

# Digital detox for children

## 給孩子們進行電子產品"排毒"

### *Vocabulary: Technology*

Children are **hooked on** computers. Some spend up to six hours a day on their **gadgets**. They can be playing games live with others elsewhere in the world, **updating their status** on social media, **texting** friends or looking for the latest **app to download** to their **tablets** or **smartphones**.

This worried Martin Strott. He's the **headmaster** of the Old Hall School in Wellington, in the west of England. He was so concerned that he challenged his students to take part in a week of 'digital **detox**'.

Strott told the local newspaper, the Shropshire Star, that he encourages the pupils to be **computer-savvy** from a young age, but is concerned that too much screen time will affect the development of their **social skills**. He said that this over-reliance on digital **devices** "erodes family time and they're missing out on messages from body language and facial expressions from those around them".

According to the headmaster, the parents are happy with the initiative. But what about the children? Nine-year-old Fred usually spends around two hours on his gadgets at home after school and around 12 hours on weekends. For him, the digital detox experience was "really hard". Fred spent it playing outside, especially **cricket**. He said that he'll probably engage in different activities from now on but he did miss his phone and online games.

The idea of keeping children away from their **tech** for a while to prevent '**addiction**' is not particularly new. There have been similar initiatives in the US. But are they effective in the long run? Well, even if kids go back to their gadgets, the hope is that at least they'll think about how they use their time.

What about you: do you spend too many hours hooked on your digital devices?

## **Find the answers from the given text**

1. How long is the digital detox supposed to last?
2. True or false? The headmaster thinks access to gadgets should only be given to children who are old enough not to get addicted to them.
3. Who said the digital detox was a difficult experience?
4. According to the article, where else can you find digital detox initiatives?
5. Which word means 'the most recent'?

## Choose the correct answer

1. I \_\_\_\_\_ my brother. He lives abroad.

miss out on	am concerned	am hooked on	miss
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2. Johnny \_\_\_\_\_ two hours a day playing computer games. His teacher isn't happy.

takes	goes	spends	stays
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3. Children start developing their \_\_\_\_\_ skills at an early age.

computer-savvy	digital	computer	gadget
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4. Mr Bradford's \_\_\_\_\_ do very well in exams. He's a great teacher!

pupils	schoolchildren	computer savvy	parents
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5. Has your father taken away your smartphone? I have a \_\_\_\_\_ problem. My dad told me I use it too much and he won't pay for my calls anymore.

same	similar	equal	identical
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## Vocabulary

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- to be hooked on 痴迷於做某事  
→補充
- a gadget n. (常指新的科技) 產品  
→補充
- to update (their) status 更新他們的狀態  
→補充
- to text v. 發訊息  
→補充
- an app n. 應用程式  
→補充
- to download v. 下載  
→補充
- a tablet n. 平板電腦  
→補充
- a smartphone n. 智慧性手機  
→補充

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- the headmaster n. 校長  
→補充
- detox v. 排毒  
→補充
- computer-savvy adj. 精通電腦的  
→補充
- social skills n. 社交技能  
→補充
- a device n. 設備，裝置  
→補充

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- cricket n. 英式板球  
→補充
- tech n. 科技  
→補充
- an addiction n. 著迷，嗜好  
→補充