

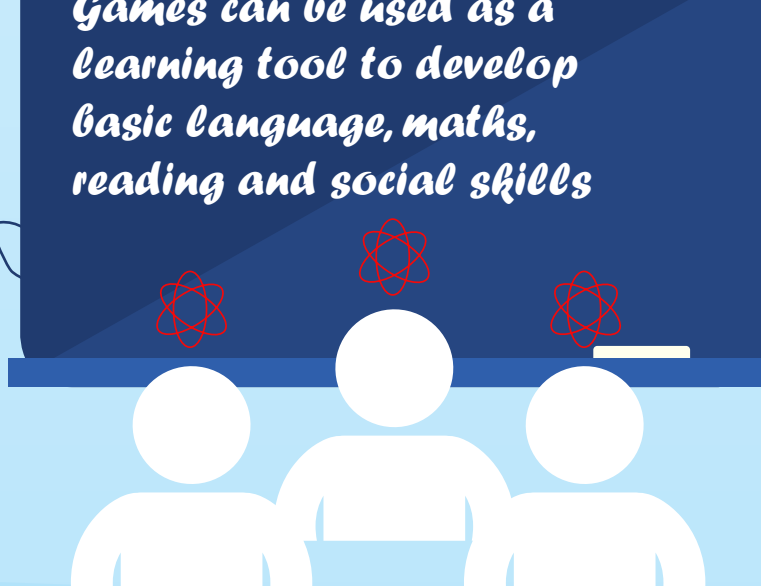
# BENEFITS OF ESPORTS & VIDEO GAMES

## ESPORTS

games can help rehabilitate individuals with perceptual or cognitive deficits

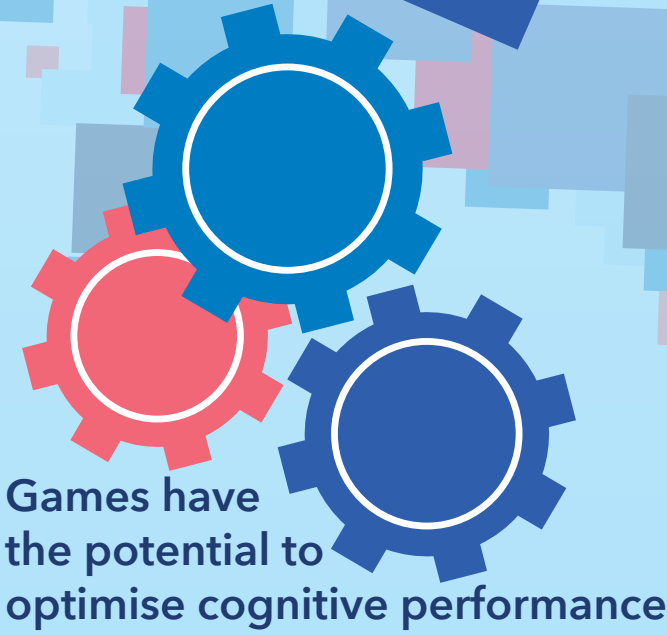


It's social: **54%** of frequent gamers say games help them **CONNECT** with their friends



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



ESPORTS PROMOTES TEAMWORK

Players of real-time **STRATEGY GAMES** (like StarCraft) 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

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

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

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

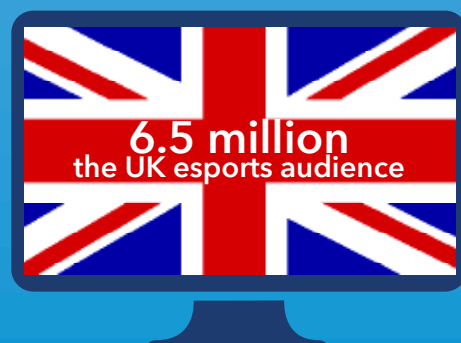
FPS GAMES CAN **IMPROVE** SPATIAL SKILLS

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 or at spectator events in indoor arenas, usually for a cash prize.



**\$33 MILLION+** THE DOTA 2 INTERNATIONAL PRIZE POOL

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

**99.6 MILLION**



the number of unique viewers who watched the 2018 League of Legends World Championship final between Invictus Gaming and Fnatic

**\$1 billion** Global esports revenues are set to reach this figure in 2019

## 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 core goals are to Promote, Improve and Inspire.

[www.britisheports.org](http://www.britisheports.org)

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