

How electronics effect teenagers

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In Whitecross, students in 2019 have consistent access to electronics. Nowadays, electronic devices are easier to use and easier to get hold of than ever before. This is because the more and more devices are being produced and people are getting new devices and giving old devices to the younger generation.

The average of teenagers mobile phone use is about 5-6 hours but some teenagers might even be spending more than that. Which means that most teenagers are not getting enough sleep as they don't have a break from before they go to bed as it increases blue light level in your eyes which makes it harder for people to sleep and it makes them more addicted to their phone.



Only 30% of people put their phone down 30 minutes to 1 hour before they go to sleep. None of them have an internet restrictions so they can stay up for as long as they want. The average teenager should sleep around 9-10 hours every night but the students of Whitecross are only getting 7-8hours of sleep.

Examiners are finding that a number of students are smuggling in mobile phones into real GCSE exams the numbers have doubled between 2016-2017. But Ofqual said the overall number of cheating cases remained low despite the 25% rise. The 2,715 penalties issued to 2,585 students represent just 0.015% out of more than 18m exam entries. In 2016, a total of 2,180 students were caught, a rate of 0.011%.

In conclusion I think that although phones have a great benefit in school they should be banned because it distracts students from there work.