

Editorial

How much screen time do you think an average teenager uses and should use? Do you think limiting screen time improves the physical appearances and characteristics of people? If you keep reading you'll find out the answers to all of these questions. There are many different types of screen time and technology, in my opinion some are good and others are bad.

If parents are worried about their kids and technology, they should establish a schedule. Did you know watching new shows and movies takes more thinking and concentration? This is because you don't already know what's going to happen so you pay more attention. One example of a schedule is planning family movie nights and watching a new movie each night. Also you could ask your parents for suggestions of new TV shows you haven't watched yet. The average 14 year old spends about four hours on technology, which should be lowered to about two. One of the last things parents could do is monitor their kids on technology. When you pay attention to your kids on technology, you'll always know how much time they spend on it. Finally you could make your schedule a habit by spending the same amount of time on technology each day. All these ideas are suggestions for a good and healthy schedule.

Did you know that you could use technology not just for entertainment, but educationally too! Scientists aren't concerned about

children using technology for homework, but for games. You can use technology for a lot of different academic uses including, educational TV programs and school related games. You can use technology for scholastic uses, but it also could affect your grades. Every extra hour of screen time could lead to having a couple GPA points fewer, which could drop your grade. There's an example of technology being good and bad, regarding education.

Lastly, I'll tell you how using technology for entertainment isn't always a bad thing. One reason technology isn't bad is that it keeps you and your kids busy. If you have something to do, but your kids don't, then just put them on technology. Doesn't that sound convenient? Another reason technology isn't always bad is you can use a phone to contact people. Whose parents wouldn't want their kids to be tech-savvy? Your kids could teach you all this cool stuff about electronics. That is the last reason why using technology for entertainment isn't always a bad thing!

Technology can be good and bad at the same time. If your parents are nervous about how much screen time you have, then create a schedule. Technology can also be a big part of education too! The last topic I talked about was that using technology for entertainment isn't always a bad thing. Technology has lots of different elements. Some are good and others are bad. In all, the average teenager should spend less than two hours on technology, not including schoolwork.