

全球首个针对校园手机禁令效果的研究结果显示，禁用手机和学生的成绩或心理健康之间并没有显著关联。

This is the first scientific study to compare schools with different smartphone **policies**. The researchers studied the **habits** of more than 1,200 teenagers in 20 schools which **banned** smartphones, and 10 that allowed some use, such as at breaktimes. They found only a **modest** difference in the use of phones, and no difference in measures of mental **well-being**, anxiety and depression. Grades in maths and English appeared to be no different.

这是首个比较制定了不同智能手机规定的学校的科学研究。研究人员调查了超过 1200 名青少年使用手机的习惯，这些青少年分别来自 20 所禁用手机的学校，以及 10 所在课间等休息时间允许使用手机的学校。研究人员发现，实施了不同禁令的学校之间学生的手机使用习惯区别较小，而学生在心理健康、焦虑和抑郁等方面的评估结果也没有差别。这些学生的数学和英语成绩也没有明显区别。

Since the data was **gathered**, bans have become the **norm** in England's schools, with increasing **restrictions** elsewhere in the UK. This study suggests that whatever schools do, the biggest **factor** is the rest of time teenagers spend on phones.

自该研究的数据收集以来，手机禁令已经成为了英格兰学校中的惯例，英国其它地区的学校对手机的限制也在不断增加。这一研究表明，不论学校对使用手机有何要求，手机对青少年的最大影响因素在于青少年在学校之外使用手机的情况。

词汇表

policies	政策，规定
habits	习惯
banned	禁止了
modest	较少的，适度的
well-being	健康
gathered	被收集
norm	惯例，通常的做法
restrictions	限制
factor	因素

听力练习（答案见下页）

一、听第一遍音频，回答问题。

1. What is this article mainly about?
 - a. smartphone use by teenagers
 - b. smartphone use in schools

二、用一分钟阅读下列问题，然后听第二遍音频并回答问题。

1. This study agrees with other previous studies.
 - a. True
 - b. False
 - c. Not given
2. The difference in the use of phones in different types of schools was _____.
 - a. large
 - b. small
 - c. non-existent
3. Students who used smartphones were more likely to argue with other pupils.
 - a. True
 - b. False
 - c. Not given
4. Smartphone bans are _____ in English schools.
 - a. rare
 - b. common
 - c. unusual

三、听第三遍音频，将句子补充完整。（提示：可以反复听，直到听清楚每一个词）

1. They found only a modest difference in _____ phones, and no difference in measures of mental wellbeing, anxiety and depression.
2. Since the data was gathered, bans have become _____ England's schools, with increasing restrictions elsewhere in the UK.

答案

一、听第一遍音频，回答问题。

1. What is this article mainly about?

b. smartphone use in schools.

二、用一分钟阅读下列问题，然后听第二遍音频并回答问题。

1. **b. False. This is the first scientific study** to compare schools with different smartphone policies.
2. **b.** They found only a **modest** difference in the use of phones, and no difference in measures of mental wellbeing, anxiety and depression.
3. **c. Not given.** The article does not mention arguments with other pupils.
4. **b.** Since the data was gathered, bans have **become the norm** in England's schools, with increasing restrictions elsewhere in the UK.

三、听第三遍音频，将句子补充完整。（提示：可以反复听，直到听清楚每一个词）

1. They found only a modest difference in **the use of** phones, and no difference in measures of mental wellbeing, anxiety and depression.
2. Since the data was gathered, bans have become **the norm in** England's schools, with increasing restrictions elsewhere in the UK.