

HW  
19/07/21

Q Write an article on the disadvantages of social media & technology, City examples from everyday life. You are a regular Correspondent of the school magazine - SPECTRA. Pose as Jihaan Roy / Jilly Sahu, student Journalist of class VIII.

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Disadvantages of Social Media and technology.  
- By Jilly Sahu

Nowdays children and even adults spend most of their time on phones. Their day ~~and~~ starts with the screen and ends with screens. Technology can be a useful thing but can be also a disadvantage think. let us see how.

Continuously watching the screens can cause eye irritation and ~~to~~ severe headaches. Overusing phones can also damage their eyesights. But, the main point is that the technology can be really harmful for people, especially for children. Yes, social media can show you good things but can also show inappropriate things which are really dangerous for childrens' mental health. These things can scare children or influence children into bad things.

Now, you must be thinking, how can we prevent



these things from happening? Well the answer is easy. Stop children from overusing phones by engaging them in house chores. or parents can also spend time with the child to distract his/her mind from cell phones. Yes, they can ~~se~~ use mobile phones but always set a time limit ~~and always~~ or control yourself and keep a time limit for yourself, don't depend on parents always. Parents ~~must~~ keep an eye on what should c

your child is watching or browsing. These simple steps can be done to prevent overusing of phones or staying away from inappropriate things which are on social media.

stay safe, stay healthy,  
Thank you.