8.4

Try to make your summary more logical. Use more relevant evidence to support your argument.

Pay attention to the English writing conventions.

With the technology developing rapidly, there is almost one iPhone on each post-Millennial's hand. This phenomenan has raised concern worldwide. And in the article"Has the Smartphone Destroyed a Generation?", Jean M. Twenge put forward that smartphone, has definitely destroyed iGen, mainly in three aspects: making today's teens less independent, causing mental illnesses among teens and disturbing sleep.

Firstly, just as Twenge mentioned, "The allure of independence, so powerful to previous generations, holds less sway over today's teens." Independence is not only the basis of life for people in America, but it is also a necessity for a complement soul. For example, teens like Athena choose to stay at home chatting online instead of going out to taste their own independence. Also, while 60% of high school seniors in the late 1970s had a paid job, only 55% did two decades later. This lack of independence coincided with the rising ownership of smartphones after 2012. As a result, it can be said with validity that phones make teens less independent and confident than formal generations.

Secondly, Twenge links teens' mental health issues to their phone use, noting that increased screen time is associated with higher rates of depression and suicide risk factors. Data shows that "Eighth-graders who are heavy users of social media increase their risk of depression by 27 percent." Also, in 2011, for the first time in 24 years, the teen suicide rate was higher than the teen homicide rate. So, teens have spent much time on their phones, but have acquired no happiness but depress.

Last but not least, phones disrupt teens sleep seriously. As is known to all, sleep is of significant value to our daily life. But nowadays teens even sleep with their phones! In the article, the author wrote "Nearly all slept with their phone, putting it under their pillow, on the mattress, or at the very least within arm’s reach of the bed." And this may actually cause serious problems through sleep deprivation, including compromised thinking and reasoning, susceptibility to illness, weight gain and so on. In a word, phones are devastating iGen through sleep.

In conclusion, smartphone not only makes them less independent but causes mental illnesses among teens. Furthermore, it leads to sleep deprivation among them. As a result, smartphone has definitly destroyed iGen.