

Vocabulary: health 词汇: 健康

If I could have your attention, please. I'd like to talk to you about young people's screen time. It's a tempting habit for them to glance at their smartphone or tablet rather than make eye contact with someone and make conversation! There is so much to look at: photographs, social media feeds, messages and emails; it's no wonder they are **glued to** their screens. But is it good for them?

There have been many claims about the damage looking at screens does to our **eyesight**. Some people feared staring at a small bright box could make us **short-sighted** or lead to **headaches**. This is a particular concern for children and young people, who spend a higher percentage of time using electronic gadgets. BBC technology correspondent, Rory Cellan-Jones, says: "there is plenty of anecdotal evidence that no matter how long teenagers are spending looking at screens, they are encountering material about issues such as **anorexia** and **self-harm** that could prove **damaging** to their **mental health**".

But a new study says time in front of computers and phones might not be as bad for young people as many think. Research by the Oxford Internet Institute examined data from more than 17,000 teenagers in the UK, Ireland and the United States. Their study concluded that most links between **life satisfaction** and social media use were "trivial", accounting for less than 1% of a teenager's **wellbeing**. Professor Przybylski, director of research at the institute, said: "99.75% of a person's life satisfaction has nothing to do with their use of social media." The research found that family, friends and school life all had a greater impact on wellbeing.

So, does this mean young people can spend longer looking at social media? The Oxford researchers are confident that their study is robust in its findings and that any correlation between screen time and mental health is very small. Dr Max Davie, officer for health improvement at the Royal College of **Paediatrics** and Child Health, calls the study a "small first step", but he said there were other issues to explore, such as screen time's interference with other important activities like **sleep**, **exercise** and time with family or friends. Perhaps for now, deciding what the 'right' amount of screen time is has to be down to personal judgement.

## 词汇表

|                          |             |
|--------------------------|-------------|
| <b>glued to</b>          | 全神贯注地盯着...看 |
| <b>eyesight</b>          | 视力          |
| <b>short-sighted</b>     | 近视的         |
| <b>headache</b>          | 头痛          |
| <b>anorexia</b>          | 厌食症         |
| <b>self-harm</b>         | 自残行为        |
| <b>damaging</b>          | 有害的         |
| <b>mental health</b>     | 精神健康状态      |
| <b>life satisfaction</b> | 生活满意度       |
| <b>wellbeing</b>         | 健康          |
| <b>paediatrics</b>       | 儿科学         |
| <b>sleep</b>             | 睡眠          |
| <b>exercise</b>          | 体育活动, 运动    |

## 测验与练习

### 1. 阅读课文并回答问题。

1. What is one of the concerns listed on the UK's government's plan for regulation of the internet and social media?
2. According to new research, how much of a young person's wellbeing is affected by using social media?
3. True or false? *The research found there was only a small relationship between screen time and mental health.*
4. Who does the article suggest should be the person to make a judgement on how much social media time young people have?
5. Which word in the text means 'strong and accurate'?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The football match was so exciting; we were \_\_\_\_\_ the TV until the final whistle was blown.

|          |            |            |          |
|----------|------------|------------|----------|
| glued to | glued onto | glued with | glued in |
|----------|------------|------------|----------|

2. My boss takes a serious interest in my \_\_\_\_\_ by giving me the opportunity to work flexibly.

|           |          |           |           |
|-----------|----------|-----------|-----------|
| self-harm | anorexia | wellbeing | anecdotal |
|-----------|----------|-----------|-----------|

3. My blind date didn't go well – my date didn't \_\_\_\_\_ all evening. I won't be seeing her again!

|                   |                   |                  |                    |
|-------------------|-------------------|------------------|--------------------|
| make contact eyes | make eye contacts | make eye contact | making eye contact |
|-------------------|-------------------|------------------|--------------------|

4. I couldn't get a job with the police force because they said I was \_\_\_\_\_.

|               |               |            |          |
|---------------|---------------|------------|----------|
| mental health | short-sighted | paediatric | anorexia |
|---------------|---------------|------------|----------|

5. Stories that the rock star was involved in a road accident were just \_\_\_\_\_ - there's been no official announcement.

|           |            |             |           |
|-----------|------------|-------------|-----------|
| anecdotal | anecdoting | anecdotally | anecdoted |
|-----------|------------|-------------|-----------|

## 答案

### 1. 阅读课文并回答问题。

1. What is one of the concerns listed on the UK's government's plan for regulation of the internet and social media?

**The UK government's plan for regulation of the internet and social media contains a long list of online harms, including excessive screen use by teenagers.**

2. According to new research, how much of a young person's wellbeing is affected by using social media?

**The study by the Oxford Internet Institute concluded that most links between life satisfaction and social media use were "trivial", accounting for less than 1% of a teenager's wellbeing.**

3. True or false? *The research found there was only a small relationship between screen time and mental health.*

**True. The Oxford Internet Institute is confident its study is robust in its finding and that any correlation (or relationship) between screen time and mental health is very small.**

4. Who does the article suggest should be the person to make a judgement on how much social media time young people have?

**The article suggests it's down to personal judgement.**

4. Which word in the text means 'strong and accurate'?

**Robust. "The Oxford researchers are confident that their study is robust in its finding."**

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The football match was so exciting; we were **glued to** the TV until the final whistle was blown.

2. My boss takes a serious interest in my **wellbeing** by giving me the opportunity to work flexibly.

3. My blind date didn't go well – my date didn't **make eye contact** all evening. I won't be seeing her again!

4. I couldn't get a job with the police force because they said I was **short-sighted**.

5. Stories that the rock star was involved in a road accident were just **anecdotal** - there's been no official announcement.