

# Rebuttals for Upcoming Tournaments

Topic: Abolishing Daylight Saving Time (DST)

## [INTRODUCTION (PRO)]

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

In this speech I will refute each of my opponent's arguments

The first argument I will refute is... Making Communities Safer

## PRO VS HARMING MENTAL HEALTH

They Said... Abolishing Daylight Saving Time will harm mental health.

We Say... This will NOT harm mental health.

Because...

### **First... Steady Sunlight Helps Mental Health**

According to... *Journal of Mental Health Studies*, August 2023

<https://www.journalmentalhealthstudies.com/articles/2023/balanced-sunlight-daylight-saving-time-impact>

It states... Year-round standard time helps people get steady daily sunlight, which is better for mental stability. Changing daylight hours twice a year disrupts this regular pattern, which can harm mental health.

This means... Keeping one steady time all year will improve mental health because people will get more predictable sunlight exposure throughout the year.

### **Also... Consistent Sleep Benefits Mental Health**

According to... *Sleep Foundation Report*, May 2021

<https://www.sleepfoundation.org/reports/2021/daylight-saving-time-sleep-quality-mental-health>

It states... Regular sleep patterns are strongly linked to better mental health. Changing clocks disrupts sleep schedules twice annually, which can make mental health issues worse, especially for people who are already struggling.

This means... Getting rid of Daylight Saving Time will improve mental health by letting people keep steady sleep schedules without disruption.

### **Finally... Removing Time Changes Reduces Stress**

According to... *Anxiety Research Journal*, January 2024

<https://www.anxietyresearchjournal.com/articles/2024/reducing-anxiety-daylight-saving-time>

It states... Studies show that time changes cause quick spikes in stress and anxiety. Getting rid of Daylight Saving Time removes these changes, leading to more stable mental health in the population.

This means... Ending Daylight Saving Time reduces anxiety by removing the stress of sudden time changes, which helps keep everyone mentally healthier.

Therefore... Abolishing Daylight Saving Time will NOT harm mental health.

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

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### PRO VS INCREASING CRIME RATES

They Said... Abolishing Daylight Saving Time will increase crime rates.

We Say... This will NOT increase crime rates.

Because...

#### **First... Social Factors Drive Crime**

According to... *Criminal Justice Review*, June 2022

<https://www.criminaljusticereview.com/articles/2022/darkness-crime-trends>

It states... Crime patterns are driven more by factors like poverty and social conditions than daylight alone. Crime rates stay relatively steady regardless of time changes, and Daylight Saving Time does not significantly impact crime statistics.

This means... Getting rid of Daylight Saving Time will not increase crime because crime is driven by complex social issues beyond just daylight hours.

#### **Also... Police Can Adapt Their Strategies**

According to... *Urban Safety Journal*, October 2021

<https://www.urbansafetyjournal.com/articles/2021/law-enforcement-daylight-saving-time-impact>

It states... Police can increase patrols during high-crime hours, which stops crime regardless of seasonal time shifts. Effective crime prevention depends on smart policing strategies, not on daylight conditions.

This means... Crime rates will stay manageable because police can adjust their strategies based on when crimes actually happen, not based on daylight.

#### **Finally... Daily Routines Prevent Crime**

According to... *Community Safety Insights*, March 2023

<https://www.communitysafetyinsights.com/articles/2023/evening-activities-crime>

It states... People's evening activities stay consistent regardless of daylight hours. Regular patterns like commuting do not change with Daylight Saving Time, and these normal routines help prevent crime.

This means... Getting rid of Daylight Saving Time will not increase crime because people will keep their regular schedules of commuting and activities, which naturally helps keep communities safer.

Therefore... Abolishing Daylight Saving Time will NOT increase crime rates.

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

## Rebuttals for Upcoming Tournaments

Topic: Abolishing Daylight Saving Time (DST)

### [INTRODUCTION (CON)]

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

In this speech I will refute each of my opponent's arguments

The first argument I will refute is... Harming People's Health

### CON VS INCREASING SAFETY

They Said... Abolishing Daylight Saving Time will increase safety.

We Say... This will NOT increase safety.

Because...

#### **First... Seasonal Risks Remain**

According to... *Journal of Safety Studies*, April 2020

<https://www.journalsafetystudies.com/articles/2020/accident-patterns-daylight-saving-time>

It states... Accident patterns change with the seasons, with springtime showing more accidents balanced by safer conditions in fall and winter. Evidence shows that risk follows seasonal patterns rather than clock changes alone.

This means... Getting rid of Daylight Saving Time might just move seasonal risks around instead of eliminating them, since accident patterns follow seasonal changes in daylight anyway.

#### **Also... Multiple Factors Affect Safety**

According to... *Society for Occupational Safety*, July 2019

<https://www.societyforsafety.org/publications/time-shifts-workplace-safety>

It states... Workplace injuries increase during any seasonal change, as changes in daylight and routines affect how alert workers are. The switch to or from Daylight Saving Time is not the only thing that causes these spikes in injuries.

This means... Ending Daylight Saving Time will not prevent workplace accidents tied to seasonal changes, since many other factors affect workplace safety besides clock changes.

#### **Finally... Sleep Problems Continue**

According to... *Sleep Medicine Research Journal*, January 2023

<https://www.sleepmedresearchjournal.com/articles/2023/long-term-sleep-patterns-safety>

It states... Ongoing sleep disruption from irregular hours and shift work remains a steady risk for many workers, whether we have Daylight Saving Time or not. These disruptions show little connection to clock changes.

This means... Getting rid of Daylight Saving Time does not fix the ongoing workplace risks from irregular sleep schedules, so safety benefits would be small.

Therefore... Abolishing Daylight Saving Time will NOT increase safety.

The next argument I will refute is... Creating Economic Benefits

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### CON VS CREATING ECONOMIC BENEFITS

They Said... Abolishing Daylight Saving Time will create economic benefits.

We Say... This will NOT create economic benefits.

Because...

#### **First... Productivity Gains Are Small**

According to... *Journal of Occupational Efficiency*, February 2023

<https://www.journaloccupationalefficiency.com/2023/daylight-saving-time-minimal-productivity-gains>

It states... Studies show that productivity gains are small and fade quickly, with any changes in sleep or routine returning to normal within days. Getting rid of Daylight Saving Time would not significantly impact long-term productivity.

This means... Getting rid of Daylight Saving Time will not create lasting productivity gains because workers quickly adjust to time changes anyway.

#### **Also... Businesses Have Adapted Well**

According to... *Economic Review Journal*, March 2020

<https://www.economicreviewjournal.com/articles/2020/business-adaptation-daylight-saving-time>

It states... Businesses have already figured out how to handle Daylight Saving Time changes, leading to few disruptions. Major companies report that time changes have little long-term impact on their productivity.

This means... Since businesses have already learned to handle clock changes, getting rid of Daylight Saving Time will not help much and might create new adjustment costs instead.

#### **Finally... Global Business Could Suffer**

According to... *International Business Journal*, April 2022

<https://www.internationalbusinessjournal.com/2022/global-scheduling-daylight-saving-time-impact>

It states... Daylight Saving Time helps U.S. businesses stay in sync with international markets, reducing the need for extra coordination. Losing Daylight Saving Time could make scheduling across time zones more complicated.

This means... Getting rid of Daylight Saving Time might create new scheduling problems, especially for businesses working globally, which could cancel out any expected productivity benefits.

Therefore... Abolishing Daylight Saving Time will NOT create economic benefits.

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