threat of animal abandonment and neglect in Hong Kong. We should educate the public to raise awareness against animal abandonment, help pets in animal shelters find a new, warm home, and impose stricter penalties for people who abandon their own pets. We should be responsible for our own pets instead of treating them poorly. It is high time that we raised awareness of the need for a better solution.

Yours faithfully,
Chris Wong
STCC

3 Hope (17) Leung Sheung Yi /

Dear Editor,

I am writing to highlight the growing crisis of animal abandonment in Hong Kong. As the Head Prefect of STCC, I have observed a disturbing trend of animal abandonment and neglect in our community, likely fueled by short-lived social media “pet trends.” I would like to raise public awareness and propose solutions to address this problem.

To start with, many citizens treat animals as accessories rather than living beings. Despite the widespread availability of information on animal rights, people still buy pets simply to follow online trends. Even though they know such actions are wrong, owners often abandon their pets once they are no longer “trendy.” Owners ought to care for their animals for their entire lives, rather than viewing them as fashion statements. If social media influencers had not promoted pets as “must-have” items, many owners would not have bought them impulsively only to abandon them later. This behavior demonstrates a complete lack of responsibility toward living creatures.

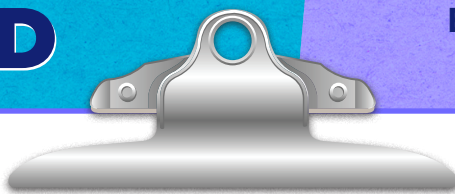
Furthermore, this trend not only overwhelms local animal shelters but also erodes compassion in our society. Many shelters do not have enough space, and the workload for volunteers is increasing. Many shelters also lack the necessary funds and supplies to provide adequate care. For example, if a shelter’s resources are only sufficient for 50 dogs but it is forced to house 100, it cannot provide proper nutrition or medical care. If the public realized the burden placed on these volunteers, they would think twice before discarding their pets. This situation is serious because it encourages a selfish culture where people feel no responsibility for their animals; if this continues, our society will become increasingly indifferent.

To solve this, we must implement tougher laws and better education. For instance, the government should increase penalties for abandonment, while schools should teach children the lifelong commitment required for pet ownership. When the government increases penalties for abusers, it sends a clear message that such behavior is unacceptable. If we had educated the younger generation earlier, we would likely see fewer cases of abandonment today. By combining strict enforcement with education, we can ensure that animals are no longer treated as disposable items.

In conclusion, we must learn to respect animal life. I encourage all students to volunteer at animal shelters to understand the weight of this responsibility. It is time we prioritize empathy over “likes.”

Yours faithfully,
Chris Wong
Head Prefect, STCC



**3 Love (17) Man Chun Lok** /

Dear Editor,

I am Chris Wong, a member of the Culture and Heritage Club at my school. I am writing to express my concern about the decline of traditional Chinese New Year customs among young people in Hong Kong.

Today, many young people prefer digital red packets to receiving physical ones. They also choose to travel abroad during the holiday, such as going to Japan or Korea, rather than visiting relatives or going to flower markets. Not only does digital communication save time, but it also weakens our cultural roots. These changes may be easy and fun, but they take away the warmth of traditional celebrations.

Despite the annoying questions from nosy relatives, traditional rituals are very important for family bonding. Some young people find it boring or uncomfortable when aunts ask about school grades or uncles compare exam results. However, seeing our grandparents, parents, and cousins in person helps us feel close and loved. It is important for us to show respect to our elders by visiting them, receiving physical red packets from them, and wishing them good health. A text message or e-lai see can never replace a real hug or a shared meal.

If we stop doing these traditions, our culture will slowly disappear. If we give up these rituals, our culture will disappear. The reunion dinner, visiting flower markets, and receiving red packets in person are not just old habits. They are the heart of Chinese New Year. Without them, we will feel far away from our family and our heritage.

Therefore, I urge all young people to put down their phones and open the doors. Travel can wait until after the holiday. Let us go back to our family tables, enjoy time with our relatives, and keep our traditions alive. That is the true way to stay close to our loved ones.

Yours faithfully,
Chris Wong

**3 Perseverance (18) Tinnie Sun** /

Dear Editor,

Recently, I have noticed a decline in traditional Chinese New Year customs, such as visiting flower markets, visiting relatives, and giving physical red packets, in favor of electronic red packets and overseas travel. I am writing to express my concern regarding the decline and urge people to keep these traditions alive.

One major problem is that technology and the trend of traveling abroad during the holidays are changing the nature of Chinese New Year. As more people travel overseas, they tend to celebrate the festival away from home. Consequently, their families in Hong Kong cannot give them red packets in person, which leads to the use of digital red packets instead. Not only has giving red packets become less common, but visiting flower markets and relatives has also become less frequent, as many people have gone abroad. This dramatically changes the meaning of Chinese New Year and the primary reason it has been preserved, which is to help families feel connected.

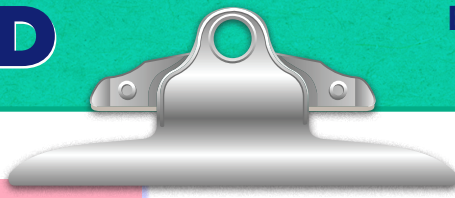
Another important point is that physical presence and traditional rituals are essential for family bonding. As mentioned above, Chinese New Year is preserved to bring families closer to each other. One traditional ritual is eating New Year's Eve dinner together with relatives. This gives people a precious chance to bond with their family members and catch up on each other's lives. The warmth and closeness generated by these shared moments are fundamental to maintaining our cultural identity and reinforcing familial love.

Despite these problems, there are things we can do to solve them. First, we can let our relatives know that Chinese New Year is coming and invite them to have dinner together. This proactive approach can help counteract the temptation to travel abroad during the holidays.

Furthermore, schools could hold Chinese New Year celebrations that invite relatives to volunteer or enjoy wonderful performances. Inviting relatives to participate in or enjoy cultural performances would not only revive traditional customs but also foster a stronger sense of community among young people. If schools had started these events earlier, this decline would not have happened.

In conclusion, while technology and the trend of traveling abroad during the holidays are changing the nature of Chinese New Year, physical presence and traditional rituals remain essential for family bonding. By making thoughtful plans and embracing communal celebrations, we can ensure that these treasured customs continue to thrive for generations to come.

Yours faithfully,
Chris Wong



DEBATE SPEECH

Is Physical Education Equally Important as Academic Subjects?

4 Faith (17) Devesh Sharma /

Esteemed judges, fellow debaters, and valued audience members, today I stand firmly in support of the motion that physical education and academic subjects are equally important. Physical education, defined as instruction in maintaining health and fitness, plays a vital role alongside academic learning in shaping well-rounded individuals. Allow me to present compelling reasons that highlight why both are indispensable.

The primary argument I would like to present is that if students do not know how to keep fit and stay healthy, they will always be at risk of chronic diseases such as diabetes or, even worse, cancer. Several studies from the prestigious Harvard University have highlighted that failing to stay healthy increases the risk of developing these diseases. Not only that, but the studies also showed that 95% of obese people experienced symptoms of diabetes at least three times in their lives. If students struggle with their blood sugar levels, how can they prioritize their studies?

Secondly, leading a healthy lifestyle—such as eating a balanced diet, exercising sufficiently, and avoiding excessive oil consumption—actually reduces stress levels. A report from Stanford University showed that students who adopted a healthy lifestyle improved both their academic performance and their health. The report found that healthy foods reduce the chance of sickness by as much as 53%. The relief of being healthy also lowers cortisol, one of the main causes of stress, which can lead thousands, if not millions, to chronic depression. A lack of physical education correlates with alarming rates of self-harm among students, underscoring the vital mental health benefits of staying active.

Should the opposition argue that physical education detracts from valuable academic time, we counter that the long-term consequences of ignoring health are far graver. For example, a 2011 study involving 200 students who were exempted from physical education in favor of extra academic lessons revealed that 173 of them developed harmful habits, such as smoking or excessive drinking, while the remainder became severely obese. This case starkly illustrates that prioritizing academics at the expense of physical education leads to detrimental lifestyle choices that ultimately hinder academic and personal success.

To conclude, physical education and academic subjects are equally important. We have shown that if students do not stay healthy, they face an increased risk of chronic diseases. Also, leading a healthy lifestyle significantly reduces stress levels. Therefore, I firmly believe we must prioritize our health alongside our studies. Grades do not last forever, but sound health does. Thank you.

4 Honesty (26) Shum Cheuk Lam Charlotte /

Good afternoon. It is an honour to speak in front of you all today. The motion I will be debating on is, "Physical education and academic subjects are equally important."

To start off, I will make my position clear. I firmly stand on the affirmative side, as I believe both aspects are equally crucial for students. I will first talk about the correlation between physical education and academic subjects. Secondly, I will explain the benefits of physical education. Lastly, I will discuss the importance of physical education.

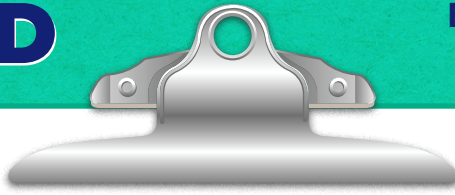
Firstly, numerous studies have shown that a strong correlation between physical education and academic subjects leads to better scores and improved academic performance. In physical education, the activities and exercise increase students' blood flow to the brain. More blood flow to the brain improves students' concentration of students. This allows students to pay closer attention during lessons and focus better while studying. Studies have shown that 85.67% of students who do exercise regularly perform better academically than students who do not. Physical education enhances students' performance in their academic subjects.

Secondly, physical education brings dozens of benefits to students. In physical education, students often have to strategize with their classmates to perform better and prevent injuries from happening. This improves students' quick-thinking abilities and communication skills, which a lot of academic subjects cannot provide. According to recent data, physical activities enhance students' creativity, coordination, concentration and much more. These skills are crucial for students' personal development. Physical education allows students to have a chance to try out different sports and physical activities that most would never try. By trying out different sports, students can discover new personal interests and it encourages students to exercise and to be more active, which will enhance their health.

As students nowadays prioritize academic success over sports, many students do not have the habit of exercising regularly. If there is no physical education, many students would not do any exercise or physical activities, which will make them more prone to health complications. Physical education provides students with a time to be active and exercise. Exercising is crucial to avoid chronic diseases and prevent obesity. It also prevents mental illness like anxiety, depression and much more. It is very important to provide students with a chance to take a break from their hectic schedules to exercise, as it improves students' mental and physical well-being.

In conclusion, an equal balance between physical education and academic subjects improves students' studies. It also brings a lot of different benefits to students and prevents physical and mental issues. Moreover, it helps develop students' potential for personal and professional success. We firmly believe physical education and academic subjects are equally important.

Thank you for taking the time to listen.



Is Physical Education Equally Important as Academic Subjects?

4 Honesty (28) Sum Chun Ting

Adjudicators, ladies and gentlemen,

Today I am here to discuss whether physical education is equally important as academic subjects. This has lately become a subject of contention. While some are of the opinion that physical education can complement and enhance students' overall health, others believe that the time spent on physical movement is somewhat wasted. Polarised as people's opinions are, I firmly believe that physical education can foster mental well-being, enhance weight management, and train cognitive functions and critical thinking.

Of all the reasons why physical education and academic subjects are equally important, none is as significant as the fact that physical education effectively boosts pupils' weight management. First of all, when students participate in a variety of activities such as volleyball, basketball, and rope skipping during PE lessons, they burn calories and sweat. It goes without saying that conditions like diabetes, obesity, and heart disease are affecting people at an increasingly younger age. Physical education offers a unique platform for students to keep fit and reduce the risk of these modern chronic diseases. For obese students, exercise is essential to eliminate lipids accumulated in their blood vessels. During warm-ups—such as running reps, sit-ups, and push-ups—blood vessels dilate, and the liver can better regulate glucose levels. In this way, the heart can be trained to become stronger while excess fats are eliminated.

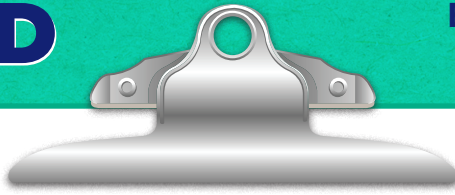
Another justification is that physical education enhances mental well-being. A recent survey conducted by CUHK revealed that 36% of students in Hong Kong secondary schools have suffered from anxiety disorders or depression, which require a long time to overcome. However, when they participate in activities such as hiking, cycling, or football, they can relieve their stress and feel relaxed. This is because dopamine is released during exercise, providing a sense of excitement and satisfaction that alleviates academic and family stress. Physical activity also helps sharpen body shape, which allows students who feel affected by their body size to regain confidence and alleviate negative emotions. Since many# students are occupied with tutorials and homework, PE lessons provide the necessary time for this vital stress relief.

Apart from that, physical education enhances cognitive functions and critical thinking. When students play football, they must collaborate with teammates, decide where to move to receive the ball precisely, and defend against opponents. They are required to understand tactics and strategies, often communicating with coaches to perfect their plan. Therefore, the brain is stimulated tremendously and nerve fibers are enriched. This mental sharpness applies directly to academic study; students who learn to strategize on the field become faster, more disciplined thinkers when they come across complex problems or predicaments in the classroom.

Admittedly, the knowledge learned in academic subjects is valuable, but the “soft skills” learned in PE—such as leadership, teamwork, and respect—are lifelong. In a volleyball match, players must communicate precisely and some must lead the team for an aggressive attack. Furthermore, they learn sportsmanship by offering encouragement to both teammates and opponents after a match.

To wrap up, given the benefits of weight management, stress relief, cognitive function, and soft skills, I am convinced that the motion should stand. Thank you.





Should contact sports be banned?

4 Hope (18) Lin Hei Yi

Good morning, adjudicators, the opponent team, ladies and gentlemen.

Today, I stand firmly in favor of the motion that "Contact sports should be banned." Contact sports are defined as competitive activities where the primary objective involves deliberate and forceful physical confrontation between participants. Examples include boxing, rugby, American football and mixed martial arts. They are inherently dangerous with rules that not only permit but often require actions that cause significant physical harm. Let me ask you a question: how can we as a society, ethically justify the celebration of activities where success is directly linked to inflicting damage on another person's body and mind? I'm sure the answer is that we cannot so that's why we support the motion.

To start with, the primary reason for banning contact sports is the severe and irreversible risk they pose to participants' long-term neurological health. Since contact sports require intentional, high-impact collisions, athletes experience traumatic brain injuries, something that they would experience inevitably. According to a study by the Boston University CTE Centre, which examined the brains of deceased football players, researchers found chronic traumatic encephalopathy in 99% of NFL players and 91% of college football players studied. For instance, this degenerative brain disease, caused by repeated head trauma, leads to memory loss, confusion, depression and dementia. These statistics highlight the unacceptable and pervasive danger these sports present. If you imagine a young athlete, full of potential, developing early onset dementia by age 45, unable to recognize their own family all because of injuries sustained on the field, you see the human cost behind the game. As a result, it is clear that we should prohibit these activities to protect the fundamental well-being and futures of those who would participate.

Secondly, contact sports cultivate a dangerous culture of violence and aggression. When children and young adults are encouraged to engage in physical confrontation as a form of entertainment and achievement, it normalizes the idea that hurting others is an acceptable way to assert dominance and succeed. Imagine a teenager who is taught that tackling, hitting and overpowering opponents deserves praise and trophies; they may carry this belief off the field, easily resolving conflicts with their fists instead of their words. This is exactly what would happen if children participated in contact sports. This can have detrimental effects on their moral development and social relationships, contributing to a society that tolerates and even celebrates violence rather than empathy and mutual respect.

In conclusion, the risks associated with contact sports far outweigh their benefits. We firmly believe that contact sports should be banned. By banning these activities, we can protect athletes from life-altering injuries, preserve the integrity of sport and cultivate a society that prizes health and respect over violence. It is time to stop valuing entertainment over human lives and to build a future where sport empowers rather than endangers. Thank you!

4 Faith (4) Cheung Hoi Ching

Honourable judges, members of the opposition, and members of the floor.

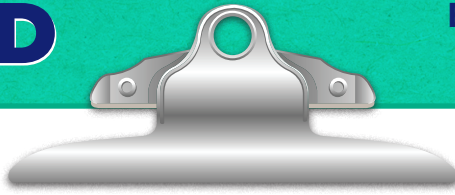
Good day to all. Today, our motion is "contact sports should be banned". As a member of the opposite side, I firmly believe that today's motion must fail. Before beginning, I would define the term 'contact sports'. By 'contact sports', we mean sports where bodily contact between players is accepted. Based on overwhelming evidence and scientific research, our team has no reservations that contact sports should not be banned.

Before delving into our points, let me first refute a common misconception of those who oppose playing contact sports. These people often claim that playing contact is a high-risk activity. However, is this a flawless and watertight argument that can stand the test of our coming rebuttals? While we acknowledge that every contact sport player is well-trained before a match, we can claim that contact sports are not that dangerous. For proof of this, we need to look no further than a prime example that follows. According to a prominent HKU survey, among those contact sports activities, there is only 3% risk of accidents occurring; nearly 91% of accidents are caused by unskilled players. Of course, we are not even remotely suggesting that contact sports are safe. We are only suggesting that risk can be lowered by training.

Now, ladies and gentlemen, having straightened out a common delusion, I will now go into why contact sports are beneficial. Contact sports can not only promote physical fitness, but also foster a healthy lifestyle. I see that plenty of you are nodding along as we cited the facts about the physical advantage. This is not merely theoretical but grounded in reality: Hong Kong Sports Centre conducted a survey last year, showing that 79% of contact sports players have a younger 'body age' than their real age. We are very certain that even our dear opponent would have a very hard time refuting this solid fact. In short, contact sports have a superb effect on our physical health.

Apart from physical benefits, we should also pay heed to the fact that it boosts and enhances mental toughness. We must not forget that mental health is also a matter of great significance. There is a clear consensus in society. I'm certain that everyone in the hall would agree that sports play a crucial role in elevating our mental health, right? This is not merely theoretical but grounded in reality: SCMP conducted a survey last year, stating that 83% of students that participate in sports activities have better mental health than other students. As we can see, the absence of sports indeed would cause detrimental effects that can hardly be dismissed. Superb mental health helps students to develop mental toughness and hence improve their academic performance. I'm sure we can all agree that contact sports are a value-adding activity for students.

So, there you have it: clear and concrete evidence to back up our claim. I'll leave it to my teammates to follow up and showcase more incontrovertible proofs. I have no doubt that by the end of this debate, you will be completely convinced that contact sports should not be banned. Thank you.



Should contact sports be banned?

4 Hope (23) Luk Kai Fung

Good morning, adjudicators, the opposing team, ladies and gentlemen, today, I stand firmly with the motion "Contact sports should be banned." Contact sports are activities where physical, bodily contact between players is a necessary part of the game. Examples include MMA, Muay Thai, and rugby. Before I start, I would like to raise a question for you all: "Do you believe that it is actually safe to engage in such sports?" Some supporters even contend that contact sports are beneficial for health. However, it must be noted that there are more cons than pros. In the following paragraphs, I am going to put forward three reasons why this is so.

Some supporters say that with the innovation of protective gear, injuries will be minimized, but please take this statement with a grain of salt. According to a study by the ECE, it suggests that in amateur boxing, fifteen punches to the head can cause long-lasting damage to the entire brain, even after a period of rest. This shows that even with equipment like headgear, mouthguards, and 18-ounce gloves, injury is inevitable and unavoidable. You don't want a bad choice in sports to leave you with a life-long regret, do you? No matter what sport is played, safety is a priority; so, why play a sport that puts your life at risk?

Another underlying reason is that contact sports normalize violence and blur the morals the society runs on. A study done by Imperial University shows that two out of three school conflicts started with or included student-athletes. Furthermore, contact sports not only train students to be lethal but also add to their violent tendencies, nurturing menaces that will roam the earth sooner or later. Students aged 8–18 who play contact sports are found to correlate violence with competition, accepting violence as normal behavior, and some even exhibit rage in daily life activities. Aggression is not a must to develop confidence, teamwork, and grit. There are much better alternatives than putting the future of our society at risk.

Most important of all, some supporters say that contact sports can build confidence, strength, determination, and resilience. But is this actually the best way? Is putting two people in a cage and making them fight to the death the ideal way? There are much better routes to take. For instance, swimming, with research highlighting that it builds determination 30% better than most contact sports do. Building one's character doesn't need to involve concussions and permanent brain damage. Character doesn't matter to a bed-ridden man with CTE; health comes first. The risks massively outweigh the pros of contact sports.

To conclude, think it through when choosing a sport to stick with. I stand firmly with the motion "Contact sports should be banned" to ensure the future of this society and your own personal health. Do not put aside the risk of CTE or Parkinson's for your own entertainment. The cons of contact sports leave the pros in the dust.

Thank you.

Contact sports should be banned

4 Love (12) Chung Ling Fung

Good morning, esteemed judges, my fellow debaters and audience. Today I stand firm to stand not needed for the motion, contact sports should be banned. What are contact sports? They are a type of sports which include touching or using an item to hit someone, such as dodgeball, floorball and more. They are seen as unique sports for their special rules and fast-paced games. I will now speak for the motion that contact sports should be banned.

Firstly, contact sports are often dangerous. If you have a weak and fragile body, you could get hurt easily. What's more, taking up contact sports as an interest may cause fatal and permanent injuries such as broken bones, life-long scars and fractured skulls. Contact sports are not for everyone, as they may also pose a 'death threat'. For instance, boxing is one of the contact sports, which includes intense fighting, and can cause death. According to a statistic by the NFL, more than 50% of teenagers, aged from 18 to 20, have sadly passed away due to their injuries. Contact sports are not recommended for teenagers.

Secondly, contact sports promote violence. Whether it's boxing or dodgeball, they both require using fists and a soft disc to hit another player, thus proving that they could promote violence. Furthermore, people who play contact sports think differently, they firmly believe that using violence can solve everything. The result of playing contact sports can easily affect one's nature of handling things.

Last but certainly not least, contact sports do not enhance teamwork. While some may argue that some contact sports like dodgeball, can boost the team's coordination and teamwork skills. However, other sports can also enhance teamwork skills without being violent, such as volleyball and frisbee. The definition of contact sports is to win by hitting or touching the other player, to put it in simpler terms, using violence. Therefore, there are other sports which do not promote violence but at the same time enhance teamwork skills.

In conclusion, contact sports should be banned because they can harm others, promote violence and do not enhance teamwork. It is important that we do not use violence to solve problems and make our society a better place. In the end, should contact sports be banned? In my opinion, contact sports should be banned for the potential dangers they pose. Thank you for listening.



TWO-SIDED ARGUMENTATIVE ESSAY

Should human life expectancy be extended?

5 Love (10) Ho Chi Lok Matthew

With the well-developed medical technology, people can now achieve their dream of a longer lifespan. Some think that extending the human life expectancy is a benefit, while others worry that it is a drawback for society. I agree with the pro side of this issue.

Human life expectancy is longer now compared to the past due to the development of technology. Some of the medical devices are upgraded and can deal with diseases which cause death, such as heart disease and cancer. Scientists are inventing medicines for these diseases so that people can live longer.

Extending the human life expectancy is a benefit, because it can extend the time spent with family and friends. People in the cities are busy with their work. Most of them do not have time to spend with their families. When they grow older and near the end of their lives, they feel upset about this. If human life expectancy is extended, they could spend more time with their families after they retire.

Another advantage of extending human life expectancy is that people will have more time to enjoy their lives. Some people have many wishes and dreams that haven't been completed before death. For example, they may want to travel around the world. They are getting older and worry that they do not have much time to travel. As a result, they chose to stay at home. If life expectancy is extended, the elderly will no longer be considered old. They can achieve "time-freedom" and have unlimited time to do their interests and accomplish their life goals.

However, some people think that extending the human life expectancy is a disadvantage for human society.

Longer lifespan will cause over-population in the world. The human birth rate of the world is increasing continuously. If the number of deaths decreases, the population of the world is unpredictable. For example, in India, the most populated region in the world, public transport facilities are not sufficient. If life expectancy extends, it may lead to overcrowding.

Another drawback is limited resources on the earth. If the population of the Earth increases, the consumption of Earth's resources will be higher. For example, lands, trees, and energy are limited. All of the resources will be spent one day. If the population doesn't decrease and keeps increasing, it will increase the speed of using all of the resources. The supply will not be enough to meet the demand.

In conclusion, extending human life expectancy can provide people with more time to spend with their families. It also gives you a lot of time to enjoy life and achieve dreams. At the same time, it may lead to overcrowding on Earth and a shortage of limited resources on Earth.

Should human life expectancy be extended?

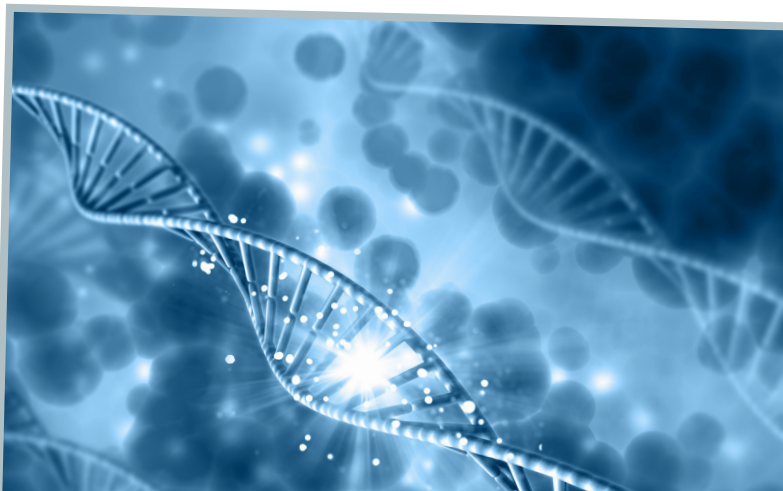
5 Faith (10) Tang Xinlu

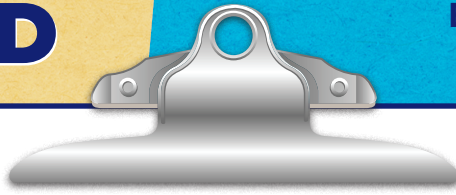
Longevity science, which aims to extend the average human lifespan, has developed rapidly with modern medical and technological progress. While longer lifespans bring valuable benefits to individuals and society, they also create unavoidable challenges. This essay will discuss the main pros and cons of lifespan extension.

On the positive side, longer lifespans greatly benefit individuals' personal development and family bonds. With more years to live, people have extra time to pursue lifelong learning, change careers, or enjoy retirement. For example, many elderly people today can continue working as consultants or develop hobbies after 60, rather than facing rapid aging and illness. Longer lives also strengthen family relationships, allowing grandparents to witness their grandchildren's growth and maintain long-term family connections. For society, an extended healthy workforce eases labor shortages. Developed countries with aging populations rely on healthy senior workers to fill gaps in service and professional industries, supporting stable economic operation.

However, longer human lifespans also bring severe social pressure and personal difficulties. Socially, population aging becomes more serious, increasing burdens on public healthcare and pension systems. Governments need to spend more public funds on elderly medical care and welfare, which may reduce investment in youth education and technological innovation. Overpopulation pressure will also intensify resource shortages of food, water, and living space. On a personal level, extremely long lifespans may lead to life burnout. People may experience prolonged loneliness, repeated separation from friends and partners, and lose motivation for life. In addition, unequal access to longevity technology may widen the wealth gap, as only wealthy groups can afford anti-aging medical treatment.

In conclusion, longevity science offers longer productive lives and stronger family ties, yet it also causes aging burdens and personal emotional crises. Society should develop longevity technology rationally, balancing life extension, quality of life, and sustainable social development to maximize its benefits.





Do you want a long life span?

5 Honesty (14) Kwok Hin Lun, Henin

Recently, there has been a huge discussion about whether individuals should have a longer lifespan. While a longer lifespan can allow us to live longer and experience more, there are also some drawbacks to living a longer life. In this essay, I will discuss the pros and cons of a longer lifespan for individuals and society.

A longer lifespan can bring multiple benefits. To start off, a longer life can allow individuals to experience advancements in technology and human evolution. As human knowledge grows over long periods of time, it can bring innovative advancements to the lifestyle and way of living for humans in the future. For example, if we can live longer, we can witness medical advancements where cures for terminal illnesses like cancer or AIDS are widely available, live in an age where extinct animals are resurrected, or live in fully eco-friendly houses that can be bought by people of all income groups. Imagine people born in the 1930s, when transport and communication were hard to navigate, now seeing others drive self-driving cars with a click of a button or call their peers on the supercomputers they carry in their pockets every day. If we can live longer, we can also experience the same feelings these people once experienced.

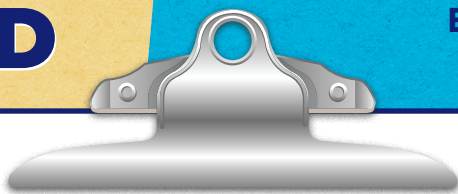
To add on, a longer life allows more time for self-discovery. Normally, we are often encouraged to try everything in order to find our passions and pick a career path that enables us to have a fulfilling life. However, this period of self-discovery is often very short, mostly occurring during the younger years of human life. If our lives were longer, this period for self-discovery could be extended into adulthood, when we are more mature and fully realized as individuals. This can give more time for individuals to try new hobbies or jobs in order to find what is most fulfilling to them. By doing this, not only can individuals improve their satisfaction in their future careers, but society can also benefit as people enjoy their perfect jobs that cater to their needs with the extended time in life they have.

Although these changes can bring positive impacts on individuals and society, a longer life expectancy can also reduce the quality of our lives. Firstly, we could experience more physical and emotional damage. While problems such as illnesses or diseases can sometimes be solved, there are causes of permanent setbacks in our lives. Grief is an aspect of life that nobody can escape, especially if we have the ability to live longer. As we age, so do our peers and family members. However, they may not have the same longer life expectancy as you due to their age or life habits. As a result, we have to suffer the loss of people we love as we slowly outlive them. If our lifespan were extended even further, the pain and grief we suffer from the loss of loved ones would also increase, causing more traumatic scars on our lives.

In addition, it could discourage the motivation to live. While some may say that having a longer life can allow more time for self-discovery, not everyone uses their time efficiently. Think about it: the reason why people are so clear about their goals in life is because they acknowledge the limited time they have to live. If this period of life is extended, people might lose sight of their goals and priorities because there is no urgency to chase them. Instead, they may spend their time on unimportant activities that hold no real meaning to their lives. For example, an artist who finds out they are terminally ill might produce their best work not because the diagnosis gave them talent, but because the realization of their limited time focused their priorities. Life is valuable because it has a time limit that pushes us to chase our dreams and live fulfilling lives. If this time limit disappears, there would be no urgency for individuals to live life to the fullest, leading them to waste their time.

While a longer life has its merits and demerits, it ultimately does more harm than good to our lives. If individuals are so willing to extend their mortality, I believe they have mistaken the true meaning behind living a human life.





Pros and Cons of Longer Lifespans

5 Honesty (29) Tsang Sze Suet, Cecilia

With the advancement of longevity science and medical technology, human life expectancy has risen significantly. While this brings tangible benefits, it also creates inevitable challenges. This essay will explore both the advantages and disadvantages of extending human life expectancy.

Firstly, a longer lifespan enhances quality of life and personal fulfillment. In the past, many people died at a young age without enough time to pursue their dreams. Today, extended lifespans allow individuals to explore new interests after their working years. For example, retirees may take up painting, photography, or join adult education classes designed for the elderly. These opportunities enable people to enjoy a more meaningful and enriched life.

Secondly, longer lifespans benefit society by retaining experienced professionals and supporting economic growth. Many fields, such as medicine and education, rely heavily on practical expertise. Younger workers often struggle with complex tasks due to limited experience, but older professionals can pass down their knowledge and problem-solving skills. This not only ensures stable service quality but also reduces training costs. In Hong Kong, for instance, many doctors and teachers over 60 remain active in their careers, using their experience to tackle challenges effectively and sustain the development of their industries.

However, despite these clear advantages, longer lifespans also bring about significant challenges that cannot be ignored.

On the other hand, longer lifespans may lead to financial stress. Individuals must save more money to cover daily expenses and medical bills in old age. Without sufficient savings, many elderly people face poverty and even homelessness. For example, some elderly citizens in Hong Kong struggle to afford rent and healthcare, highlighting the heavy financial burden of extended lifespans.

Moreover, longer lifespans contribute to an aging population, which burdens limited public resources. As the proportion of elderly increases and the youth population shrinks, the labour force declines, slowing economic productivity. Governments may be forced to divert resources from education and innovation to elderly healthcare. This imbalance could hinder long-term social and economic development.

In conclusion, extending human life expectancy is a double-edged sword. From an individual perspective, it allows people to enjoy a more fulfilling life but also exposes them to financial stress. From a societal perspective, it preserves professional expertise yet strains public resources. Ultimately, whether longer lifespans are beneficial depends on how societies manage the balance between opportunity and sustainability.

Longer lifespans: A double-edged sword

5 Hope (7) Kwan Shing Chit

Have you ever wondered what would happen if we could extend our life expectancy? Nowadays, scientists from all around the world are trying to help humans live longer on Earth. However, if these scientists succeed, will the impact on humankind be positive or could it cause problems? In this essay, I will explain the pros and cons of extending human life expectancy.

From a personal perspective, a longer lifespan is a great chance to achieve more. A longer life means we can spend more time with our family, develop our careers, and enjoy our hobbies. Many families can have more time to strengthen their relationships, such as creating more family events and traveling around the world with partners or parents. In careers, we can spend more time on becoming the best in our company or trying a different career path. This could increase our achievements and rewards. Despite financial challenges, we can also use the extra time to improve our skills. Skills such as fishing and hiking require a lot of time, and now we could spend more time enjoying these activities.

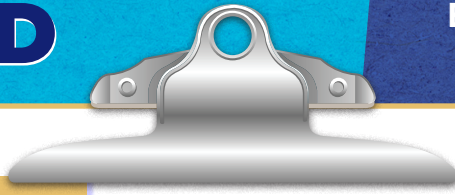
On the other hand, extending human life expectancy could also benefit society as a whole. Many cultures may be preserved better by passing traditions to younger generations. Elderly people, because of their longer lifespans, can find interested young people and help transfer cultural knowledge from one generation to another. Not only cultural inheritance but also knowledge inheritance is important. Teachers will have more time to spend with students, increasing the overall knowledge level in society.

These benefits show that extending human life expectancy seems great for both individuals and society. But it is a mix of good and bad effects.

On the darker side, longer lifespans could cause many problems for teenagers and adults. Because of longer lives, elderly people in society may become a serious issue for both individuals and communities. Their children may spend half of their lives just caring for their parents. During this period, they may not achieve their own dreams or live the life they want. Time will be spent taking parents to the hospital and helping with doctor visits. After caring for their parents, these adults will become the next elderly generation.

This leads to my next point: the problem of population aging. As I know, birth rates in many societies are getting lower each year. With longer lifespans but no increase in birth rates, population aging could become the biggest problem in society. Most people will be elderly, teenagers will be busy taking care of the elderly, and the overload on hospitals and healthcare will negatively affect society.

In conclusion, longer lifespans are a double-edged sword for everyone. While living longer gives us more time to enjoy our families, careers, and traditions, it also brings serious challenges. It can place a heavy burden on young caregivers and overwhelm our healthcare systems. We must find a way to handle these problems so that we can live longer sustainably.



OTHER GENRES

Over-Surveillance and Lack of Autonomy

6 Faith (6) Sunar Sarhana

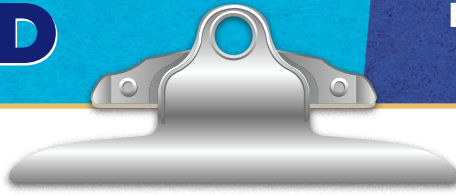
In recent years, there has been a significant surge in workplace surveillance in order to ensure productivity amongst employees, mainly through the use of cameras and computer software. Despite the good intentions behind monitoring employees' activities, it has repeatedly been proven that this initiative is highly ineffective in terms of productivity. Therefore, in this essay, I will argue against surveilling workers and provide valid reasons to support my stance .

To begin with, the rising trend in monitoring employees' activities can potentially cause them to lose their sense of autonomy and responsibility. The methods of surveillance include security cameras recording every inch of the place, computer software that tracks keyboard movement, saves browsing history, or even takes screenshots of employees' computers periodically. In extreme cases, webcams have been set up to monitor workers' eye movements to ensure that their eyes do not drift away from the computer screen. The severity of such scrutiny has encouraged employees to rebel against such intrusive monitoring. Research conducted to check whether implementing strict surveillance increases productivity found that over half of employees tend to take unapproved breaks, complete tasks more slowly, and do anything they can to avoid the task at hand. Just imagine the sense of achievement and fulfillment these workers once felt by gaining the trust of managers without the use of a third eye! Now, all of their pride and urge to be responsible have been stripped away, and they are not receiving the privacy and freedom they have been looking forward to. This has truly diminished the importance of trust and security in a workplace culture that has been severely deteriorating and draining.

Second, it is inevitable for us human beings to get distracted or let our minds drift off momentarily. It is highly unprofessional for companies to expect their workers to work like robots. It is without a shadow of a doubt that monitoring employees will remind them to focus or concentrate on their work. However, it is crucial to keep in mind that a short mental break can aid employees in taking a step back, gathering their thoughts, coming up with new ideas, or even taking a short break to collect themselves. The human brain naturally diverts its attention to its intriguing surroundings sometimes, but that is what helps build focus even more after we distract ourselves. Distractions, such as looking out the window or observing a colleague in the opposite cubicle, help keep the mind going. Instead of looking at it as something harmful, it is essential to recognize from an employee's perspective that they are merely trying to get their minds excited for a split second before returning to complete their tedious tasks, thereby ultimately increasing productivity and rejuvenating their focus.

All in all, excessive workplace surveillance decreases productivity since it takes a toll on employees' mental health due to unreasonable stress, and this micromanagement must come to an end. Instead, employers should give their workers regular breaks instead of creating unreasonable expectations. They should encourage more collaboration and communication amongst colleagues, safeguard a positive workplace culture, and ensure that their workers have access to mental health support .





Good to Have Workplace Monitoring

6 Faith (15) Momnah Mozhar

In today's technologically advanced world, we have yet to harness technology's full potential. For example, the fact that we use software for monitoring employees exemplifies it perfectly. With all the benefits workplace monitoring brings, this essay will delve into reasons in favor of this practice and why it should be properly utilized.

To begin with, workplace monitoring isn't only useful for employers but also overall better for a company's security. It helps increase safety. With increased security cameras and computer software monitoring everything, committing a crime or hacking the computers would become much more difficult. This allows companies to fully utilize the advancement of technology and resources to their own benefit. While this may seem minor, in the long term, it helps with the company's overall growth, as increased safety helps keep employees' minds at peace, thus increasing productivity.

In the same vein, monitoring software greatly enhances productivity. Much research has proven that in countries like China, workers have increased in efficiency when properly supervised. Without proper supervision, employees often have the opportunity to slack off, which deals a huge blow to productivity—one of the main pillars holding up the company. With the help of monitoring software, employee activity will be continually monitored. Moreover, this greatly helps with organizing schedules and utilizing resources. To exemplify, at school, many students, when not under supervision and without software that restricts their iPads, often use them for non-educational purposes. Without restrictions, students frequently use iPads in class for non-educational purposes. Only with the help of proper supervision and restriction are students properly disciplined. The same goes for employees; therefore, workplace monitoring is necessary to keep the company running as it greatly increases productivity.

Opponents of this stance often base their argument on how workplace monitoring is a huge violation of employees' privacy and how their sense of dignity and freedom is greatly violated. To combat this, the simple fact that the employees are on company property is more than enough. Every day during work, employees step onto company property and use company resources, which gives companies the full right to supervise areas and resources under their name. Furthermore, workplace monitoring has more than enough legal backing, which justifies this stance. Additionally, if workers feel violated under company supervision, then how do they deal with public CCTV cameras and locational restrictions set by the country? Simply speaking, workers who claim that their sense of dignity and freedom are violated purely due to supervision are just finding an excuse to give themselves the chance to slack off. Besides working, what else would they be doing in the company that, when monitored, will give them less privacy?

To conclude, workplace monitoring is a necessary and significant step to explore the unlimited potential of productivity. It not only provides great assistance to the company and ensures the workers' overall safety, but it also greatly increases employee productivity in the workplace. It would not even be considered a privacy violation because the company has every right to do what they want on their property and with their resources. This easily debunks the opponents' stance and proves the significance of workplace monitoring.

