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### Why Cell Phones Have a Negative Impact on Adolescents

Less than a century ago, people have communicated through letters. But now, society is able to instantly share stories and information faster and more efficiently by cell phones. It is very common for one to own a cell phone. Many adolescents spend hours texting and talking to their friends. Though cell phones make adolescents life much easier, it is also harmful. Cell phones negatively impact adolescents socially, mentally, and physically.

There are less adolescents communicating face to face due to the increase use of cell phones. Instead of telling something to someone's face, many adolescents text or phone them. By doing this, one cannot hear and see the reactions of others/~~face~~. Furthermore, instead of going out and meeting new people, adolescents seclude themselves from everyone and text friends. This, in the long term, affects the youth as they begin to see their cell phones as the only means of communication. One's social interactions may also drastically reduce. As adolescents ~~hit a stage in~~ <sup>informal</sup> where family is not important, they text or phone their friends. Consequently, this puts a strain on family relationship.

Besides the lack of communication, the increase use of cell phones is beginning to affect the mental state of adolescents. During class time, many have their cell phones under their desk. Instead of paying attention in class, adolescents are gossiping about the latest news. When adolescents are distracted, they will fall behind in class, and this can significantly affect their marks and ruin their chances of going to university or college. Many will have a shorter

attention span due to the anxiety from waiting for a text. A short attention span can lead to a bigger problem such as ADD or ADHD. Furthermore, adolescent's attitudes change. As new versions of cell phones come out, many adolescents become greedy as they want a new cell phone. This attitude change can cause youth to seem undisciplined and spoiled.

Additionally, cell phones causes harm to the adolescents health. Instead of exercising and staying fit, adolescents are sitting at home texting and talking on their cell phones. With the increase rate of obesity in youth, this is a major concern as many are overweight, which can lead to diseases such as diabetes. Many adolescents text late into the night and therefore the lack of sleep causes them to feel fatigue. This puts stress on the heart which can lead to heart problems. Also, safety is at risk. Many adolescents walk on the street texting, and by doing this, they are unaware on their environment. This can cause much harm to adolescents as they may get hit by oncoming traffic, kidnapped, or robbed.

In conclusion, cell phones are doing more harm to youth that good. Adolescents are becoming too dependent on their phones. This is creating major problems in their future. Cell phones are not the only way of communication and it is not worth the mental and health risks. With more and more adolescents becoming addicted to their cell phones, cell phone use should be limited so that they are able to live a happier and healthier life.

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*well organized and effectively supported well-done!  
proofread to correct minor errors.*