

Dear Teachers,

I have recently begun learning about the “Shut Down Your Screen” week. This is a program where kids in school and out of school don't use any electronics for one week. Everyone in your school would participate. This is a way to save the way we think and try something new. My question is should we participate in the national “Shut Down Your Screen Week?” I think it would be a good idea for many reasons.

First, I think we should participate because using too much technology. First, I think we should participate because using too much technology affects the way we think and behave. In the article Attached to Technology and Paying a Price by Matt Richtel it gives many scientifically proven facts that using technology too much affects the way we think. If you are juggling e-mail, phone calls and other incoming information it can lose people's focus. Also as the text states, “The stimulation provokes excitement that researchers say can be addictive. In its absence, people feel bored.” This means that people can become addicted and when not using technology become bored with things they used to love to do.

Another reason I think we should participate in this program is because using technology while doing something else (multitasking) really just creates more trouble focusing. Scientists did an experiment where they took someone that multitasks and someone that doesn't. It was proven that even though the multitasker multi-tasked more, they did a worse job than the other person. Therefore technology and multitasking does nothing for you.

Another reason I think we should participate is it puts a bad toll on children. Some people may say that playing a video game or watching a movie with your family helps to bond with family. That may be true, but you can get addicted and not want to do anything else. “Lily, a second grader, is allowed only an hour a day of unstructured time, which she often spends with her devices.” This shows that kids are playing on devices and not

outside or with friends. If we participate, we, the kids, can do other things and be more social.

Therefore, I think we should participate in the “ Shut Down Your Screen Week.”

Thank you for your time.

Sincerely,