



Smart School Councils

DEBATE PACK

Are you passionate about sharpening your critical
thinking and speaking skills?

IS IT BETTER TO BINGE A TV SERIES OR WATCH IT WEEKLY?



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How to Use this Debate Pack

Whether you have just a few minutes or a full lesson, this Debate Pack has got you covered. Check out the Certificates at the end too.

How to find the debate video and send to teachers

1. Log in to the [Smart School Councils platform](#) using your school details.
2. Click on the blue Class Meeting Tool button in the dashboard.
3. Click on 'Next Meeting' at the top of the page.
4. To get started, click on 'click here' to browse existing questions and options.
5. If the debate topic is part of this week's question, it will appear there. Otherwise, click 'Search All' and type in the debate topic you're looking for.

Got five minutes?

Play the debate video straight through and dive right into the debate. No need to pause at the prompts. It's a quick, engaging way to get your students thinking.

Got 10/15 minutes?

Pause at the prompts in the video to explore additional ideas your class might have. Use the additional points or Power Facts if you'd like.

Want to extend to 30 minutes or a full lesson?

Check out the lesson plan and writing tasks below. There is also a full Fact Sheet with amazing further reading if your students want to go deeper on the topic.

What do the icons in the pack mean?



This is what the presenter says on the video



This is a Power Fact to explain or prompt debate that's not in the video



This is an additional debate point that's not in the video

Introduction and Brain Gym Question

Introduction



Welcome to Big Debate Club!

My name is Becky and today we are debating the question...

Is it better to binge a TV series or watch it weekly?

Happy New Debating Year, everyone! I hope you had a fun and relaxing break, and that you're ready to raise your voice and share your brilliant opinions once again. Over the holidays, I watched quite a bit of TV — and I don't know about you, but it's one of my favorite ways to unwind. Whether I'm learning something new from a documentary or laughing along with a comedy, TV is a great way to relax.

Some shows are released one episode at a time each week, while others drop the whole series at once. But which is the better way to enjoy them? Watching weekly keeps the excitement going — even though waiting can be frustrating. Binge-watching lets you follow the story more easily, but it can feel like it's over too soon. Which is better? You decide.

Brain Gym Question

Before we get started, I have a question for you...

Which TV show was the first to be released all at once on a streaming platform?

- a. *Game of Thrones*
- b. *House of Cards*
- c. *Breaking Bad*
- d. *The Mandalorian*

Binge-watching is very prevalent - 71% of Netflix subscribers (2023) admitted to binge-watching (watching three or more episodes at once); 1 in 3 binge at least weekly, with sessions averaging 3–5 episodes (Source: EBSCO, [LINK](#))



FOR: It is better to binge a TV series


We're going to share reasons for both sides of the debate, then it's up to you to think of the rest!

Binging the show means you don't miss any details

You might be thinking that by bingeing means you don't miss any details making the story flow better. When you watch episodes one after another, you don't forget what just happened. The story feels smoother, and it's easier to keep track of minor story details, plot twists, and cliffhangers that are then resolved.

Binging the show means the watcher gets more control on watching

You could say that the watcher gets more control when a show is available to binge. When a whole series is available at once, you can watch it whenever and wherever it suits you. It fits around your schedule, not the other way around. But if a show only airs once a week at a set time, you have to plan your life around it. Having control over how you watch can make the experience more enjoyable.

Can you think of another reason why you can argue it is better to binge a TV series rather than watch it weekly? 

If so many people prefer binge-watching shows, it must be a good way to enjoy them

If more people prefer binge-watching a TV show, it must be the preferred way to watch them. In 2025, 72% of U.S. adults binge-watched at least once, and 63% prefer binge-watching over weekly release formats. (Source: Gitnux, [LINK](#))

Binge-watching can create a positive and relaxing experience

Watching the series all in one go can have positive effects such as binge-watching can cause relaxation. Of those asked, 70% use binge-watching as escapism, and 65–67% say it helps them relax. Also many report feeling more emotionally connected to characters after bingeing (60–65%). (Source: Wifitalents, [LINK](#))



AGAINST: It is better to watch a TV series weekly

Now let's change positions and consider why you might argue that a TV series is better watched weekly rather than binged all in one go.


Watching weekly can build excitement and community



You might think that watching weekly you can build excitement and community. Waiting a week between episodes builds suspense and makes the story more exciting. It gives you time to guess what might happen next, and many fans join online communities or listen to podcasts to share theories and discuss each episode together.

Binge-watching can negatively impact your life

Or you could also say that binge-watching can negatively impact your life. Binge-watching can lead to feeling tired or sleep deprived if you watch too much at once or can't stop watching. It can affect your ability to concentrate at work or school - while weekly increments means watching is managed and does not affect the other parts of your life.

Can you think of another reason why you might argue that watching a TV series weekly is better than bingeing? 

So much sitting down (sedentary habits) can be bad for you



Sedentary habits tied to binge-watching increase risks of heart disease, obesity, diabetes, even early mortality: every hour of TV after 25 reduces life expectancy by ~22 minutes.

Watching so much TV can lead to a decrease in mental wellbeing



Watching so much TV can lead to mental health issues. After surveying those who binge watch TV regularly, 39–48% reported anxiety, guilt or loneliness after binge sessions, while 52% felt loneliness despite emotional connection and 61% experienced difficulty concentrating afterward. (Source: *MoldStud*, [LINK](#))

FactSheet: Is it better to binge a TV series or watch it weekly?



Here's six key facts - three on each side - if you'd like to go a little deeper.

Yes

People seem to prefer bingeing shows so it must be the preferable way

If more people prefer binge-watching a TV show, it must be the preferable way to watch them. In 2025, 72% of U.S. adult binge-watched at least once, and 63% prefer binge-watching over weekly release formats. (Source: Gitnux, [LINK](#))

Binge-watching makes it more engaging

Research shows that over 50% of U.S. viewers say binge-watching lets them watch shows on their own schedule instead of waiting for weekly episodes while 45% report series feel more engaging when binged. This shows choosing the time best to watch it makes it more engaging as it fits in your schedule. (Source: Statistica, [LINK](#))

Binge-watching can create a positive and relaxing experience

Watching the series all in one go can have positive effects, such as binge-watching can cause relaxation. Of those asked, 70% use binge-watching as escapism, and 65–67% say it helps them relax. Also many report feeling more emotionally connected to characters after bingeing (60–65%). (Source: Wifitalents, [LINK](#))

NO

Binge-watching can lead to memory fatigue

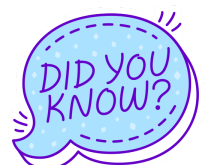
Studies by Melbourne University suggest that binge-watching a TV show can lead to memory fatigue, due to the amount of information being absorbed, making details harder to recall after watching compared to weekly viewing. (Source: Melbourne University, [LINK](#))

Binge-watching can lead to an increase in health issues

Spending so much time watching episode after episode of TV could have health effects such as 88% of adults report lost sleep due to binge-watching. (Source: Statistica, [LINK](#))

Binge-watching can also lead to a decrease in mental wellbeing

Watching so much TV can lead to mental health issues. After surveying those who binge watch TV regularly, 39–48% reported anxiety, guilt or loneliness after binge sessions, while 52% felt loneliness despite emotional connection and 61% experienced difficulty concentrating afterward. (Source: MoldStud, [LINK](#))



Sentence Starters

POINT

LEMON & HERB: One reason why I (agree/disagree) with this debate is because...

MEDIUM: One point I have for this debate is...

HOT: You could say that...

EVIDENCE

LEMON & HERB: One way I can prove my point is through this example...

MEDIUM: I can show this works through the fact that...

HOT: I know this because...

EXPLANATION

LEMON & HERB: The evidence I have discussed above proves my point as...

MEDIUM: This example proves my point because...

HOT: Therefore, this proves my point as...

LINK

LEMON & HERB: All together, this answers the debate question asked by...

MEDIUM: This point answers the overall question because...

HOT: These ideas answer the debate as...





**Post your debate on
social media!**

SHARE YOUR VOICE

We shout out the best opinions each week

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TWITTER @SSCCTY

INSTAGRAM @SMARTSCHOOLCOUNCILS



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DEBATER OF THE WEEK

We are proud to present this certificate to...

For debating fairly, respectfully and persuasively. Well done!

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils

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CLASS MEETING LEADER OF THE WEEK

We are proud to present this certificate to...

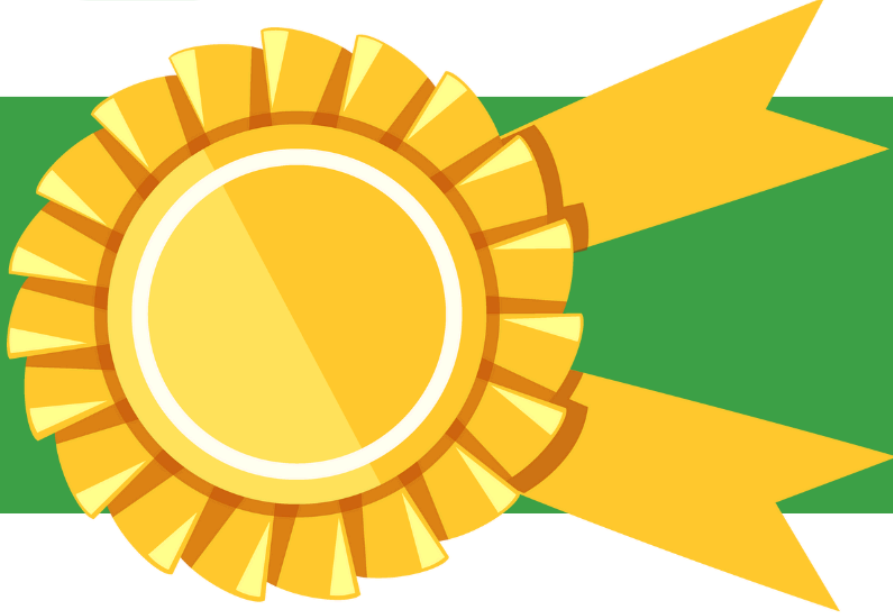
For showing skill and confidence in leading today's Class Meeting.

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils



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BEST IDEA OF THE WEEK

We are proud to present this certificate to...

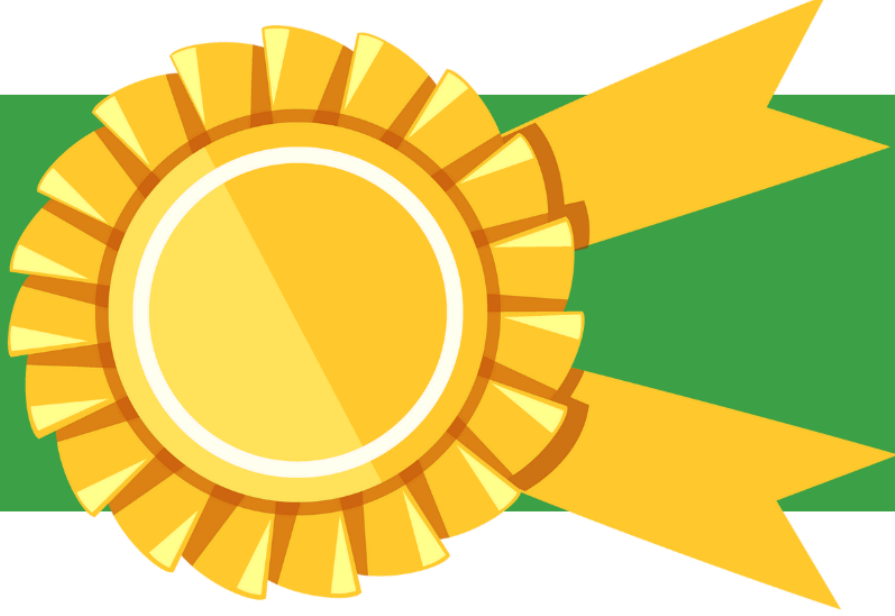
For speaking up with a great new idea on today's topic. Amazing.

Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!



Greg Sanderson

Founder, Smart School Councils



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