

Headline: Teens spending too much time on their phones and don't care about the news.

Name: Charlee

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13-15 year olds don't know and care about the news. They spend so much time on their phones and don't know about the news. Some teenagers spend over 9 hours a day (or more) on their. This is a big issue because teenagers are still developing and learning at school. Teenagers are advised to spend up to 2 hours on their phones.

Many teenagers suffer from migraines and headaches from looking at a screen too much. Looking at a screen for too long can kill brain cells, and damage your eyes. It affects your sleep. Children shouldn't go on their phones when they're about to go to bed.

Cyber-bullying is also a massive part of social media, it can lead to suicide and self-harm. Spending too much time on online games can make people anti-social and less confident. People are not going out and interacting with others. Xbox's and PlayStations are a big deal as well. Parents should give their children a set time to play on their phones and other devices.

This is a really big issue, not many parents know about it. Children are skipping school pretending to be sick just to play online games.

Schools should include online 'health and safety' in their curriculum to ensure that students are aware of the dangers of over-using mobile phones and computers.