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ENGL 1102H

2-16-2017

### Abstract

Legendary running back, Bo Jackson, recently said that he would have never played football if he knew then what he knows now about concussions. There were 3,800,000 concussions in 2012 with that number having nearly doubled since 2002. According to the University of Rochester Medical Center, the human brain does not fully develop until the age of 25. This presentation will explore ways that children can play football without the fear of getting a concussion and having brain damage in the future. This research will look into the positives and negatives of playing football, while also looking at how the media is portraying the game of football to kids. Over  $\frac{2}{3}$  of children have a tv set in their bedroom, so media can influence a large number of children. After looking at these topics, my research will look at the appropriate age that parents should allow their children to start playing contact football without fear of brain damage or should football even be allowed for little children because of their brain development. I feel through my research that children will be allowed a safer environment to play football without fear of concussions, while encouraging parents to allow their children to have normal brain development without football impacting their adult lives.

Key Words:

Concussion

Brain Damage

Influence

Development