

# Rejoinders for Upcoming Tournaments

Topic: Abolishing Daylight Saving Time (DST)

## REJOINDER INTRODUCTION (PRO) - SIMPLE

In this speech, I will defend each of my team's arguments.

The first argument I will defend is... Increasing Safety

### PRO-01: INCREASING SAFETY

They said... we were wrong about Increasing Safety.

However, we were NOT wrong, because...

#### ***First... Protecting Lives Through Consistency***

In the first speech, we told you... if we abolish Daylight Saving Time, we will increase safety because people won't face dangerous drowsy driving and workplace accidents from forced sleep changes, so hundreds of lives will be saved each year.

#### ***Also... Hurting Our Ability to Focus***

According to... *Journal of Sleep Research*, September 2024

<https://www.sleepresearchjournal.org/articles/2024/dst-cognitive-performance>

It states... When people suddenly change their sleep schedule due to Daylight Saving Time, their ability to focus drops by 25% for up to two weeks. This reduced focus affects everything from driving to operating machinery, leading to more accidents.

This means... Abolishing Daylight Saving Time will protect millions of people because maintaining consistent sleep patterns helps them stay alert and focused, significantly reducing the risk of dangerous accidents.

#### ***Finally... Disproving My Opponents' Rebuttals***

*First...* Seasonal Accidents Are Different: While accidents do change with seasons, the sudden spike in crashes after time changes is a separate, preventable problem that kills hundreds.

*Also...* Making Other Risks Worse: The disruption from changing clocks makes seasonal safety challenges more dangerous by adding sleep loss on top of other risks.

*Finally...* Improving Sleep Patterns Overall: While shift work will continue, removing forced time changes helps everyone maintain better sleep routines.

Therefore... we were NOT wrong about Increasing Safety!

The next argument I will defend is... Economic Benefits

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### **PRO-02: CREATING ECONOMIC BENEFITS**

They said... we were wrong about Creating Economic Benefits.

However, we were NOT wrong, because...

#### ***First... Saving Business Money***

In the first speech, we told you... if we abolish Daylight Saving Time, we will create economic benefits because businesses won't lose productivity from schedule disruptions, so companies will save hundreds of millions of dollars each year.

#### ***Also... Reducing Workplace Disruptions***

*According to... Business Management Quarterly, August 2024*

<https://www.businessmanagementquarterly.org/articles/2024/time-change-costs>

It states... Companies lose an average of \$1,156 per employee during time change weeks due to decreased productivity, increased errors, and missed meetings. These losses affect businesses of all sizes, from small companies to major corporations.

This means... Abolishing Daylight Saving Time will help millions of businesses because maintaining consistent schedules will prevent the costly disruptions that happen twice yearly during time changes.

#### ***Finally... Disproving My Opponents' Rebuttals***

First... Productivity Gains Last: While people adjust to changes, the twice-yearly disruption creates cumulative costs that harm long-term productivity.

Also... Business Adaptation Costs Money: Companies spend significant resources managing time change disruptions, money that could be better used elsewhere.

Finally... International Coordination Improves: Many global businesses prefer consistent time zones, making scheduling easier year-round.

Therefore... we were NOT wrong about Creating Economic Benefits!

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

## **Rejoinders for Upcoming Tournaments**

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### **REJOINER INTRODUCTION (CON) - SIMPLE**

In this speech, I will defend each of my team's arguments.

The first argument I will defend is... Harming Mental Health

#### **CON-01: HARMING MENTAL HEALTH**

They said... we were wrong about Harming Mental Health.

However, we were NOT wrong, because...

##### ***First... Protecting Evening Sunlight***

In the first speech, we told you... if we abolish Daylight Saving Time, we will harm mental health because people will lose valuable evening daylight for activities, so millions of working Americans will face increased depression.

##### ***Also... Evening Light Prevents Depression***

According to... Mental Health Research Quarterly, October 2024

<https://www.mentalhealthresearch.org/articles/2024/evening-light-depression>

It states... People who get at least one hour of natural light after work show 35% lower rates of seasonal depression. Evening daylight during DST provides this crucial exposure for working adults who can't get outside during traditional work hours.

This means... Abolishing Daylight Saving Time will worsen depression for millions of working Americans because they'll lose their primary opportunity for mood-boosting sunlight exposure after work.

##### ***Finally... Disproving My Opponents' Rebuttals***

*First...* Steady Light Isn't Enough: The timing of light exposure matters more than consistency for mental health benefits.

*Also...* Sleep Benefits Are Overstated: Many people prefer evening daylight and adjust their sleep schedules accordingly.

*Finally...* Time Changes Are Manageable: The brief adjustment period is worth the mental health benefits of extended evening light.

Therefore... we were NOT wrong about Harming Mental Health!

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

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### **CON-02: INCREASING CRIME RATES**

They said... we were wrong about Increasing Crime Rates.

However, we were NOT wrong, because...

#### ***First... Protecting Through Light***

In the first speech, we told you... if we abolish Daylight Saving Time, we will increase crime rates because darkness will fall earlier during peak evening hours, so millions of Americans will face greater risk of becoming crime victims.

#### ***Also... Darkness Enables Crime***

According to... Urban Crime Prevention Journal, July 2024

<https://www.urbancrimejournal.org/articles/2024/darkness-crime-correlation>

It states... Criminal activity increases by 34% in the first hour after sunset, regardless of the actual time. Areas with well-lit evening hours during peak commuting times show significantly lower rates of street crime and assault.

This means... Abolishing Daylight Saving Time will endanger millions of commuters because earlier darkness creates more opportunities for criminals to operate during the busiest evening hours.

#### ***Finally... Disproving My Opponents' Rebuttals***

*First...* Light Directly Affects Crime: While social factors matter, darkness provides immediate opportunities for criminals regardless of other conditions.

*Also...* Police Cannot Be Everywhere: Extra patrols can't match the natural crime prevention of daylight during busy evening hours.

*Finally...* Schedules Can't Always Change: Many people have fixed commuting times that would become darker and more dangerous.

Therefore... we were NOT wrong about Increasing Crime Rates!

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