

Pros and Cons of Smartphones in childhood

Pros

If there was an emergency they could easily call their parents or get satnav.

There are tonnes of educational apps e.g :duolingo, doodle maths.

If the parents need time then a phone can be used to occupy their great children

If they were told to research they could look on a phone and look stuff up.

You can tell it to tell you remind you about a certain thing or if someone is coming over.

Cons

Using a smartphone can be addictive

They can cause issues with your eyes including eye strain.

Kids could come across inappropriate things.

They can increase your risk to different health problems including cancer!

You could get neck pain for craning your neck over the screen.

You could miss out on something exciting, e.g family time, parties.

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Pros

There are many good things about devices, especially that there are many educational apps like TTRS, spelling shed, doodle maths ect. If you got lost or you were in trouble you could also call people for help. There is an app called facetime so when you want to see people, you can see them and have a chat with them without arranging a playdate. There is also security if you want to prevent your kids from downloading apps they're not allowed to be on. This protects them from seeing inappropriate content. You can also add limits on their screen time so you don't have to worry about their eyes getting damaged. There are also many other good things about having a device but I don't have time to list them all.

Cons

There are lots of bad things about smartphones. I will list some of them. Firstly, they can damage your eyes and result in you having to wear glasses. They can also get very addictive. You could get distracted doing something important from messages emails and lots more. Using them might mean you lose sleep and that's not good. If you go to school, you will be too tired to learn. There are also scams that you are at risk at because sometimes even subscriptions are hard to cancel. There is also cyberbullying where you can get bullied online and sometimes you don't know who they are you they can't get in trouble. You never have a break from your friends so it impacts you mental health. By going on smartphones and becoming addicted, it can also increase your risk of depression and anxiety. These things can impact your future life. It could stop kids from engaging in activities that would normally improve their mental health. More and more children are getting distracted and disengaging in the real world. The average time that teens spend with friends had gone down 65% since 2010. This is terrible.



To Whom It May Concern:

I would like to express my concern about the use of smartphones in this amazing school we are so lucky to have. I have three points to state: inappropriate content, distraction and cyberbullying.

Inappropriate Content

Firstly, there is the problem of inappropriate content which is where people of a certain age get exposed to material that is not suitable for them. This can affect their mental health negatively and can impact their time spent at school and at home. It also might stop them from playing with their friends which is such an important part of life.

Distraction

Having a phone at a young age can distract you from learning and having fun with you friends. It is so important for older children to have the chance to play. Also if you have your phone in school and you are playing games on it then it might stop you from doing your homework or practising for an exam or test.

Cyberbullying

If a child is on a phone and is on social media or other apps that let you chat or talk to people, they are more at risk of receiving unkind messages. Sometimes these messages can encourage a child to harm themselves and they could be from a fake account so it cannot be found and the person will get away with it. Also, sometimes people are more confident talking on screens than in person and that means they are more likely to upset and bully others as they cannot see them.

Best regards,

Year 5

Year 5

School Council Rep
Mekong





To Whom It May Concern:

I'm writing to you on the debate of 'should smartphones be allowed in school?' I think that smartphones should not be allowed in school since they have distractions, cyberbullying, health issues and many more reasons that I'm going to tell you about today.

Distractions:

A phone could buzz or make a sound when you should be focusing on school. It can also stop you wanting you to go outside and interact with the real world!

Cyberbullying:

Children can fall out over messaging apps and these spats can continue in school. This can also work the other way. If you fall out with other people at school, then there is no escaping as they can always message you. Sometimes children might argue if they've spent too much time together and might get bored of each other.

Self discipline:

People need the skill independence for when they grow up so they can live their life. If they have smartphones then they can't gain that independence because they could cheat during tests or search something up. Also, they might not understand how to use their phone safely and this cause personal issues when they are older.

Safety:

If you are walking back from school with your phone in your hand you could get ran over or badly hurt. It can also damage your mental health due to receiving negative messages or by looking at inappropriate content that you wish you hadn't seen. It also impacts your physical health as too much light can damage your eyes and strain them.

I do hope you consider my debate against phones in class and see my perspective.

Best regards,

Year 5

Year 5

School Council Rep
Mekong





Should Children be Allowed to Have Smartphones?

One of the most debated topics today is whether Y6 pupils should be allowed to use smartphones. Many people argue that the usage of them is too much and extremely addictive. On the contrary, parents and children are arguing that they need a smartphone to safely communicate with friends and family. In this essay, we will discuss this topic in further detail.

It is claimed that a smartphone is very damaging for children. Phones can lead to addiction which can have a real impact on a child's life. They are often choosing to stay inside, and are consistently not experiencing the real world. This is leading to a lack of social skills and face-to-face interaction. If this continues, it is going to have a negative impact on their future. A study found that after two weeks of no smartphone use demonstrated more alertness, focus and energy.

Adding onto my point, safety is another key factor in this case. At the age of 10, many people believe children are not prepared for having access to the internet. If you have a smartphone you are risking danger on them. However, if you don't have one you are open to no dangers and risks.

On the other hand, people believe that their child needs a phone to contact them yet there are many other options for phones that a child can have that are still safe and can contact people in the same way.

Furthermore, children believe a phone gives them independence and freedom. However, this freedom can lead to safety issues and problems. Adding onto this, children can still feel independent with alternative options and it will be safe for them and parents don't have to worry about their safety.

To conclude, the above discussion demonstrates that at this age, the negatives greatly outweigh the positives of children owning a smartphone. Whilst positive benefits can be found, phones without access to the internet can still offer children the freedom without the negative side effects. Similarly, surely it would be best to encourage children to socialise in the outside world rather than relying on communication virtually. Ultimately, children of this age are not mature enough to handle the damaging nature of devices that crave their attention and have the potential to severely damage their mental health.





Should Children be Allowed to Have Smartphones?

In this essay, we will discuss the highly controversial topic of whether children should be allowed to have smartphones. Many people argue that a smartphone is essential to socialize and is needed for emergencies. However, to contrast this, others say that it is a threat to their child's safety and can also be addict them to games and social media. This article will explore both sides of this argument.

Parents all over the world argue that phones are useful in many ways. Those in favour of having smartphones say that phones give children the independence to make their own decisions. This allows children to meet up with friends, go to places and always be able to contact their parents in an emergency. In addition to this, parents claim that phones give children the chance to socialize with friends. Children argue that a phone allows them to meet up with friends and have fun playing games. Some believe if a child did not have a phone, they would feel excluded out of friend groups and feel like the odd one out at school.

On the other hand, social media platforms are designed to release dopamine (a hormone that makes things addictive). Children stay on their phone as they view it as being better than experiencing the real world. This leads to them endlessly doom-scrolling. Therefore, being on their phone affects their social skills and greatly influences their future life - such as having an interview or meeting new people. Studies show that after two weeks of not using their phones teenagers slept an hour more on average, were more energetic in the day and could focus for longer periods of time. Not having a phone allows them to feel free and not stay inside all day. This can help a child focus on more important things in their life such as studying for tests.

In conclusion, the list of cons greatly outnumber the pros. Smartphones give children freedom but with much worse consequences. Ultimately, children are not mature enough to have a smartphone at their young age.

