科技会对年轻人有害吗？ Is technology harmful to youngsters?

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Sam.

我是萨姆。

When you were a teenager did your parents worry that you were watching too much television, Sam?

你十几岁的时候你的父母会担心你看太多电视吗，萨姆？

They used to tell me that watching too much TV would turn my eyes square – but they were only joking.

他们过去常常告诉我看太多电视会让我的眼睛被变成方形 —— 但是他们只是在开玩笑。

When I was growing up, there were only three or four television channels.

我长大的时候只有三四个电视频道。

For parents today, there are hundreds of TV channels to worry about, not to mention the internet, video games and social media – and all of it is accessible through a smart phone.

对今天的父母来说，有几百个电视频道要担心，更别提互联网、电子游戏和社交媒体了 —— 而且这些都可以通过智能手机接入。

No wonder parents are worried about the impact of technology on young people!

难怪父母们都很担心技术对于年轻人的影响呢！

I don't think it's all bad news, Neil.

我不认为都是坏消息，内尔。

In fact, in this programme, we'll be taking a look at a new report which finds little evidence to link technology with mental health problems in adolescents – that's young people who are in the process of developing from children into adults.

事实上，在本期节目中，我们将了解一份新的报告，它发现技术和青少年 —— 正处在从儿童成长为成年人过程中的年轻人 —— 的心理健康问题之间的联系没有什么证据。

I'm not convinced, Sam.

我不相信，萨姆。

Think about how much time youngsters spend staring at screens every day.

想一下每天年轻人花了多少时间盯着屏幕看。

True, but unlike passively watching television, today's technology is interactive, connecting teenagers to their friends around the world.

确实，但是不同于被动地看电视，如今的技术是交互的，让青少年和他们世界各地的朋友连接在一起。

Well, maybe my quiz question will change your mind.
嗯，也许我的问题会改变你的想法。

Are you ready?
准备好了吗?

On average, how many hours per day do British teenagers spend on their screens?
英国的青少年平均每天花多少小时在他们的屏幕上?

Is it a) 5 and a half hours, b) 6 and a half hours, or c) 7 and a half hours?
是 A. 5个半小时，B.6个半小时，还是 C. 7 个半小时?

I'll say it's b) 6 and a half hours.
我要选 B. 6个半小时。

That sounds a lot to me!
我觉得这听起来很多啊!

Well, whatever Neil thinks, a new study from the Oxford Internet Institute paints a more hopeful picture.
嗯，无论内尔怎么想，一项来自牛津互联网研究所的新研究勾画出了一个更加有希望的图景。

The study analysed data from over 400,000 British and American teenagers and found little or no link between adolescents' tech use and mental health problems.
该研究分析了来自超过 40 万名英国和美国的青少年的数据，发现青少年使用技术和心理健康问题之间关系不大或没有关系。

Listen to Gareth Mitchell and Ghislaine Boddington, co-presenters of BBC World Service's, Digital Planet, as they discuss the report's findings.
请听 BBC 世界服务节目《数码星球》的联合主持 Gareth Mitchell 和 Ghislaine Boddington 讨论这份报告的发现。

Ghislaine Boddington, you've been looking at some of the findings yourself, haven't you?
Ghislaine Boddington，你一直在看这些发现，对吗?

So, what's your response so far?
所以你目前的回应是如何的?

Were you expecting, Ghislaine, to see some kind of smoking gun?
Ghislaine，你是在期待找出一些确凿的证据吗?

Some kind of link that would say, 'Here we are. Here are the harms'?
能够找到说"就是这样。这就是危害。"的关联吗?

Not really, because I think we're at a point where teenagers are much more savvy than many adults think.
并没有，因为我认为我们现在所处的年代年轻人比很多成年人想得要有见识的多。

So, you know, we are at risk, all of us as journalists and research community to assume, maybe, this is a more a terrible terrible problem than we understand, because I know the teenagers around me and one thing that they do all have is app blockers on their sites.

所以我们有风险，我们所有这些记者和研究机构会认为也许这是一个比我们理解得要严重得多的问题……因为我了解我身边的年轻人，而且他们的网站上面都有 app 拦截器。

And they are actually quite aware of the addiction problem – the design – you know, designed for addiction.

而且他们其实非常了解成瘾问题 —— 设计 —— 你知道的，设计得让人上瘾。

Many people assume that social media harms teenagers, so Gareth asks Ghislaine whether she was expecting to find a smoking gun in the report.

很多人认为社交媒体对青少年有害，所以 Gareth 问 Ghislaine 她是否期待在报告中找到确凿的证据。

The expression a smoking gun means evidence that proves something is true, for example, evidence proving that technology is harmful to young people.

确凿的证据这个表达的意思是能够证明某事是真实的证据，例如证明技术对年轻人有害的证据。

But Ghislaine doesn't think this is true.

但是 Ghislaine 不这么认为。

Actually, she calls teenagers savvy, meaning that they have practical knowledge of technology and a good understanding of how to use it.

事实上，她说年轻人有见识，意思是他们了解技术的实用知识并且明白如何使用它。

One example of teenagers being technologically savvy is their use of app blockers – software that prevents unwanted apps and websites from popping up and allows users to set timers which limit screen time.

青少年对于技术非常了解的例子就是他们会使用 app 拦截器 —— 阻止不需要的 app 和网站弹出并且让使用者设置能够限制屏幕时间的计时器的软件。

And reducing screen time is important because nowadays most video games and social media are designed for addiction – intended to manipulate human psychology to make the user want to keep playing.

并且减少屏幕时间很重要因为如今的电子游戏和社交媒体被设计成让人上瘾的 —— 意图操控人类心理来让使用者想要一直玩。

But it seems that today's adolescents are savvy enough to know how to use electronic devices sensibly.

但是似乎如今的青少年有足够的见识来了解如何合理地使用电子产品。

How else can we explain the fact that, according to this research, there's no clear link between using tech and mental health problems?

根据这份研究，我们还能如何解释使用技术和心理健康问题之间没有明显的关联呢？

Yes, that's certainly the view of the research team leader, Dr Matti Vuorre.

是的，这就是该研究团队的领导 Matti Vuorre 博士的观点。

Here he is speaking with BBC World Service programme, Digital Planet, about an interesting and very modern term –see if you can hear it.

以下是他对话 BBC 世界服务节目《数码星球》，谈论了一个非常有趣且现代的名词 —— 看看你能不能听出来。

We often hear the term, digital native, you know, you grow up with a device in your hand almost, and then it's not a surprise that you are skilled in using those technologies to your benefit.

我们经常听到这个说法，数字原生代，你知道的，你从小手里就拿着电子设备，所以你很擅长为了自己的便利使用这些技术，这一点也不意外。

Did you hear the expression Dr Vuorre used, Sam?

你听到 Vuorre 博士说的表达了吗，萨姆？

Yes.

是的。

He called teenagers digital natives, meaning someone who is very familiar and comfortable using computers and digital technology because they've grown up with them.

他把青少年称为数字原生代，意思是非常熟悉并且熟练使用电脑和数字技术的人，因为他们从小就接触。

So maybe there are benefits to spending hours looking at screens, after all.

所以也许毕竟花几个小时看视频是有好处的。

In my quiz question, I asked Sam about the average daily screen time for British teenagers.

在我的问题中，我问萨姆英国青少年的平均日屏幕时间。

I said it was b) 6 and a half hours.

我说的是 B. 6个半小时。

Which was the correct answer!

回答正确。

Very savvy of you, Sam!

你真有见识，萨姆！

OK, let's recap the vocabulary from this programme about the impact of tech on adolescents - that's young people who are developing into adults.

好的，我们来回顾一下本期讲述技术对青少年影响的节目中的词汇吧，青少年指的是正在成长为成年人的年轻人。

Today's adolescents are digital natives - people who are very familiar with digital technology because they've grown up with it.

如今的青少年是数字原住民 —— 非常熟悉数码技术的人，因为他们从小就接触它。

If you are savvy, you have a good practical understanding of something.

如果你有见识，那么你对于某事有现实的了解。

A smoking gun refers to information or evidence that proves that something is true.

确凿的证据指的是证明某事是真实的信息或证据。

An app blocker is software that blocks pop-up apps and websites and allows users to set screen time limits.

App 拦截器指的是拦截弹出 app 和网站并让使用者设置屏幕时间限制的软件。

And designed for addiction describes immersive video games and social media which are designed to manipulate human psychology and make it hard to stop playing.

而设计让人上瘾描述的是沉浸式的电子游戏和社交媒体，它们被设计用来操控人的心理并很难停止不玩。

That's all for this programme but if you're interested in the issues around digital technology and want to find out more, then why not visit the BBC Digital Planet website or follow them on their Twitter handle @digitalplanet?

以上就是本期节目的所有内容，但是如果你对数码技术有关的问题感兴趣，并且想要找到更多信息，那么何不访问 BBC 《数码星球》网站或者在推特上关注 @digitalplanet 呢?

Bye for now!

再见！

Goodbye!

再见！