

■ FIVE MYTHS, FIVE ANSWERS

Most parents arrive with a fair question: is this actually good for my kid, or just more screen time? These are the five things we hear most, and what the evidence says. Every citation is real and checkable.

MYTH

*“It’s just kids playing video games.”*

FACT

Structured esports is coach-led, team-based and goal-driven. Players practice on a schedule, review performance, communicate under pressure and compete in organized matches.

MYTH

*“It’s unhealthy screen time.”*

FACT

Not all screen time is equal. A 2022 systematic review found organized esports participation supports collaboration, strategic thinking and decision-making. Structure is what turns gaming into skill development.

Zhong, M. et al. (2022), Computers & Education · doi.org/10.1016/j.compedu.2022.104456

MYTH

*“It will hurt academics.”*

FACT

Students in structured extracurriculars show stronger school engagement and lower dropout risk. Balance and accountability are built into a competitive team, and school comes first is a written expectation of ours.

Fredricks, J. & Eccles, J. (2016), Journal of Adolescent Health

MYTH

*“There’s no real-world value.”*

FACT

Competitive esports builds communication, resilience, emotional regulation and teamwork, the same core skills traditional sports develop and today’s workplace values. Research on action gamers also shows gains in working memory and task-switching.

Bavelier, D. et al. (2012), Frontiers in Psychology

MYTH

*“It’s isolating.”*

FACT

Esports is intensely social. Players collaborate constantly, depend on teammates and build real friendships around a shared goal, and studies of organized youth esports report increased belonging and social confidence.

Jenny, S. et al. (2017), Games and Culture

KIDS ARE GOING TO GAME. THE QUESTION IS HOW.

Alone, or inside a structured, coach-led team that builds confidence, character and community. That choice is the whole program.

Findings describe what participation is associated with. They are not a promise about any individual player, and we will not present them as one.