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Brain Rot – Real or Not?

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“Brain rot.”

It’s a phrase tossed around to describe what happens when we binge-watch shows, scroll endlessly on social media, or play video games for hours on end. The idea is that when we consume content passively—without much thinking, questioning, or imagining—our brains weaken, shrink, or “rot.” For example, reading a book forces us to picture scenes, make inferences, and follow complex ideas, while scrolling feeds us ready-made images and short clips that require little effort on our part.



But is “brain rot” actually real, or is it just an overdramatic phrase?

Some argue that technology is changing—not destroying—our brains. Instead of rotting, our minds may be evolving to handle new skills, like multitasking, visual processing, and navigating information at lightning speed. What looks like decline to one generation might actually be growth to another.



Your Task: Write an argumentative response where you decide: Is “brain rot” a real danger to how we think and learn, or is it just a myth used to criticize new habits and technology?

- Take a clear position and back it up with examples (personal experiences, scientific ideas, cultural observations, or even stories).
- Consider the other side: why might someone strongly disagree with you?

