

## **6 Harmful Effects Of Mobile/Screen Addiction on Kids**

**<https://www.youtube.com/watch?v=gG-0aRU1DJI>**

**Transcript: <https://dontveter.com/ec/cellphone1.pdf>**

Many young people today have their own cell phones and it is surprising that they are getting ahead of their thinking.

That's because there are so many things that are easy to find on the Internet.

But the use of a cell phone by young people has a disturbing effect, it is not always noticeable but ultimately affects their lives and health.

Here are 6 bad effects of using cell phones on young people and you shouldn't ignore it.

Number one: weakening of eyesight.

If eye eyes of the children are focused on the cell phone for long hours, it is certain that his or her eyesight will be weak at an early age.

That's because of the increase in eye strain that happens every time when the eyes try to adjust to the lights coming from the screen.

Sometimes children are so focused that they forget to blink their eyes, leading to dryness of the cornea.

Number two: there could be Radiation Damage.

We know that even small cell phones emit radiation that affects brain activity and the cells of the body.

If radiation is harmful to the body of an average person, it is especially [harmful] for children with a very delicate body.

There is a big debate over cell phone radiations being harmful or not, but I'll leave it on you to believe in companies or take the precaution.

Number 3: sleep

Children using cell phones every night have a problem with going to sleep.

In a tender age they are developing problems like insomnia.

It delays their regular sleeping pattern because they are unaware of the proper time to go to sleep.

Number 4: they are dependent on their gadgets.

When a kid plays outside they develop motor skills like running, jumping, climbing, grabbing their body becomes strong and it also develops their immune system.

They also develop social skills and understanding of the real society, but today instead of engaging with people they are focused on their cell phones for everything.

Number 5: posture and spine problems

The bones of children are still developing so if a child always keeps head down or sits in a bad posture for a prolonged hour, there is a great chance they will develop a musculoskeletal problem with spine or neck.

Number 6: study is neglected because cell phone usage provides entertainment and creates addiction.

Children lose interest in their studies. They lose their ability to learn new things.

They don't find any need to put mental efforts in to understand the problem and find the solution.

There must be a reason why Silicon Valley executives don't let their kids have gadgets until they're grown-up enough.

Think about it and try to limit your and your kids screen time.

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