Teenage addiction to the internet

Research Topic	Teenagers and Internet
Thesis	Teenagers' time on the internet is increasing day by day and it's becoming a bad addiction, so it's the duty of their parents to have proper checks on them and find ways to reduce the time spent on

internet.

SUPPORT Section 1	Health of the teenager.	
Idea 1	-Time spent on the internet.	Sources
Idea 2	-Adequate sleep routine.	Idea 1- (Charles, 2010)
		Studies has indicated that several parents are investing a lot of time and money on how to keep their teenagers

from

spending

or wasting

most of

their time

on the

computer

and the

internet.

Idea 2-

(Norbert,

2010)

If a teen

likes to

play online

video

games,

there are

chances

that he

may not

be alone. It

should be

noted, that

a teen

does not

extensivel

y misses

many

social

opportuniti

es or

spending

almost a

day in a

week in

the online

gaming

arena,

there

might be

something

wrong. It

should be

noted that

how much

exactly

your

teenager

is

spending

time on

the

internet.

Idea 3-

(Ilyas,

2012)

It is the

duty of the

parents to

have a

check on

their

teenagers'

health and

appearanc

e. To

notice

possible

impacts on

their

health

good or

bad, and

then

decide

what

needs to

be done as

their next

step.

Idea 4-

(John,

2010)

Teenagers

should be

more

encourage

d to

participate

in outdoor

activities

and not

just sit on

the

internet

and waste

their time

because

spending

too much

	time on
	the
	internet
	badly
	affects
	teenagers'
	health and
	involving
	in other
	outdoor
	activities
	contribute
	to
	advancem
	ent in
	health.
Idea 3	-Possible impacts
Idea 4	- Alternative s
SUPPORT Section 2	Are the teenagers' giving

enough time to their parents? Possible impacts on the relationship?

	- Teenagers' space.	Sources
Idea 1		
Idea 2	-The environment.	Idea 1- (Charles, 2010) If your teenager is using extensive internet and you know about it because

you are

concerned,

approach

him/her as

you are

friends,

don't push

too hard

that they

start

hiding

things

from their

parents.

Idea 2-

(Ilyas,

2012)

Parents

should

start off by

setting a

fixed time

allowed to

use the

internet or

their teenager. They should be responsible of regularly checking what their teenagers are doing on the internet. Spending too much hours on the internet should discouraged by the parents.

Idea 3- (Norbert, 2010)

Joint

efforts

should be

made by

both

parents

and

teenagers.

It's the

responsibil

ity of

teenagers'

to win the

confidence

of their

parents so

that they

share a

relation of

trust and

things do

not get out

of hands.

Idea 4-

(Russ,

2014)

Freedom is

everyone's

right and it

should be

given to

the

teenagers

but it

should

also be

noticed

that too

much

freedom

spoils the

teenager,

like too

much

freedom

on using

the

internet

should not

be granted

	by parents. There is always a limit to everything.	
Idea 3	- Teenagers' responsibility.	
Idea 4	-Freedom.	
SUPPORT Section 3	Social problem that arises when teenagers' are addicted to the internet.	
Idea 1	- Opportuniti	Sources

es

Idea 2	-The goods and negatives	Idea 1- (John, 2010)
		Experts have concluded that more than 90% of the teenagers agree with the fact that internet has made their life convenient and they really need it. Additionally, it was also stated without

internet a

teenagers'

life

becomes

non-social,

no

informatio

n about

what is

going on

and they

cannot

even shop

online.

Teenagers'

want

internet in

their lives

to connect

with

people and

they are

unaware of

the fact

that

wasting

too much

time is

draining

out their

energy

which

could be

spend

somewher

e more

productive

.

Idea 2-

(Norbert,

2010)

Taking

account all

of the

activities

that

teenagers

are doing

on the

internet,

parents

should be

able to

identify

when the

time to set

limits on

the use of

the

internet is

or when

their

teen's

habit is

turning

into a bad

addiction.

However,

it could be

argued

that there

are

teenagers

who would

use

internet to

assist

them in

their

studies

and as the

time has

passed

more and

more

teenagers

are using

internet to

earn

money.

Using

internet

can either

build a

teenager's

life or

destroy it.

Idea 3-

(Charles,

2010)

Parents

these days

have

become

more

concern

about their

children

turning

teenagers,

and as the

time is

passing

their

addiction

with the

internet

are

increasing

time to

time.

Parents

are the

only

people

who can

take care

of this

problem

involving

their

teenagers'

life.

Idea 4-

(Norbert,

2010)

It is good

that your

teenager

is actively

taking

parts in

social

activities

and

making a

lot of

friends but

at the

same time

there is

something

that needs

to be

considered

that not

everyone

on social

platforms

using

internet

can be

trusted

and this

may lead

to

destroying

your

teenagers'

life

because

there are

many

cases of

such

nature.

Idea 3   -Solution to

the

problem.

Idea 4	-Social life.	
COUNTERARGUMENTS	What are the possible effects of internet?	
Idea 1	-Internet and Positivity.	Sources
Rebuttal	-Teenagers' productivity using internet.	Idea 1- Russ, W. (2014) Internet has become more than just a resource and is not capable of making people

earn using

the

internet in

their

house and

this can be

considered

a very

positive

effect on a

teenager

who is

earning

through

the use of

the

internet.

Idea- 2

(John,

2010)

Teenagers

as of today

has access

to

numerous

of services

easily

obtainable

on the

computer

with the

help of the

internet.

Teenagers

of today

have

stopped

using

telephone

and they

are more

comfortabl

e using

instant

messaging

or

chatting.

They

prefer

posting

their

photos in

MySpace

and share

them with

thousands

of friend,

mostly of

them are

friend they

haven't

met. They

have all

the

informatio

n and the

news using

the

internet on

their

smartphon

es.

Idea 3-

(Ilyas,

2012)

Using extensive internet can destroy the life of a teenager. Internet is a resource with numerous possibilities and people around the world are actually using this in the most illegal way. So, it is the duty of the parents to have

	certain checks as their teenager does not get involved in any sort of illegal activity.
Idea 2	Internet and virtual information .
Rebuttal	-Having knowledge and information is a good thing, actually it is considered as a skill in

a teenager

to be

active and

know about

what's

going on

but it

should be

always

noted that

this thing

does not

get out of

hands for

example

having

information

of illegal

stuff or

activity or

even

getting

involved in

one using

the

internet.

Idea 3	-Negative effects
Rebuttal	You cannot just stop your teenager from using internet because this would be inappropriate. However, if you sense some suspicion in your teenagers' activities then you can confront

him/her

and make

them

aware of

the

possible

consequen

ces.

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