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The use of technology can be harmful for teenagers. In the present day teens need to use technology everyday in order to feel complete and have an excited and fulfilling life. Authors like Nell Howe (Millennial Rising, Vintage, 200) and Don Tapscott (Grown up Digital, Managerial, 2008) have documented the use of technology in the new millennium and they're convinced that spending too much time on the web is not a good thing for young people (Tucker 16).

A lot of teenagers can't go a day without technology because that makes them feel "bored," "grumpy," "sad," and "uninformed." This shows how serious teenagers take the use of technology, it's like technology controlled their lives (Tucker 17). According to Professor Mark Berliner when students leave my class he says, "The first thing they do is check their e-mail and then they check Facebook. They don't have joy on their faces; they have concern. Did someone post something about me?"

Did I miss something? When they see everything is okay, there's relief. Not pleasure, just relief (Tucker 16). Although teens affirm that technology helps them with school work, some evidence shows that the use of technology harms their academic performance (Tucker 17). According to Barreled activities that help gain skills and achieve success when you're a teen it won't help you succeed when you're already a grown man or head of a family (Tucker 17).

The use of technology can mean a lot to the teenagers; especially because that's the only way they feel connected to the outside world. At the same time teenagers can use technology to perform better in school, "On the one

hand, parents believe that children need computer/internet access and skill to do well in school (Tutor & Nor, 2000) and studies have shown that having a home computer is associated with children's higher test scores in mathematics and reading (Telltale & Battle, 1999)" (Wang, Blanch, Rarely 1249).

Technology is not always bad; of course it makes school work a little bit easier and it can help you understand the material that you learning. Teens are using more technology than ever in history. " The internet is quickly and widely diffusing into American society, especially into families. In 2000, more than half of all households in the United States had a computer. And about had direct access to the internet (National Telecommunication and Information Administration, 2000)" (Wang, Bianca, Rarely 1249).

The research presented at Papa's 13th annual meeting in Diner in November, shows that teenagers are hyper texting which means that they send more than 120 messages per day and also hyper networking which means they spend more than 4 hours a day in the computer, and spending too much time with technology affects other aspects in life like health (Monsoons 11). A study found that students send more ' OFF networks during every school day (Monsoons 11). A lot more people get involved with technology as the time goes by, and at the same time not only teens but everybody is getting more addicted to it.

Every person needs their sleep in order to fully recuperate the energy that they need to continue with their activities. " One contributing factor to the pattern of shortened sleep duration in adolescents might be an excessive

use of technology (watching television, surfing the internet, sending instant messages, text messaging with cell telephones, and playing video games), especially late at night. This use of technology, couple with early school starts, has en predicted to result in shortened sleep duration” (Calamari, Mason, Radcliff eye).

Teens are so addicted to technology that they use it until late hours at night, which is the causes them to find other alternatives to stay awake, like drinking coffee. It’s very dangerous when people take their eyes off the road, because you’re not only putting your life in danger but also other innocent people’s life. Recent studies put teens to drive while they were testing and using their MPH players and the results showed that they did really badly. They made dramatic changes in their speed, wove n and out of traffic and even ran over virtual pedestrians (Coquette 16).

During the past few years more than 20 percent of fatal car crashes involving teenagers have been the result of cell phone use, a number likely to increase 4 percent each year (Coquette 16). In fact, a lot of people believe that testing while driving can be nearly as dangerous as drinking while driving (Coquette 16). The use of technology while driving can be very harmful for teenagers. The use of technology by teens has been the cause for more accidents. Technology can be helpful in some aspects of education, but in the other hand it can e the cause for a lot of different problems.

It can be the reason for accidents, sleeping disorders, addictions, health problems and can even be the origin for some emotional problems. The research shows that teenagers have become so addicted to technology to

the point that their life's depends on it. The use of technology among teenagers is destroying them little by little without them realizing it. Tens have become so addicted to their cell phone, computers and all their devices to the point that they care more about their technology than so much other things that can mean more in life for them.

This maybe what they care about the most right now but later on in life technology is not going to help them succeed they way they want.