

Neil

Hello. This is 6 Minute English from BBC Learning English. I'm Neil. ... Beth? What are you doing? Get off your phone!

尼尔

你好。这是 BBC 学习英语的 6 分钟英语。我是尼尔。... 贝丝？你在干什么？别看手机了！

nǐ hǎo 。 zhè shì BBC xué xī yīng yǔ de 6 fēn zhōng yīng yǔ 。 wǒ shì ní ěr 。 ... bèi sī ? nǐ zài gàn shén me ?

bié kàn shǒu jī le !

Beth

Oh, sorry. And I'm Beth.

贝丝

哦对不起。我是贝丝。

ó duì bù qǐ 。 wǒ shì bèi sī 。

Neil

Are you addicted to social media? It wouldn't be a surprise. With so many different apps out there, Snapchat, TikTok, and the latest, Threads, it's easy to spend a lot more time on your phone than ever before.

尼尔

您沉迷于社交媒体吗？这并不奇怪。有这么多不同的应用程序，Snapchat, Tiktok 和最新的“线程”，它比以往任何时候都更容易在手机上花费更多的时间。

ní ěr

nín chén mí yú shè jiāo méi tǐ ma ? zhè bìng bù qí guài 。 yǒu zhè me duō bù tóng de yìng yòng chéng xù , Snapchat, Tiktok hé zuì xīn de “ xiàn chéng ” , tā bǐ yǐ wǎng rèn hé shí hòu dōu gèng róng yì zài shǒu jī shàng huā fèi gèng duō de shí jiān 。

Beth

Yes. I don't think I'm addicted, but I definitely spend more time on social media than I would like to. However, there are plenty of studies out there looking at how social media affects mental health with some saying it can be as addictive as gambling.

贝丝

是的。我不认为我上瘾了，但是我绝对在社交媒体上花费的时间比我想要的要多。但是，有很多研究研究社交媒体如何影响心理健康，有人说这可能会像赌博一样令人上瘾。

bèi sī

shì de 。 wǒ bù rèn wéi wǒ shàng yǐn le , dàn shì wǒ jué duì zài shè jiāo méi tǐ shàng huā fèi de shí jiān bǐ wǒ xiǎng yào de yào duō 。 dàn shì , yǒu hěn duō yán jiū yán jiū shè jiāo méi tǐ rú hé yǐng xiǎng xīn lǐ jiàn kāng , yǒu rén shuō zhè kě néng huì xiàng dǔ bó yī yàng lìng rén shàng yǐn 。

Neil

Research in the US has found that adolescents who spend more than three hours a day on social media have double the risk of developing depression and anxiety. An adolescent is someone aged 10 to 19, between childhood and adulthood. With that in mind, it's no wonder parents are worried. To help with this, the US is currently in the process of regulating social media apps for teenagers. Some scientists think the UK should do the same.

尼尔

在美国的研究发现，每天在社交媒体上花费三个多小时的青少年的风险增加了抑郁和焦虑的风险。青少年是童年和成年之间 10 至 19 岁的人。考虑到这一点，难怪父母担心。为了帮助这一点，美国目前正在监管青少年的社交媒体应用程序。一些科学家认为英国也应该这样做。

ní ěr

zài měi guó de yán jiū fā xiàn , měi tiān zài shè jiāo méi tǐ shàng huā fèi sān gè duō xiǎo shí de qīng shào nián de

fēng xiǎn zēng jiā le yì yù hé jiāo lǚ de fēng xiǎn 。 qīng shào nián shì tóng nián hé chéng nián zhī jiān 10 zhì 19 suì de rén 。 kǎo lǚ dào zhè yī diǎn , nán guài fù mǔ dān xīn 。 wèi le bāng zhù zhè yī diǎn , měi guó mù qián zhèng zài jiān guǎn qīng shào nián de shè jiāo méi tǐ yìng yòng chéng xù 。 yī xiē kē xué jiā rèn wéi yīng guó yě yīng gāi zhè yàng zuò 。

Beth

There has been growing agreement among health experts about the negative, chronic health effects of social media use on teenagers. They have revealed in surveys that social media makes them feel worse about their body image, and 64% of teens have said they are regularly exposed to hate-based content. In this programme, we'll be discussing how social media affects teenagers, and, as usual, we'll be learning some useful new vocabulary as well.

贝丝

健康专家之间对社交媒体使用对青少年的负面健康影响的负面影响越来越多。他们在调查中透露，社交媒体使他们对自己的身体形象感到更糟，而 64% 的青少年表示，他们经常接触基于仇恨的内容。在该计划中，我们将讨论社交媒体如何影响青少年，并且像往常一样，我们也将学习一些有用的新词汇。

bèi sī

jiàn kāng zhuān jiā zhī jiān duì shè jiāo méi tǐ shǐ yòng duì qīng shào nián de fù miàn jiàn kāng yǐng xiǎng de fù miàn yǐng xiǎng yuè lái yuè duō 。 tā men zài diào chá zhōng tòu lù , shè jiāo méi tǐ shǐ tā men duì zì jǐ de shēn tǐ xíng xiàng gǎn dào gèng zāo , ér 64% de qīng shào nián biǎo shì , tā men jīng cháng jiē chù jī yú chóu hèn de nèi róng 。 zài gāi jì huà zhōng , wǒ men jiāng tǎo lùn shè jiāo méi tǐ rú hé yǐng xiǎng qīng shào nián , bìng qiě xiàng wǎng cháng yī yàng , wǒ men yě jiāng xué xí yī xiē yǒu yòng de xīn cí huì 。

Neil

But first I have a question for you, Beth. The app Snapchat is a very common way that teenagers communicate these days. This is partly because messages and photos disappear after a certain time period. But, what percentage of 13 to 24-year-olds use Snapchat? Is it:

- a) 70%
- b) 80% or
- c) 90%

尼尔

但是首先，我要问你一个问题，贝丝。该应用程序 Snapchat 是当今青少年交流的一种非常普遍的方式。这部分是因为消息和照片在特定时间段后消失。但是，在 13 至 24 岁的 13 岁中使用 Snapchat 的百分比是多少？是吗：

- a) 70%
- b) 80% 或
- c) 90%

ní ěr

dàn shì shǒu xiān , wǒ yào wèn nǐ yí gè wèn tí , bèi sī 。 gāi yìng yòng chéng xù Snapchat shì dāng jīn qīng shào nián jiāo liú de yī zhǒng fēi cháng pǔ biàn de fāng shì 。 zhè bù fèn shì yīn wèi xiāo xī hé zhào piàn zài tè dìng shí jiān duàn hòu xiāo shī 。 dàn shì , zài 13 zhì 24 suì de 13 suì zhōng shǐ yòng Snapchat de bǎi fēn bǐ shì duō shǎo ? shì ma :

- a) 70%
- b) 80% huò
- c) 90%

Beth

I'll guess 80%.

贝丝

我猜 80%。

bèi sī

wǒ cāi 80%。

Neil

OK, Beth, I'll reveal the answer later in the programme. Now, a lot of social media platforms, such as TikTok, work by showing and suggesting similar accounts and content to those someone has already searched for. Professor Devi Sridhar, the chair of global public health at the University of Edinburgh, thinks this can be concerning, as she told BBC World Service programme, Inside Science:

尼尔

好的，贝丝，我将在程序稍后透露答案。现在，许多社交媒体平台（例如 Tiktok）通过向已经搜索的人展示并建议相似的帐户和内容来工作。爱丁堡大学全球公共卫生主席 Devi Sridhar 教授认为，这可能是关于 BBC 世界服务计划的科学领域：

ní ěr

hǎo de , bèi sī , wǒ jiāng zài chéng xù shāo hòu tòu lù dá àn 。 xiàn zài , xǔ duō shè jiāo méi tǐ píng tái （ lì rú Tiktok ） tōng guò xiàng yǐ jīng sōu suǒ de rén zhǎn shì bìng jiàn yì xiāng sì de zhàng hù hé nèi róng láì gōng zuò 。 ài dīng bǎo dà xué quán qiú gōng gòng wèi shēng zhǔ xí Devi Sridhar jiào shòu rèn wéi , zhè kě néng shì guān yú BBC shì jiè fú wù jì huà de kē xué lǐng yù :

Professor Devi Sridhar

And this is worrying for example, with young girls and eating disorders, that they're being fed that in an addictive way and the algorithm is saying 'oh they like that content. We want to keep giving it to them because it keeps them on their phones', and I think that's the really vital message here, of any of these apps, is that their revenue comes from advertising.

Devi Sridhar 教授

例如，对于年轻的女孩和饮食失调，这令人担忧，他们以令人上瘾的方式被喂食，而算法说：“哦，他们喜欢那些内容。我们想继续将其交给他们，因为它将他们保留在手机上”，我认为这是其中任何一个应用程序中真正重要的信息，是他们的收入来自广告。

Devi Sridhar jiào shòu

lì rú , duì yú nián qīng de nǚ hái hé yǐn shí shī tiáo , zhè lìng rén dān yōu , tā men yǐ lìng rén shàng yǐn de fāng shì bèi wèi shí , ér suàn fǎ shuō : “ ó , tā men xǐ huān nà xiē nèi róng 。 wǒ men xiǎng jì xù jiāng qí jiāo gěi tā men , yīn wèi tā jiāng tā men bǎo liú zài shǒu jī shàng ” , wǒ rèn wéi zhè shì qí zhōng rèn hé yī gè yìng yòng chéng xù zhōng zhēn zhèng zhòng yào de xìn xī , shì tā men de shōu rù láì zì guǎng gào 。

Beth

Teenagers are being fed content in a way that is addictive. If you are fed something, it means you are given something. In this case, it refers to content, not food. The content is addictive because social media uses algorithms. Algorithms are a complex set of rules and calculations that prioritise and personalise the content a user sees.

贝丝

青少年以令人上瘾的方式被喂食。如果您被喂饱了，这意味着您会得到一些东西。在这种情况下，它是指内容而不是食物。内容令人上瘾，因为社交媒体使用算法。算法是一组复杂的规则和计算，可以优先考虑和个性化用户看到的内容。

bèi sī

qīng shào nián yǐ lìng rén shàng yǐn de fāng shì bèi wèi shí 。 rú guǒ nín bèi wèi bǎo le , zhè yì wèi zhe nín huì dé dào yī xiē dōng xī 。 zài zhè zhǒng qíng kuàng xià , tā shì zhǐ nèi róng ér bù shì shí wù 。 nèi róng lìng rén shàng

yīn , yīn wèi shè jiāo méi tǐ shǐ yòng suàn fǎ 。 suàn fǎ shì yī zǔ fù zá de guī zé hé jì suàn , kě yǐ yōu xiān kǎo lǜ hé gè xìng huà yòng hù kàn dào de nèi róng 。

Neil

But we need to remember that social media platforms use algorithms to keep users on the platforms for as long as possible because the revenue comes from advertising. Revenue is the money a company earns. They are paid by other companies to use the social media space to promote their products.

尼尔

但是我们需要记住，社交媒体平台使用算法将用户尽可能长时间地置于平台上，因为收入来自广告。收入是公司赚取的钱。他们是由其他公司支付的，以利用社交媒体空间来推广其产品。

ní ěr

dàn shì wǒ men xū yào jì zhù , shè jiāo méi tǐ píng tái shǐ yòng suàn fǎ jiāng yòng hù jǐn kě néng cháng shí jiān de zhì yú píng tái shàng , yīn wèi shōu rù lái zì guǎng gào 。 shōu rù shì gōng sī zhuàn qǔ de qián 。 tā men shì yóu qí tā gōng sī zhī fù de , yǐ lì yòng shè jiāo méi tǐ kōng jiān lái tuī guǎng qí chǎn pǐn 。

Beth

This could be seen as social media platforms prioritising making money over the mental health of users – a worry for parents. Professor Devi Sridhar talked about the challenges of having a teenager addicted to social media on BBC World Service programme, Inside Science:

贝丝

这可以看作是社交媒体平台，优先考虑用户的心理健康赚钱，这是父母的担忧。Devi Sridhar 教授谈到了让一名青少年沉迷于 BBC 世界服务计划的少年，科学领域：

bèi sī

zhè kě yǐ kàn zuò shì shè jiāo méi tǐ píng tái , yōu xiān kǎo lǜ yòng hù de xīn lǐ jiàn kāng zhuàn qián , zhè shì fù mǔ de dān yōu 。 Devi Sridhar jiào shòu tán dào le ràng yī míng qīng shào nián chén mí yú BBC shì jiè fú wù jì huà de shào nián , kē xué lǐng yù 。

Professor Devi Sridhar

And so, I think the challenge here, as a parent, listening to this is what do you do about it. And I think the onus has really been put on parents and concerned adults to find solutions on their own. And that means debates with your child over what are you on, are you using this, but it's a losing battle because it's their entire social network.

Devi Sridhar 教授

因此，我认为这里的挑战是作为父母的，听这是您对此做的事情。而且我认为，这种责任确实是由父母和成年人独自找到解决方案的。这意味着与您的孩子有关您正在使用的事情进行辩论，但您正在使用它，但这是一场失败的战斗，因为这是他们的整个社交网络。

Devi Sridhar jiào shòu

yīn cǐ , wǒ rèn wéi zhè lǐ de tiǎo zhàn shì zuò wéi fù mǔ de , tīng zhè shì nín duì cǐ zuò de shì qíng 。 ér qiě wǒ rèn wéi , zhè zhǒng zé rèn què shí shì yóu fù mǔ hé chéng nián rén dú zì zhǎo dào jiě jué fāng àn de 。 zhè yì wèi zhe yǐ nín de hái zi yǒu guān nín zhèng zài shǐ yòng de shì qíng jìn xíng biàn lùn , dàn nín zhèng zài shǐ yòng tā , dàn zhè shì yī cháng shī bài de zhàn dòu , yīn wèi zhè shì tā men de zhěng gè shè jiāo wǎng luò 。

Beth

Professor Sridhar says that, when it comes to helping teenagers navigate social media, the onus has been put on parents to find solutions. The onus means the responsibility or duty. Parents need to be able to challenge their children when they need to, even if this is a losing battle, a fight they cannot win, as teenagers have their 'entire life' on social networks.

贝丝

Sridhar 教授说，在帮助青少年在社交媒体中导航时，父母的责任是为了找到解决方案。责任是指责任或职责。父母需要能够在需要时挑战他们的孩子，即使这是一场失败的战斗，他们无法赢得胜利，因为青少年在社交网络上拥有“一生”。

bèi sī

Sridhar jiào shòu shuō , zài bāng zhù qīng shào nián zài shè jiāo méi tǐ zhōng dǎo háng shí , fù mǔ de zé rèn shì wèi le zhǎo dào jiě jué fāng àn 。 zé rèn shì zhǐ zé rèn huò zhí zé 。 fù mǔ xū yào néng gòu zài xū yào shí tiǎo zhàn tā men de hái zi , jí shǐ zhè shì yī cháng shī bài de zhàn dòu , tā men wú fǎ yíng dé shèng lì , yīn wèi qīng shào nián zài shè jiāo wǎng luò shàng yǒng yǒu “ yī shēng ”。

Neil

OK, Beth. I think it's time I revealed the answer to my question. I asked you what percentage of 13 to 24-year-olds use Snapchat?

尼尔

好，贝丝。 我认为是时候透露问题的答案了。 我问你 13 至 24 岁的人使用 Snapchat 是多少？

ní ěr

hǎo , bèi sī 。 wǒ rèn wéi shì shí hòu tòu lù wèn tí de dá àn le 。 wǒ wèn nǐ 13 zhì 24 suì de rén shǐ yòng Snapchat shì duō shǎo ?

Beth

And I said it was 80%.

贝丝

我说是 80%。

bèi sī

wǒ shuō shì 80%。

Neil

And that was... I'm sorry to say, the wrong answer! Actually 90% of people aged between 13 and 24 use Snapchat – quite a lot. OK, let's recap the vocabulary we've learned from this programme, starting with adolescent, a person aged 10 to 19: between childhood and adulthood.

尼尔

那是……我很遗憾地说，答案错误！ 实际上，有 90% 的人在 13 至 24 岁之间使用 Snapchat - 很多。 好的，让我们回顾一下从这个计划中学到的词汇，从青春期开始，一个年龄在 10 至 19 岁之间的人：在童年和成年之间。

ní ěr

nà shì ..... wǒ hěn yí hàn de shuō , dá àn cuò wù ! shí jì shàng , yǒu 90% de rén zài 13 zhì 24 suì zhī jiān shǐ yòng Snapchat - hěn duō 。 hǎo de , ràng wǒ men huí gù yī xià cóng zhè gè jì huà zhōng xué dào de cí huì , cóng qīng chūn qī kāi shǐ , yī gè nián líng zài 10 zhì 19 suì zhī jiān de rén : zài tóng nián hé chéng nián zhī jiān 。

Beth

If you are fed content, you are given content. This is what the social media platform offers you automatically, rather than what you search for yourself.

贝丝

如果您被喂入内容，则为您提供内容。 这是社交媒体平台自动为您提供的服务，而不是您自己搜索的内容。

bèi sī

rú guǒ nín bèi wèi rù nèi róng , zé wèi nín tí gōng nèi róng 。 zhè shì shè jiāo méi tǐ píng tái zì dòng wèi nín tí gōng de fú wù , ér bù shì nín zì jǐ sōu suǒ de nèi róng 。

Neil

Algorithms are a complex set of rules and calculations that prioritise and personalise the content a user sees.

尼尔

算法是一组复杂的规则和计算，可以优先考虑和个性化用户看到的内容。

ní ěr

suàn fǎ shì yī zǔ fù zá de guī zé hé jì suàn , kě yǐ yōu xiān kǎo lǜ hé gè xìng huà yòng hù kàn dào de nèi róng 。

Beth

Revenue is the money a company earns, which could come from sales or advertising.

贝丝

收入是公司赚取的钱，这可能来自销售或广告。

bèi sī

shōu rù shì gōng sī zhuàn qǔ de qián , zhè kě néng lái zì xiāo shòu huò guǎng gào 。

Neil

If the onus is on someone, it's their responsibility or duty.

尼尔

如果对某人的责任是他们的责任或责任。

ní ěr

rú guǒ duì mǒu rén de zé rèn shì tā men de zé rèn huò zé rèn 。

Beth

And finally, a losing battle is a fight you cannot win. Once again, our six minutes are up. Join us again soon for more useful vocabulary, here at 6 Minute English! Goodbye for now!

贝丝

最后，一场失败的战斗是您无法赢得的一场战斗。再次，我们的六分钟到了。再次加入我们，以获取更多有用的词汇，以6分钟的英语！再见！

bèi sī

zuì hòu , yī cháng shī bài de zhàn dòu shì nín wú fǎ yíng dé de yī cháng zhàn dòu 。 zài cì , wǒ men de liù fēn zhōng dào le 。 zài cì jiā rù wǒ men , yǐ huò qǔ gèng duō yǒu yòng de cí huì , yǐ 6 fēn zhōng de yīng yǔ ! zài jiàn !

Neil

Bye!

尼尔

再见！

ní ěr

zài jiàn !