***How does technology affect us?***

Written by Reagan Gronvold

Technology has been part of our daily lives making life easier, however in recent years technology has been shown to harm us in many ways, like carbon emission from cars, radiation from power plants, global warming, toxic chemicals, even the phone or personal computer you’re holding right now is basking you with radiation as you read this

We carry a source of radiation around us all the time, be it at the bathroom, while eating, on walks, in bed. We use it every day, and that is our smartphones. In recent statistics from <https://explodingtopics.com/blog/smartphone-usage-stats> says that an average persons screentime reaches from *1 hour to 6 hours*, Gen z have the highest amount of screen time

while **gen Z has the** **highest screen time** of 6 hours gen X and millennials come in 2nd with a screentime of 4 hours, baby boomers on the other hand spends 3 hours

we take ***1.6 watts per kilogram*** while we use our phone and this increases with distance and time, although it is a small amount of radiation it is still harmful even in a minimal level as long as the user takes frequent breaks from technologies like phones and personal computers.

If you want to know how to minimize the radiation you take give this a read https://www.fda.gov/radiation-emitting-products/cell-phones/reducing-radio-frequency-exposure-cell-phones#:~:text=Use%20speaker%20mode%2C%20head%20phones,text%20while%20you%20are%20driving.