Kids Should Be Able to Watch Television on School Nights!

I am tired of hearing all the bad and dangerous things about watching television. For a couple of generations, it has been debated whether or not students should be allowed to watch television during the week. I am here to loudly say “YES.” Television is not the enemy; old ideas are!

With a little bit of careful thinking, any parent will realize that watching television after school is a way for students to relax and unwind. Our lives are more demanding then yours were when you went to school. Not only are we getting more homework, but also our after school time is over-scheduled. Beside homework clubs and after-school tutoring and lessons, we play sports, practice music, dancing and art, and do community activities. When we do get home, we are tired. Most, if not all, of our homework is done, and all we want to do is settle down in front of the television and give our brains a rest.

Parents also remember what television was like in the old days. You had few channel choices, and most of the programs were silly and stupid. Today, the average household has over a hundred channels to choose from. In one hour, you can learn about ancient Egypt, the planets in other solar systems, and the latest dinosaur find. Many parents think that our learning has stopped once we are on the couch, watching television. The opposite is true! Our real education is starting. We are seeing and hearing about things that most school programs never touch.

Lastly, parents remember the way they used television. In the old days, our parents saw television as something separate from their homework duties. Today’s smart students use television as a means to support their homework efforts. Most of us have learned in Study Skills classes to use television watching as a reward for finishing all of our homework. We will only watch television when we have pre-planned, at the beginning of our homework session, to do so after we have completed all of our nightly homework tasks. So television does not keep us from our work, it makes us do it.

So, I want to end with the advice that parents should allow their kids to watch television on school nights. It allows your children to unwind after a hard day, which will let their brains work better for the next day. Watching television is educational and will show us more things than a book can. Good students will use television watching as a way to encourage them to do homework and not to avoid it. So watch television, kids, it is your friend!
No TV on School Nights!

While many kids want to watch TV on school nights, I for one, say they should not be allowed to. As a former weeknight TV watcher, I can say since I stopped watching TV, my grades have gone up, I have lost weight and I am healthier, and I sleep better. Television is not the answer to success; a ban from it is!

Although most kids believe that TV is helpful to their learning, I feel it is a distraction. It needs to be turned off during the school week. For several years, my parents allowed me to watch TV on school nights. I would rush home, grab a snack, and turn the TV on. I basically watched TV from 4 PM until 10 PM. I was so hooked to the programs that I would not stop to do my homework. This left me with the mornings to do my homework. Since I stayed up so late, I could barely get up in the morning to do my assignments. I started to get bad grades, since I did not fully complete my homework and was unprepared for the day’s lessons. It has been a year since I have turned off the TV during the week. I am more alert after school and ready to do my homework. I wake up refreshed and prepared for the day’s lesson. I went from getting “C’s” to getting “B’s” and “A’s” on all my assignments!

Another reason that the TV needs to be turned off on school nights is that it can make you fat. Kids wind up coming home, plopping down in front of the tube, and snacking. When you watch TV, you are distracted from what you are doing. When I was a school night TV watcher, I would open a whole bag of chips and eat all of it. After I finished the bag, I was amazed. The TV distracted me so much from the amount of food I was eating. Soon I gained weight and was sluggish. TV also advertises many junk food products geared toward kids, such as candy, sugary drinks, and fatty snacks. Kids see these products advertised in a kid friendly way and are lured to buy them with their allowance. What they don’t realize is that, while these products look appetizing, they make kids fat very fast. Once I stopped watching TV, I had more energy. I also had more time to think about the portions of food I was eating. I finished my homework in time to do additional activities, such as go to kickboxing class or shoot some hoops. By being aware of the amount of exercise and the food I ate, I felt better, lost weight, and was energized for the school day.

Finally, kids should not be allowed to watch TV on school nights, as it keeps them up late. Kids are lured into the mindless watching of one program and the next. Before they know it, it is way past their bedtime. Yet, when they finally get in the bed, they are restless. All the visual stimulation from the TV keeps them up at night. I know, because I was one of the weeknight watchers. I would toss and turn in my bed for hours. I would finally doze off only to be awoken a short time later by my alarm. Once I turned the TV off on school nights, I slept better and was refreshed the next day.

Parents, please encourage your kids to turn off the TV on weeknights. It makes them fat, do poorly in school, and lose sleep. So, I say to kids, turn off that TV and start living!
Choice to use a Venn diagram

Name: ___________________________ Date: ______________________

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