# Example First Affirmative Speech (simplified)

**Introduction**

Technology surrounds us all at almost every minute of the day in modern life – but is this a good thing?

**Define terms**

Our motion today is that technology is harmful to relationships. We understand this to mean that devices such as TV, phones, tablets, and the internet are having a negative effect on the way we interact with each other and increasing societal, family and relationship problems in our world.

**Team Line**

We believe that technology does have a harmful impact on relationships, because it is addictive, dangerous, and damaging to mental health.

**Team Split**

In our address today I will be arguing two points: firstly, that technology has an immense impact on children and teenage relationships, and secondly, that it creates barriers to genuine, face-to-face communication. Our second speaker will then consider how technology negatively impacts the lives of adults, and that TV, gaming and streaming technologies have assisted in the deterioration of social relationships.

**First Point**

**(P)** Children are spending too much time using technology. **(E)** A recent survey revealed that kids aged 6-7 watch on average 150 minutes of TV each day – well beyond the amount recommended by national guidelines. And it only increases as they age, with 12-13 year olds on average watching a staggering 250 minutes per day. **(E)** These statistics would not be so shocking if it were not for the long-lasting impacts. With rapidly increasing rates of depression, anxiety and self-harm among children and teens, we cannot ignore this global catastrophe any longer. **(L)** Technology is harming our children, our future, and our world.

**Second Point**

**(P)** Technology creates barriers to genuine, face-to-face communication. **(E)** Research from the University of Pennsylvania found that people who reduced their social media usage reported a decrease in loneliness and depression. **(E)** The constant distractions provided by devices and apps can prevent meaningful interactions. Rather than connecting deeply with those around us, people may find themselves scrolling on their phones or checking messages, which can leave partners, friends, and family members feeling ignored or undervalued. **(L)** Overuse of technology hinders our ability to maintain genuine connections, negatively affecting the quality of our relationships.