

The Impact of Technology on Children Today

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ENGL. 1121: College Writing and Critical Reading

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October 12, 2022

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When I was in 7th grade, I got my first official phone. It may have been only an old iPhone five, but I was the happiest girl and got to show it off to all my friends. I got a bunch of games, facetime all my friends, and took selfies. Sometimes I wonder if getting a phone at a young age affected how I grew up. The article “Even experts can’t agree on whether technology is dangerous for kids” by Timsit (2022) says that there are many positives about getting technology at a young age but there are also a lot of negatives about technology. the writer talks about how many experts have different views on technology such as how can technology impact children today, does technology make us physically safer, how can it affect our mental health, and how can parents adapt to children having technology. I agree that technology is very important for parents to learn about and go over with their kids so they can understand why their parents' set boundaries for them.

Most parents get their child a phone by ten to thirteen years old for “security reasons” says Timsit (2022) because the device can give communication to the parent and the parent can see where their child is at all times. Timsit (2022) says, “they are less likely to do reckless things.” I say that it won't prevent them from going to have fun and do reckless things, their kids they want to go have fun when they're young but at least the parents can still see where they are. I agree and disagree with this because as a teenager myself with life 360 I will still go out with my friends and go to a bunch of places late at night such as getting food and going to the store. But I also agree that it's good to have communication with your parents, so they know what you're doing or where you are so there not at home worrying that you got lost or kidnapped.

Do phones have a big impact on Childrens lives? Experts say that kids that didn't have technology "did a lot of, like date, have sex, see friends, and drive cars" but kids with technology "has been associated with everything from developmental delays to behavior problems and learning disabilities". I agree that children growing up with technology don't learn the skills that they need as a child in the article Impact of technology on kids today (and tomorrow) Western Governors University (2020) says that "they send thousands of text messages each month, stay up until 2 AM scrolling social media, and spend hours each day playing video games". Children need to make sure they can get their homework done and get a full night's rest, but they can't when they're so consumed by their technology. But technology doesn't always have to be a negative thing towards kids. There are also positives kids can learn how to use technology for later in the future for jobs in the article is your school's tech good enough for your Childs future (2020) says "We need only look online to find numerous programs and classes that are catered specifically towards teaching children tech-based skills" jobs are changing, and kids need to learn how to adapt to technology so they can be ready for their future jobs.

Can technology affect your children's mental health? In the article Timsit (2022) says "There are worrying signs that teens' use of social media networks like Facebook and Snapchat is contributing to a mental health crisis in their age group. Phones also seem to be getting in the way of sleep, which has been directly linked to later emotional issues in teens". I agree with this statement that children and even adults get so caught up in their technology and social media they forget or don't do every day needs such as showering, eating, cleaning, and doing homework. This all can lead to mental health problems. Also, people try and look for acceptance though their phone which can lead to anxiety causing less sleep in the article how social media affects teenagers (2022) it says, "Peer acceptance is extremely important for teenagers". I agree that teens will pay way too

much attention to their phone causing them to be stressed because they think that they don't look like everyone else or don't have as much fun as anyone else, leading them to feel upset about them and how they live.

In the article by Timsit (2022) says, "According to Pew, 60% of US parents of teens between 13 and 17 say they have checked their children's social media profiles and browser history, and 48% say they have read their kids' phone call records or text messages. Some parents purchase apps or software that track everything their kids write or search for online". I agree that parents should come up with different ways to make sure their child is safe on technology, but I also think that parents should have some boundaries with that. Apps that track what you search or write can be a bit too much causing the child to feel that their parents just don't trust what they do. In the article Parents, is it OK to spy on your child's online search history? By Qvist (2017) "If [children] feel they are being monitored that undermines any kind of relationship of trust. They might be using the internet in a healthy way to get information and support, and feel that they are not able to do that because they are being monitored". I agree it could be too much for a child causing them to misbehave more or turn to strangers for the feeling of love and support because they think they can't get that from their parents.

Overall, there are many different perspectives of technology for children such as how it affects their mental health, physical safety, how it can impact their life, and how parents should adapt to these changes. I've learned that parents should do research to see all the different perspectives before considering what their plan of action should be for their Childs technology. Parents just need to keep in mind that technology doesn't always have to be a negative thing, there are many positives about it if you treat it right and be safe with it. When I got my first phone it took so long to figure out boundaries with my parents like how long I can stay up with my device, what apps I

can have, and if I could bring it to school and as I got older it made me realize they did it to make sure that I can learn how to have a good balance with my new technology. What do you think is technology more harm than good? Or more good than harm?

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