This is not a summary of Twenge’s article.

If you take the topic sentences out and you will see that there is little logical coherence among them.

请重新写一篇

The article “Has the Smartphone Destroyed a Generation” mainly talks about the profound impact of smartphones on the growth and lifestyle of the iGen generation. The iGen, who grows up in the accompany of smartphones, exhibits quite distinctive behaviors compared to previous generations.

Firstly, the author clarifies that the iGen generation tends to engage in online activities more frequently than in physical gatherings due to the influence of smartphones, quite a contary to previous generations. The changes of social interaction styles is molded by smartphones, especially with the rise of social media like Snapchat.

Secondly, the author mainly discusses how the use of mobile phones affects the mental health of teenagers. In recent years, the popularity of mobile phones has led to a rapid increase in depression and suicide rates among teenagers. In this era, more and more teenagers are getting less and less independent. Most of them hold their mobile phones and stay alone in their rooms. Why? Although mobile phones can bring people closer contact, they also exacerbate teenagers' troubles of being excluded from others. Sleep problems are also highlighted, indicating a tight relationship between smartphone use and sleep deprivation.

Moreover, changes in societal behaviors are evident as iGen teenagers tend to do indoor activities. Smoking, dating and sexual behavior among teenagers are becoming less frequent due to the use of mobile phones. This means that today's teenagers have to wait longer to assume adult responsibilities and enjoy the pleasures of adulthood compared to elder generations. This shift reflects the changes in societal values, which has close connection with the fast development of digital technology.

To conclude the argumentation, the author issues a warning about the problems faced by iGen and provides suggestions to balance screen time and real life for a healthier adolescence. Though the digital technology has deeply effected the physical and mental health, the author still holds an opptimistic attitude towards the smartphone use of iGen generation.