Too much technology

Your sister's claim, reason and evidence:

Your sister says that family members should spend no more than two hours per day on their phones because this limit will give the family more time to spend together.

Studies have shown that teenagers who spend excessive amounts of time on their phones tend to withdraw from family life and are subject to depression and anxiety. Reliance on technology diverts attention from other important activities, such as developing conversational skills and focusing on homework. Scientific research has shown that phones can negatively affect health by decreasing sleep quality and impairing eyesight.

Your nephews' rebuttal:

Studies have confirmed that it is important for teenagers to develop lives outside the family. Maintaining friendships is essential for adolescents to develop into healthy adults. Also, much of today's communication, even in the workplace, takes place electronically. Therefore, by using technology, people are actually developing important skills. According to the National Institutes of Health, recent studies have failed to identify any link between phone use and nearsightedness or insomnia. Finally, we eat dinner together as much as possible and we do a family activity together on the weekends. We already spend plenty of time together as a family!

Your sister's counter-rebuttal:

Studies have also indicated that technology does not create or maintain rich or enduring relationships. Rather, much time spent online is wasted on shallow or meaningless conversation or gossip. Friends come and go, but family lasts forever. Also, while electronic communications are vital in today's workplace, there is no substitute for face-to-face skills. In a typical job, many workers must talk to real, live people face to face. Finally, according to a more recent study by Harvard Medical School scientists, using electronic devices including phones, especially at bedtime, may suppress the brain hormones that help us sleep.