

# Phones

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# Phones

At this instant, you probably possess a phone that sits in your back pocket. You don't give the device any thought besides of when you will get a text or someone follows you on \_\_\_\_\_ Proper Noun \_\_\_\_\_. You use it as a calculator, an encyclopedia, a camera, a source of entertainment and so much more. Technology is familiar to almost every modern household. Either a desktop for billing, a TV and console for entertainment, a chromebook for academics or any other form of screen tech. They all connect you to entities \_\_\_\_\_ Preposition or subordinating conjunction \_\_\_\_\_ the world. Technology is the science that generally makes life more simple and pleasurable. You no longer have to search giant, weird books for information, you just surf the web. Instead of actually getting up and walking to the store, you just order your items online. You don't know how to put together your new couch, \_\_\_\_\_ Verb \_\_\_\_\_ up a tutorial. Fun? Just turn on your Xbox. Oh, you want to talk to your cousin in Europe? Simple, text him. Screened technology is such a convenient and effective tool. Our lives have gotten so much more effortless in the past 20 years. Our society has benefited and evolved so much due to technology.

That's the problem. People are so attached and dependent on technology, they forget (or ignore) the consequences of what they are doing. \_\_\_\_\_ Noun \_\_\_\_\_ carries numerous negative effects on individuals and (as a result) all of society. There is so much controversy over the amount of use of screens. Technology is such a useful tool, but yet creates massive amounts of problems. So is technology superior or destructive?

Screen usage in can be very harmful. No, it does not cause you to go blind, but can cause more \_\_\_\_\_ Noun \_\_\_\_\_.

Blue light has a very short wavelength, so it emits higher levels of energy. This makes our eyes focus This causes our eyes to focus even in mental health. International business times released an article in September of

about the between screen time and mental health issues. Here is what they said, "Researchers at the University of Gothenburg in Sweden conducted a study that led them to find a correlation between constant \_\_\_\_\_ Noun use and mental disorders. People who use their cellphones and computers most heavily are at higher risk than average of experiencing stress, sleeping disorders, and depression."

Another reason screen time is bad is for social encounters. Medical daily released an article called "5 ways phones are bad" one of their reasons was, I quote, "The \_\_\_\_\_ Noun of a cell phone while two or more people are talking face-to-face can generate negative feelings toward the person who has his or her device visible." This means even at school that if a \_\_\_\_\_ Noun sees your phone on your desk they will have bad vibes towards you because when they see your phone you are pretty much saying that your phone is just as important or more important than the teachers who is making you wise and smart.

The final reason phones are bad for you are \_\_\_\_\_ Verb - Non 3rd Person Singular Present are starting to talk less and less and separate because of cell phone usage. "Research demonstrates that phones are eroding our ability to communicate in face-to-face dialogue and reducing family conversation," \_\_\_\_\_ Noun - Plural Medlock. Screen time like youtube and instagram are devouring so much of our time we become \_\_\_\_\_ Verb - Past Participle to them and log on to them to say hi to our friends more than our own families. If you check your phone before you say hi to your family, you have an addiction. It's like \_\_\_\_\_ Noun before saying hi to your parents. You put people below a piece of technology that has no feelings and the whole time you are hurting the one who do have feelings.

A common argument you may put against this is "why would we get rid of phone? It is a good way to stay

with friends and family and to get peace and quiet time to ourselves." I'm not saying we get rid of phones I am saying we need limites. Yes it is a very good way to stay connected with friends but if you are eating dinner with friends and texting another one. That is too much. Your friends left their house to eat with you and you utterly \_\_\_\_\_<sup>Verb</sup> them by being on your phone. Also peace and quiet time is nice we all need it but a long hard day at school doesn't allow you to ignore your family and watch videos or text people till dinner time. We need limits .

I don't know any other way to say this better than by saying this, If you love your phone and can't keep yourself together than you are addicted. If you check your phone before you say hi to your family, you are addicted.

Screen time needs a limit. If we can not find \_\_\_\_\_<sup>Determiner</sup> boundaries then phones should be banned. If you need to connect with someone call them on a phone that doesn't have a touch screen. I bet most of you even feel awkward talking on the phone because you are so used to texting with no tone and passion that when someone talks and raises their voice you get scared because the only people you know who do that are your parents.

Phones are bad, you can't \_\_\_\_\_<sup>Verb</sup> that.