

**TEXT 1****Screen addiction among teens: is there such a thing?**

Anya Kamenetz, 5 February 2018

- 1 Look up from this screen right now. Take a look around. On a bus. In a cafe. Even at a stoplight. Chances are, most of the other people in your line of sight are staring at their phones or other devices. And if they don't happen to have one out, it is certainly tucked away in a pocket or bag.
- 2 But are we truly addicted to technology? And what about our kids? It's a scary question, and a big one for scientists right now. Still, while the debate rages on, some doctors and technologists are focusing on solutions.
- 3 "There is a fairly even split in the scientific community about whether 'tech addiction' is a real thing," says Dr Michael Bishop, who runs *Summerland*, which he calls "a summer camp for screen overuse" for teens.
- 4 Dr Nicholas Kardaras is the author of the 2016 book *Glow Kids: How Screen Addiction Is Hijacking Our Kids*. When I ask him about the term "addiction" he doesn't miss a beat. There are brain-imaging studies of the effects of screen time, he says. And he also has treated many teens who are so wrapped up in video games that they don't even get up to use the bathroom.
- 5 He says the evidence is clear, but we're not ready to face it.
- 6 "We have, as a society, gone all-in on tech," he says. "So we don't want some buzzkilling truth sayers telling us that the emperor has no clothes and that the devices that we've all so fallen in love with can be a problem" — especially for kids and their developing brains, he adds.
- 7 Though tech addiction isn't officially recognised yet in the United States, there are in-patient treatment facilities for teens that try to address the problem.
- 8 For Dr Kardaras' book, he interviewed a teenage boy who attended a wilderness therapy program in Utah called *Outback*.
- 9 "I started playing [video games] when I was around 9 years old," said Griffin, whose last name I didn't use to protect his privacy. He chose email over a phone interview. "I played because I found it fun, but after a while I played mostly because I preferred it over socialising and confronting my problems."
- 10 After he spent weeks hiking through the wilderness, his mother saw a lot of improvement in his demeanour and focus. However, Griffin came home to a reality where he still needed a laptop for high school and still used a smartphone to connect with friends.
- 11 Dr Bishop, who runs therapeutic *Summerland* camps in California and North Carolina, says the teens who come to him fall into two broad categories. There are the ones, overwhelmingly boys, who spend so much time playing video games that, in his words, they "fall behind in their social skills." Often they are battling depression or anxiety, or they may be on the autism spectrum. Then there is a group of mostly girls who misuse and overuse social media. They may be obsessed with taking selfies — Bishop calls them "selfists" — or they may have sent inappropriate pictures of themselves or bullied others online.
- 12 Regardless of the problem, "We feel the issue is best conceptualised as a 'habit' over an 'addiction,'" Bishop says. "When teens think about their behaviour as a habit, they are more empowered to change."

[Adapted from: <<https://www.npr.org/sections/ed/2018/02/05/579554273/screen-addiction-among-teens-is-there-such-a-thing>>]

**TEXT 2****Ways to help cure your teen's screen addiction**

By Stefanie Brown, 19 February 2015



Parents welcome technology devices in the home as helpful tools. (Who doesn't want a homework assistant, a boredom killer, or a virtual chaperone or a pre-installed geo-tracker for their teen?) But without parameters, technology is like the houseguest who overstays his welcome, while consuming all the snacks in the fridge. So how do teens reform their technology habits?

Give teens a voice. When they're part of the decision-making process of how and when their household uses technology, teens are more likely to take ownership of the plan.

Teach teens to pick up on marketing ploys. Teens who are wise to the ways marketing, advertising, and the media work, are also more keen to tricks of the industry.

Resist the cool stuff/cool person image. Teens sometimes connect technology devices with social status. Make it clear that a person's value isn't related to the things they own.

Find allies in other parents. Connect with families from the neighbourhood, school, and local place of worship and find out what other parents do to manage technology use in the home. Each family must determine the principles and practices that will work for them.

Don't just limit technology use. Find activities to replace it. And be creative about it. Confronting the obstacles for families in our digital age can either be a battle or a creative challenge.

Be O.K. with the backlash that comes with setting parental limits. This is one of those simple and timeless parenting principles. Find which rules work and stick to them. Don't cave to slammed doors and sucked teeth.

As a mother and professor who was interviewed said, "For our family, it wasn't about restricting access to a computer; it was about educating our kids about what a computer is for, what it's capable of. Why not teach them early?"

[Adapted from: <<http://time.com/3705794/8-ways-to-help-cure-your-teens-screen-addiction/>>]

**TEXT 3****The World is Too Much With Us**

By William Wordsworth

- 1 The world is too much with us; late and soon,
- 2 Getting and spending, we lay waste our powers;—
- 3 Little we see in Nature that is ours;
- 4 We have given our hearts away, a sordid boon!
- 5 This Sea that bares her bosom to the moon;
- 6 The winds that will be howling at all hours,
- 7 And are up-gathered now like sleeping flowers;
- 8 For this, for everything, we are out of tune;
- 9 It moves us not. Great God! I'd rather be
- 10 A Pagan suckled in a creed outworn;
- 11 So might I, standing on this pleasant lea,
- 12 Have glimpses that would make me less forlorn;
- 13 Have sight of Proteus rising from the sea;
- 14 Or hear old Triton blow his wreathèd horn.

[Taken from *Worldscapes A collection of verse* by Malan, p.11]

**TEXT 4****Love Poem for My Country (an extract)**

By Sandile Dikeni

- 1 My country is for love
- 2 so say its valleys
- 3 where ancient rivers flow
- 4 the full circle of life
- 5 under the proud eye of birds
- 6 adorning the sky.
  
- 7 My country is for peace
- 8 so says the veld
- 9 where reptiles caress
- 10 its surface
- 11 with elegant motions
- 12 glittering in their pride.
  
- 13 My country
- 14 is for unity
- 15 feel the millions
- 16 see their passion
- 17 their hands are joined together
- 18 there is hope in their eyes
  
- 19 we shall celebrate.

[Taken from *Worldscapes A collection of verse* by Malan, p.258]

**TEXT 5****It's Over Now**  
By AH Magagula

1 I remember those days when we used to  
2 Come to each other with faces full of smiles,  
3 With eyes full of joy and loving,  
4 Hearts full of longing.  
5 But now it's over.

6 I remember those days  
7 When we used to talk and never stopped.  
8 Mouths full of stammering and murmuring,  
9 Not knowing what to say and what to leave out.  
10 But don't be sorry for yourself, it's over now.

11 I remember those days  
12 When we used to sit under the musharagi tree,  
13 With arms around each other's neck,  
14 Owing all creatures and nature.  
15 Never mind yourself about it now, it's history now.

16 I remember those days  
17 When we used to make some earthly promises,  
18 Not knowing that one day  
19 You will be the tornado that'll wreck my life apart.  
20 I may be dreaming but it's over now.

21 We used to see each other everytime  
22 Laughter was our breakfast,  
23 Smiles our lunch,  
24 Joy our supper,  
25 And love was our day and night dish.

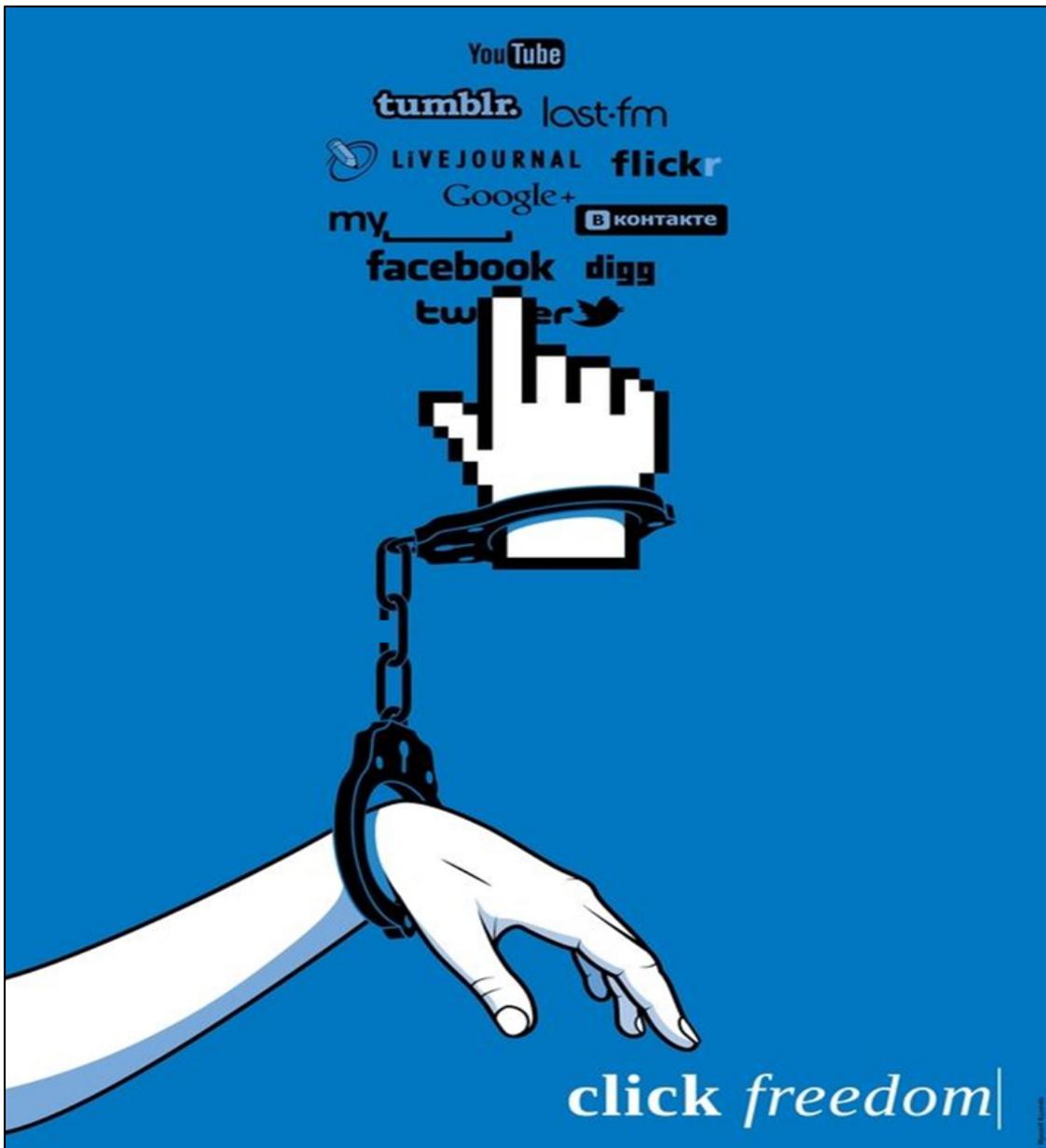
[Taken from *Groundwork, An Introduction to Reading and Writing about Poetry* by Walter and Wood, p. 188]

TEXT 6



[<<https://aaastartsmart.biz/zits-comics/>>]

TEXT 7



[<<https://za.pinterest.com/pin/343188434074900734/>>]

**TEXT 8**

**SURRENDERING TO SOCIAL MEDIA:  
IS IT ADDICTION?**

You see how many Facebook friends post pictures and update their status on a regular basis, but just **HOW DRAWN INTO SOCIAL MEDIA ARE WE THESE DAYS?**

It's been predicted that Facebook will reach **1 BILLION** USERS BY AUGUST 2012. <sup>[1]</sup>

In September 2011, it was reported that **100 MILLION** PEOPLE ACTIVELY USE TWITTER. <sup>[2]</sup>

[<<https://brandongaille.com/28-social-networking-addiction-statistics/>>]

**TEXT 9**

**Ways social media can be good for teens**

By Caroline Knorr

- 1 Social media has **(7.1.1 it's)** share of negatives. But, if **(7.1.2 it's)** all bad, how did 2 000
- 2 students protest their school **(7.2 system's)** budget cuts? How are teens leading the
- 3 charge against cyberbullying? How did they organise a national school **(7.3 walk-out)** day
- 4 to protest gun laws? Easy: **(7.4 savvy)** use of social media.
- 5 For years, many teens have been saying that social media — despite its flaws — is
- 6 mostly positive. And new research is shedding light on the good things that can happen
- 7 when kids connect, share and learn online. As kids begin to use tools such
- 8 as *Instagram, Snapchat, Twitter* and even *YouTube* in earnest, they're learning the
- 9 responsibility that comes with the power to broadcast to the world. You can help
- 10 nurture the positive aspects **(7.6 by) (7.9.1 accept)** how important social media is for kids
- 11 and helping them find ways for it to add real value to their lives.
- 12 Large social networks expose kids to important issues and people from all over the
- 13 world. Kids realise they have a voice they **(7.9.2 not have)** before and are doing
- 14 everything from crowdfunding social justice projects to anonymously tweeting positive
- 15 thoughts.