

Say No to Cell Phones

What do you see when you look at a crowd of people? You probably see the majority of them on their cell phone. What don't you see? People interacting, talking to one another, greeting each other, saying hi to a stranger. Being friendly to other is a nice thing, but there are more important reasons to put the phone down. Cell phones literally hurt us as they hijack our brains and create anxiety.

First, cell phone hijack our brains. They send signals to our brains that create an addiction. There are people who have even developed a condition where they feel their cell phone vibrate even when nothing is happening. Cell phones consume our thoughts, causing dangerous distractions. Accidents of any kind are more likely when you are on a phone. The risk of getting hit by a car goes up more than 40% when you are on a cell phone and walking across the street.

These accidents are even more deadly when it's the driver who is on the phone. In fact, texting when driving is "by far the most alarming distraction" according to the US government, comparing it to driving while drunk.

Cell phones don't just distract, they cause anxiety. They cause a feeling that you have to check your messages and that you have to respond right away. When there are no messages, it can cause depression. Even worse, it is estimated that one out of every three teenagers experiences cyberbullying, people saying hurtful things to them online. They are exposed to this through social media apps on cell phones which gives harassers constant and private access.

According to research, the more time someone spends looking at their phones, the more depressed they feel. According to researcher Twenge, "There's not a single exception." This is true for people of all ages.

It can be argued that cell phones are necessary. They connect us. They give us answers. They help us find our way. However, phones can be used to complete specific tasks and then put away the rest of the time. Social media can also be used for a specific purpose and at a set time without relying on it for interaction and friendship.

Do you want to make a change? Encourage children and parents to say no to cell phones until they become more necessary, like when a child gets a job. Set an example by putting down your phone and having fun with friends and family. Make the healthy choice for yourself and encourage others to follow our good example.

Variety of sentence structures

Introduction sets a scene

Thesis states two reasons

First reason

Facts to support reason one

Expert quote to support reason

Second reason

Transitions show organization

Support for second reason

Facts/quote/specifics

Counterargument

Response (not argumentative)

Conclusion and call to action