

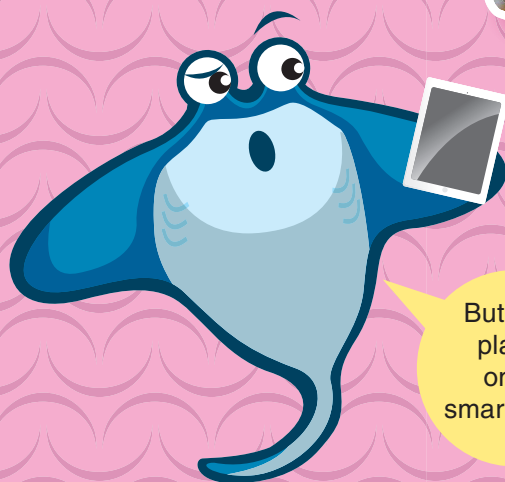


# Goodies

## Smartphones could harm your brain

**R**ESEARCHERS in the US found if children use smartphones and tablets for too long, they may lose the ability to remember things. The study was conducted by the National Institutes of Health in the US. It followed 11,000 children and found that children aged nine to 10 who use screen

devices for over seven hours had a thinner cerebral cortex (大腦皮層). This means they have trouble forming long term memories when they get older. It also found that children who spend more than two hours per day on screen devices do worse on language and thinking tests.



But I love playing on my smartphone!

Don't overdo it, or your brain might be affected!







# Cut down on phone time

**L**EARN where and when the mobile phone came from, and some tips on its use.



## History of the smartphone

**MOBILE** phones first came onto the market back in the 1980s, but they were at first pretty **bulky** and expensive. So, not many people used them. Smaller mobile phones became **widespread** during the early 2000s, but you could not use them to go online. Then Apple introduced the iPhone in 2007, and all other mobile phone companies started making smartphones. And now almost everyone has a smartphone.

I don't play with smartphones because I have an old phone.



## Tips for smartphone use

HERE are some tips to avoid overusing smartphones

- Start with a simpler phone; do not get a smartphone until you are around 10 years old
- Do not spend more than two hours per day on social media
- Do not send people mean messages
- Tell your parents when someone sends you a mean text or **bullies** you
- Do not forget to take your phone when you play outside
- Listen to your parents about which apps and websites you can use
- Follow your school's **policy** on when to use smartphones
- Finish all your **chores** before using the phone
- Do not use a smartphone right before sleeping
- Do not use a mobile phone after waking up



What makes a smartphone 'smart'?

- A It has many apps
- B It can make phone calls
- C The user can take it everywhere

Answers on P12