**Text 1**

*We asked ……*

"Are mobile phones the greatest things since sliced bread or the worst things ever invented?"

*You replied ……..*

**Definitely the best thing since sliced bread.** There are so many ways to use your mobile phone. It makes communicating with others really easy – you can call, you can text, you can WhatsApp... It's great if you're meeting someone and you're late. You can do video calls as well – it's as if they are with you in the room. You can also check up on them to see where they are – not sure if that's good or bad!

You can use your phone to go on the Internet, check the news, download music, download games and stream films. It's so easy and quick to read and reply to your emails.

Mobiles are easy to carry – they're small and don't weigh much. They don't cost much, so most people can own one.

Why buy a camera when you've got one on your phone? Most are easy to use and take excellent photos and videos.

Raheem

**Worst things ever!!** Mobile phones are ruining real interaction. I see so many people, young and old, wandering around staring at their phones rather than looking at other people. I was on the train yesterday and everyone was silently staring at their phone – no one was talking to a real person.

How many times have you had a conversation interrupted by someone's phone ringing? Or when you're talking to someone and they get a message and say, "Sorry, I must just get this." It's so infuriating!

People store so much information on their phones. What happens if their phone is stolen or the passwords are hacked? Banking information, private details and pictures could be stolen and then leaked to others.

They also cause accidents. People still flout the law by using their phones when they're driving. It only takes a second of distraction for an accident to happen.

Jemma

PRACTICE

**Text 2**

# THE FORT JOURNAL

## TECHNOLOGY ADDICTION

Written by Sam Bluke

### Technological dependency on the rise

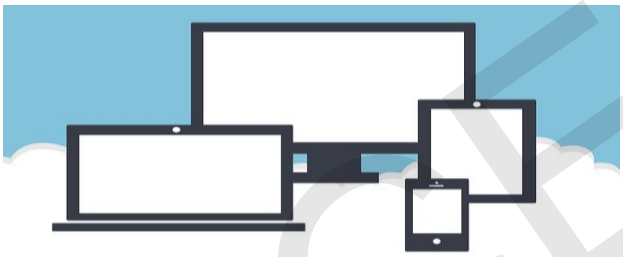
More people are becoming over-dependent on technology. There are many positive aspects of technology, but if we do not use it in moderation, it can cause many problems. A 2014 World Health Organisation (WHO) study of over 5000 young people in England found that 74.6% of girls and 76.5% of boys used technology* for more than two hours each day.

### Sleep problems

Technology can cause poor sleep. If we are interacting on our mobile phones or using computers late at night, it can be difficult to switch off our brains yet we still resist switching these devices off. This can lead to fatigue in the morning and poor performance at school or work. A recent study showed that 47% of adults in the UK missed out on sleep due to Internet usage.

### Isolation

People can become isolated.** We are losing social skills, such as how to speak to someone face-to-face, making eye contact and using appropriate body language.



### Exercise

Too much time spent on technology means that we are not exercising enough, which can lead to obesity because we are too sedentary.

### Health problems

Thumb, neck and back pain can come from excessive use of technological devices. These devices also increase the risk of hearing and eyesight problems. Too much time listening to loud music on headphones, or staring at a screen, can cause long-term eye and ear damage.

There are many dangers we must be more aware of because of our increased use of technology. We must take effective measures to stop ourselves becoming addicted to this technology. If we don't, there will be many problems ahead, not only for ourselves individually, but as a society.

* defined as a computer, tablet or phone

** spending time in their own worlds using music streaming devices, playing games or reading about others

PRACTICE

**Text 3**

# Time to switch off your phones FOR CHARITY!

- Did you know that 80% of all 16-75 year olds own a mobile phone?
- A third of users look at their phone within 5 minutes of waking up, 55% within 15 minutes and 79% an hour before going to bed.
- More than a half of all family meals are disturbed by mobile phone usage.
- More than half of mobile phone users use their phones while walking.

***This isn't good behaviour!***

## Are you prepared to take up my challenge?

I challenge you to raise money for charity by giving up using your mobile phone. Do it for a week! Feel the freedom of a phone-free future. You'll have loads of benefits, such as seeing 'real' things rather than things on a screen and chatting to people, face-to-face, instead of online. Use the time you would have spent on your phone doing something else – exercise, play a board game, enjoy a social evening with friends. Most importantly, this will help to raise money for a deserving cause.

Get your friends to sponsor you or get them to join you in your mission. All the money raised can go to a charity of your own choosing.

**To get involved contact Sam at sam@charitygivers.web**

PRACTICE