8.5

Try to make your summary more logical.

**Summary of Has the Smartphone Destroyed a Generation**

This passage written by Jean M. Twenge introduces the effect of smartphone on a generation. The author thinks that the post-Millennials that were raised on the iPhone are on the brink of a mental-health crisis.

Contemporary teenagers, epitomized by individuals like Athena, display a notable preference for online interactions over traditional socializing activities, which shows a generation difference. Unlike previous generations, who frequented malls for social gatherings, today's teens are more likely to spend time alone in their rooms, engrossed in their smartphones. The rise of social media platforms like Snapchat has redefined the nature of teenage communication, with Snapstreaks and photo-sharing becoming central to their social lives. (para. 1-2)

What’s more, smartphone in young people’s hands are having profound effects on their lives and making them seriously unhappy. What attracts last generation teenager must be independence. But the allure of independence, so powerful to previous generations, holds less sway over today’s teens, who are less likely to leave the house without their parents. According to relative statistics, young people today are less likely to drink, smoke, hang out without parents, date and sexual activities. Today’s teens are waiting longer to take on the pleasures of adulthood and the responsibilities that comes from the independence. Twenge thinks that’s why young generations are unhappy. (para. 12-22)

In addition, Twenge also thinks that smartphones and the apparent psychological distress this generation is experiencing have a connection to some extent. The advent of smartphones has significantly impacted the psychological well-being of today's teens, particularly exacerbating feelings of exclusion and loneliness. Social media platforms, while enabling constant connectivity, have heightened the age-old teen concern of being left out. Teens document their gatherings extensively online, intensifying the sense of exclusion for those not invited. This trend is particularly pronounced among girls, who not only face higher rates of feeling excluded but also report greater increases in depressive symptoms and suicide rates compared to boys. Despite awareness, social media companies struggle to address these complex issues effectively. (para. 36-40)

The widespread adoption of smartphones among post-Millennials has ushered in a new era of social interaction and personal experiences. In most time, smartphones pose significant risks to mental well-being according to Twenge. It is imperative for parents, educators, and policymakers to promote responsible smartphone usage and provide support to mitigate the negative impacts on the mental health of today's teenagers.