

BENEFITS OF ESPORTS & VIDEO GAMES

ESPORTS

games can help rehabilitate individuals with perceptual or cognitive deficits



It's social: **54%** of frequent gamers say games help them **CONNECT** with their friends

GAMES CAN BE USED AS A LEARNING TOOL TO DEVELOP BASIC LANGUAGE, MATHS, READING AND SOCIAL SKILLS

Video games can **INCREASE** perceptual skills, decision making, speed of processing and multitasking

71% of parents say video games have a

POSITIVE INFLUENCE

on their child's life

Games have the potential to optimise cognitive performance

ESPORTS PROMOTES TEAMWORK

Players of real-time **STRATEGY GAMES** (like StartCraft) show **SUPERIOR** task management skills compared to **non-gamers**

Pro Gamers are motivated

TO WIN

and more likely to be optimistic about reaching their goals...

ESPORTS PRODUCES ROLE MODELS FOR YOUNG PEOPLE

Playing can boost reading comprehension, sight and reaction times and phonics skills

Games can improve players' moods, promote relaxation and ward off anxiety

- Esports can boost children's
- STRATEGIC THINKING
- TEAMWORK
- COMMUNICATION
- LEADERSHIP
- PERFORMANCE SKILLS
- CONFIDENCE

FPS GAMES CAN **IMPROVE** SPATIAL SKILLS

GAMES CAN HELP PLAYERS WORK THROUGH COMPLEX PSYCHOLOGICAL ISSUES

PLAYING GAMES CAN MAKE STUDENTS SMARTER AND MORE EMPLOYABLE

WHAT IS ESPORTS?

Esports (electronic sports) is competitive video gaming, where people play against each other online and at spectator events in indoor arenas, usually for a cash prize.

3.6 million the UK esports audience

\$24.7 MILLION THE DOTA 2 INTERNATIONAL PRIZE POOL

30+ THE NUMBER OF VIDEO GAMES THAT HAVE **ESPORTS TOURNAMENTS**

43 MILLION

\$696 million Global esports revenues are set to reach this figure in 2017

the number of unique viewers who watched the 2016 League of Legends World Championship

WHO ARE THE BRITISH ESPORTS ASSOCIATION?

We are a not-for-profit organisation established in 2016 to support and promote esports in the UK.

As a national body, our aims are to foster future British talent, increase the awareness of esports and provide expertise and advice. We are focused on the grassroots level of esports and are not a governing body.

We hope to help educate parents, teachers, media and government around what esports is, what its benefits are and the career opportunities it offers.

Our three goals are to Promote, Improve and Inspire.

www.britisheports.org

(Entertainment Software Association, 2017, <http://www.theesa.com/article/2017-essential-facts-computer-video-game-industry/>), (Action video game training for cognitive enhancement C. Shawn Green) and Daphne Bavelier, 2013), (The Benefits of Playing Video Games Isabela Granic, Adam Lobel, and Rutger C. M. E. Engels Radboud University Nijmegen), (Entertainment Software Association, 2017, <http://www.theesa.com/article/2017-essential-facts-computer-video-game-industry/>), (Video Games for Neuro-Cognitive Optimization), (British Esports Association, children's esports club at Maida Vale Library), (Life on the screen: Identity in the age of the internet, Sherry Turkle, 1995), (Cognitive enhancement in video game players: The role of video game genre), (The Benefits of Playing Video Games Isabela Granic, Adam Lobel, and Rutger C. M. E. Engels Radboud University Nijmegen), (Current Biology, Franceschini et al. 2013), (Max-Planck Institute of Human Development, Prof Simone Kuhn), (Virtual Environmental Enrichment through Video Games Improves Hippocampal-Associated Memory), (Video Games: Play That Can Do Serious Good, Adam Eichenbaum, Daphne Bavelier, C. Shawn Green), (The educational benefits of video games, Mark Griffiths, <http://sheu.org.uk/sites/sheu.org.uk/files/imagepicker/1/eh203mg.pdf>), (TIME and Forbes esports influencers lists (<http://time.com/4532104/most-influential-teens-2016/>) <https://www.forbes.com/30-under-30-2017/games/#59d8a0bb4395>), (The Benefits of Playing Video Games" Isabela Granic, PhD, Adam Lobel, PhD, and Rutger C.M.E. Engels, PhD, Radboud University Nijmegen; Nijmegen, The Netherlands; American Psychologist, Vol. 69, No. 1.), (The effects of playing cooperative and competitive video games on teamwork and team performance" . A Badatala, J Leddo, A Islam, K Patel, P Surapaneni (2016). The effects of playing cooperative and competitive video games on teamwork and team performance. International Journal of Humanities and Social Science Research. Volume 2; Issue 12; December 2016; Page No. 24-28. Via AOC), (<http://www.sciencedirect.com/science/article/pii/S0360131517301215>), Sociology Research Paper - Video Games in Education, by Snow James Gilfillan (2017), YouTube report (four million Brits have watched esports) <https://yougov.co.uk/news/2017/09/28/four-million-brits-have-watched-esports/>