

Dear Editor,

I am writing to express my opinion about teenagers spending too much time using their smartphones nowadays. I personally think that smartphones are beneficial to teenagers and shouldn't be considered harmful.

First, I think that smartphones can actually help teenagers with their studies. Teenagers might have questions when they are studying in school. Like, 'How do trees grow?' or 'Why is the sky blue?', etc. However, the teacher will not always be available to answer these questions because teachers are busy with various things such as checking homework. So, a smartphone might be a way for teenagers to search for answers as the internet is also a virtual teacher. Not only can teenagers find all the answers and explanations about a question on the internet, it is also much faster, more convenient and easier for teenagers to understand the solution using their smartphone.

The other benefit is that teenagers can watch educational videos and read articles online to gain knowledge by themselves. It is always a good thing to encourage teenagers to practice self-learning. Besides that, smartphones have also become a necessary item for many students. During the recent Covid-19 pandemic students could not go to school due to the danger of spreading the virus, and were forced to learn from home in online lessons. This shows the importance of smartphones to teenagers nowadays.

Another major advantage is that teenagers can use smartphones to communicate with others such as friends, parents and even teachers. It is more convenient and it also allows teenagers to chat with each other over long distances. This means that they can talk to anyone they know at any time using their smartphone.

The last, and most crucial, element is that smartphones are a way for teenagers to relieve stress. Nowadays, teenagers are more and more stressed due to school work and the pressure to improve their academic results. Some of them have trouble

falling asleep at night because they worry so much about their grades. They are exhausted from the never-ending pile of homework, frustrated by their test results and angry about their parents' criticisms and demands to 'work harder'. If left unresolved, this stress might lead to mental illnesses, such as depression or insomnia, which would create more serious problems. That is why smartphones are so important to students. Some might say that mobile phone games are bad for teenagers and make them lazy and unwilling to study. However, this is not usually true. Teenagers understand the potential problems that could arise if they get addicted to these games. As a way of preventing this, they might lay out a timetable for themselves in order to strike a balance between study and entertainment. I think that entertainment is necessary, especially for teenagers, nowadays. It helps them to relax and to recover their mental state after a tough school day.

Overall, I strongly think that people shouldn't be negative towards teenagers using their smartphone, as smartphones are important to their daily life and can improve their studies. Indeed, their lives might not be complete without them.

Your faithfully,

Chris Wong