





Daily News

31st January 2020
Technology UK News

Screen Time



Photo: A smartphone.

- [Do we spend too much time online?](#)
- [Should schools ban phones?](#)
- [How can I stay safe online?](#)

But how much time are young people spending online? A group called Childwise have been trying to find out.

Every year, they write a report on how children use technology.

This year, they asked around 2000 children. Childwise says that, on average, children spend three hours a day online. This had increased from their last survey.

The Internet can be an amazing tool. Simon Leggett from Childwise said phones “dominate” our lives.

So do we need a break from them? The NHS says children should be active for around an hour per day. The NHS says young people should “have at least 30 minutes of screen-free time before going to bed”.

Read the full article online [here](#).



Do We Spend Too Much Time On Our Phones?

eight
regular
exercise



Some people have wondered if children are spending too long online.

Ofcom says that most **eight** to eleven-year-olds went online for around $13\frac{1}{2}$ hours a week in 2018!

The same study found that they also played games for 10 hours per week.



The NHS says it's a good idea to spend time outside getting at least one hour of **regular exercise** every day.



Another group, Natterhub, says it's a good idea to have a set of rules about how long you will be online.



Conduct a survey to find out how much time people spend online.



Why do you think children spend so long online during a week?



Should Schools Ban Mobile Phones?

considered
though
learn



Some people have **considered** banning mobile phones and smartphones in school.

A minister for schools agreed with banning "mobile telephones and smartphones inside the school".

He thinks children need to spend more time talking to people, such as their parents.



By contrast, **though**, mobile phones can be used to help people **learn**, such as learning your times tables.

Some children need a phone to be able to talk with their parents, especially if they walk home after school.



Do you think a mobile phone is necessary?



Write a paragraph explaining your opinion.





How Can I Stay Safe Online?

important
straight
remember



Technology can be a great way to talk with friends and family across the world.



However, it's **important** to stay safe when we're online.

Don't give a stranger your name, address or other personal details.

Tell an adult **straight** away if you come across anything which scares you, upsets you or makes you feel uncomfortable.

Remember, not everyone online is who they say they are!

Never send a picture of yourself to someone you've never met and never meet up with anyone you've only talked to on the Internet.



Write a summary explaining how you can stay safe online.



Screen Time

8 But how much time are young people spending
17 online? A group called Childwise have been trying to
19 find out.
28 Every year, they write a report on how children
30 use technology.
37 This year, they asked around 2000 children.
45 Childwise says that, on average, the children spend
50 three hours a day online.
58 The Internet can be an amazing tool. Simon
64 Leggett from Childwise said phones "dominate"
66 our lives.
76 So do we need a break from them? The NHS
85 says children should be active for around an hour
94 per day. The NHS says young people should "have
102 at least 30 minutes of screen-free time before
105 going to bed".



1. Roughly, how many children did childwise ask?

- ☐ 1000
- ☐ 1500
- ☐ 2000
- ☐ 2500



2. 'The Internet can be an amazing tool!' This suggests that...

- ☐ you can use the Internet to fix things.
- ☐ the Internet can be really useful.
- ☐ the Internet is easy to use.
- ☐ everyone should be online.



3. What do you think parents will do next?



4. Write a summary of the story in 15 words or fewer.



Glossary

Word	Definition
average	What people normally do or what is most common.
increase	When something goes up in numbers.
survey	When people ask people a series of question to find out their opinions.
dominate	To take over or to have power over something.

