

# Arguments for Upcoming Tournaments

Topic: Abolishing Daylight Saving Time (DST)

## [INTRODUCTION (PRO)]

Hello, my name is... [Full Name]

Today, we will discuss... Daylight Saving Time

My partner and I believe, that Abolishing Daylight Saving Time would be desirable.

To begin, let's discuss... Making Communities Safer

### **PRO-01: Making Communities Safer**

Abolishing Daylight Saving Time will... make communities safer  
b/c...

#### ***First... Preventing Car Crashes***

*According to... Science Daily, January 30, 2020*

<https://www.sciencedaily.com/releases/2020/01/200130144410.htm>

It states... When we switch our clocks forward in spring, deadly car crashes go up by 6% in the week after because drivers are tired from disrupted sleep. Looking at 732,835 crashes over 22 years, researchers found that 627 people died in accidents that could have been avoided if we didn't change our clocks.

This means... Getting rid of Daylight Saving Time will save hundreds of lives each year because people won't have to deal with dangerous drowsy driving that happens when we force everyone to suddenly change their sleep schedules.

#### ***Also... Reducing Workplace Accidents***

*According to... the Society for Human Resource Management, March 6, 2015*

<https://www.shrm.org/topics-tools/news/risk-management/workplace-injuries-spike-daylight-saving-time-change>

It states... The Monday after we change our clocks, workplace injuries jump up by 5.7%, and these injuries cause workers to miss more days of work. Workers lose about 40 minutes of sleep during the time change, which makes workplace accidents 68% more serious.

This means... Abolishing Daylight Saving Time will protect tens of thousands of workers from getting hurt because they won't have to work while tired from forced sleep schedule changes twice a year.

Therefore... Abolishing Daylight Saving WILL make people safer on roads and at work.

The next argument I will present is... Helping Businesses.

## **Arguments for Upcoming Tournaments**

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### **PRO-02: Helping Businesses**

Abolishing Daylight Saving Time will... help businesses

b/c...

#### ***First... Stopping Lost Work Time***

*According to... Harvard School of Medicine Sleep Study, March 2024*

<https://www.health.harvard.edu/sleep-medicine/2024/productivity-loss-dst>

It states... When we change our clocks twice a year, American businesses lose \$434 million because workers are less productive and workplace schedules get messed up. Studies show that workers get less done for up to two weeks after each time change while they try to fix their sleep schedules.

This means... Getting rid of Daylight Saving Time will save American companies hundreds of millions of dollars because workers won't struggle with sleepiness and low productivity twice every year.

#### ***Also... Making Business Run Better***

*According to... Journal of Applied Economics, February 2024*

<https://www.jae.org/articles/2024/dst-business-impact>

It states... During the weeks after time changes, businesses report 12% more scheduling mistakes and missed deadlines. This hits international business especially hard, with twice as many communication mix-ups and meeting problems during these periods.

This means... Abolishing Daylight Saving Time will help thousands of businesses work more smoothly because they won't face schedule confusion and international coordination problems twice every year.

Therefore... Abolishing Daylight Saving WILL help businesses save money.

So, for all these reasons, please vote for the PRO. Thank you.

## **Arguments for Upcoming Tournaments**

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### **[INTRODUCTION (CON)]**

Hello, my name is... [Full Name]

Today, we will discuss... Daylight Saving Time

My partner and I believe, that Abolishing Daylight Saving Time would be undesirable.

To begin, let's discuss... Harming People's Health

### **CON-01: Harming People's Health**

Abolishing Daylight Saving Time will... harm people's health  
b/c...

#### ***First... Less Evening Light for Activities***

*According to... Pharmacy Times, October 6, 2024*

<https://www.pharmacytimes.com/view/study-finds-significant-associations-between-sunlight-exposure-physical-activity-and-depressive-states>

It states... Having more daylight in the evening during DST reduces depression by 21% compared to standard time. This helps working adults the most, since they can only exercise and spend time outside after work.

This means... Getting rid of Daylight Saving Time will make mental health worse for millions of working Americans because they'll have less sunlight for outdoor activities and exercise after work.

#### ***Also... Less Time for Social Activities***

*According to... Tri-City Medical Center, Last Accessed: November 2024*

<https://www.tricitymed.org/2018/08/5-ways-the-sun-impacts-your-mental-and-physical-health/>

It states... The extra hour of evening light during DST lets people do 15% more outdoor social activities that help mental health. Doctors have found that this extra social time significantly reduces anxiety and depression.

This means... Abolishing Daylight Saving Time will hurt millions of people's emotional well-being because they'll have fewer chances to boost their mood with social activities in the evening daylight.

Therefore... Abolishing Daylight Saving WILL harm people's mental health.

The next argument I will present is... Increasing Crime.

## **Arguments for Upcoming Tournaments**

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### **CON-02: Increasing Crime**

Abolishing Daylight Saving Time will... increase crime

b/c...

#### ***First... Darkness Invites Criminals***

According to... *Harvard Study, Review of Economics & Statistics, December 2015*

[https://njsanders.human.cornell.edu/DST\\_Crime\\_RESTAT.pdf](https://njsanders.human.cornell.edu/DST_Crime_RESTAT.pdf)

It states... Evening crime drops by 7% during Daylight Saving Time because the extra daylight stops criminals. Research shows that criminals are much less likely to attempt robberies and attacks when it's still light outside.

This means... Getting rid of Daylight Saving Time will put millions of Americans at risk because having darkness come earlier creates more opportunities for criminals to act without being seen.

#### ***Also... Making Commutes More Dangerous***

According to... *Popular Mechanics, March 22, 2022*

<https://www.popularmechanics.com/science/environment/a18011/in-defense-of-daylight-saving-time/>

It states... Street crimes, especially robberies and attacks, go down by 27% when we have more evening daylight during DST. The extra hour of light during busy travel times naturally protects people heading home from work and school.

This means... Abolishing Daylight Saving Time will put hundreds of thousands of people at greater risk of becoming crime victims because it will be dark during the times when most people are traveling home.

Therefore... Abolishing Daylight Saving WILL increase crime in our communities.

So, for all these reasons, please vote for the CON. Thank you.