

Text-Based Writing

# Technology And You

# 2016

4th & 5th Grade | Informative/Explanatory



**Directions:**

The following passages are about technology in our homes. Write an informative essay in which you explain how too much technology can have a negative effect on our lives. Use information from the sources in your essay.

**Manage your time carefully so that you can:**

- Read the passages;
- Plan your response:
- Write your response:
- Revise and edit your response

**Be sure to include:**

- An introduction;
- Support for your controlling idea using information from the passages;
- A conclusion that is related to your controlling idea

Your writing should be in the form of a well-organized, multi paragraph essay.

Source #1

## Technology and You!

Today, most of us have cell phones, televisions, and access to the internet. Believe it or not, fifteen years ago, that was not the case! In fact, technology is growing so quickly, we can't even keep track of how it's affecting us in our day to day lives.

How many hours would you say you spend in front of the television each day? For most Americans, it's somewhere between 4-6 hours a day! More importantly, 99% of all American households have at least one television, and 49% of them admit that they watch their tv's too much! Look at this data below to see some of the facts behind how much television affects us every year:

Number of minutes per week that parents spend in meaningful conversation with their children:	3.5
Number of minutes per week that the average child watches television:	1,680
Percentage of day care centers that use TV during a typical day:	70
Percentage of parents who would like to limit their children's TV watching:	73
Percentage of 4-6 year-olds who, when asked to choose between watching TV and spending time with their fathers, preferred television:	54
Hours per year the average American youth spends in school:	900 hours
Hours per year the average American youth watches television:	1500

According to this data, our American youth (aka students like you) spend more time watching tv every year than they spend in school! More importantly, more and more children are choosing to watch television instead of talking and enjoying time with their families.

While things like television and internet can be a great way to learn things, often times we don't use them for the right reasons. Using google to research your science project would be a smart way to use technology, but statistics show that most American students are spending hour after hours online playing games or surfing social media. Similarly, while television can be a great way to learn things, like world news or different nature topics, the majority of American preteens spend their time watching cartoons or reality television. Often times these types of shows expose students to excessive violence, bad language, and topics that are inappropriate for younger audiences. Do you think using technology like this is helping us grow and become smarter? Or are we being hurt by having all these high-tech gadgets so close to us all the time?

## Cyber Safety

Often times we hear reporters on the news talking about “Cyber Safety” and ways for parents to keep kids safe while they are using the internet. While the *World Wide Web* can be helpful for students who are researching facts or putting together projects, it can also be a very dangerous place if you are not responsible. The following topics are all things you need to be aware of to keep yourself safe on the internet!

### Cyber Bullying:

The internet is a great place for people to connect with friends from work or school. However, it is also a very dangerous place when it comes to cyber bullying. Cyber bullying is very similar to traditional bullying except it is even much more public and often times more painful. Not only can students send hurtful messages or photos to one another, but, often times, complete strangers will join in the harassment as well. While it may not seem dangerous, cyber bullying is responsible for harming hundreds of thousands of victims each year. Some students are bullied so badly that they must move schools, or start to have problems with depression or anxiety. The best way to stay away from cyber bullying is to not get involved with social media until you are ready. Be very careful with your privacy settings on your computers, and always turn to an adult you trust if you or a friend ever starts to feel bullied! Do not share your passwords with ANYONE but your parents and teacher, and never respond to a rude or harassing email if you receive one.

### Stranger Danger:

In the real world, it is easy to recognize strangers. However on the internet, it can be very tricky. Many times strangers will pretend to be young students your age and try to learn about you. This can be very dangerous because you think you can trust this person, but you can't; they are still a stranger! If you do not know who someone is, do NOT accept a friend request from them or respond to their emails.

Make sure your parents help you set up your privacy settings so no strangers can learn about you, and NEVER, EVER give out information like your full name, school or address to someone over the internet. Strangers on the internet are one of the most dangerous things about technology today, and you must be responsible to stay safe.

Reputation: While it is sometimes tempting to post pictures of yourself doing “grown up” things to seem cool, always remember, every action has a consequence. It may seem cool now, but any picture that you put on the internet becomes public property, and anybody can use it to hurt you or your reputation. A great rule of thumb for this danger is: If you don’t want your parents or teachers seeing it, DON’T POST IT!

While the internet can be a great place if used responsibly, sometimes this technology can prove to be a dangerous and difficult place to navigate safely! It is up to you to stay safe and make the right decisions!



# Television: Friend or Foe

In our society, most people have at least 2 televisions in their home. While television does have a lot to offer us in a positive light, sometimes relying on it too much can be detrimental, or harmful, to our health. Keep the following in mind:

**Bad for your health:** Watching too much television is linked to child obesity. When you are sitting in front of a tv, you are being very inactive, and this inactivity leads you to being unhealthy. Childhood obesity is a growing epidemic, or problem, in our society, and can lead to all sorts of life-long health problems like heart disease or diabetes. Similarly, watching too much television has also proven harmful for your eyesight, and can even cause headaches and dizziness if overused.

**False information:** Often times our friends and families get their information from television, but what happens when that information is wrong? Sometimes, when people rely too heavily on television to tell them the truth, people stop thinking for themselves and can actually start believing in false information. While most television is not created to purposely mislead you, screens writers and news stations are looking to present shows that you will enjoy, and sometimes “stretch the truth” to make their stories more exciting. It is hard to know what information is true and what is false when television is your only source of information.

**Slows you thinking:** Occasionally you will watch a tv series that really gets your mind thinking; maybe a behind the scenes look at ancient Egyptian pyramids or a “how to” show on building cars. But often times the shows we watch on television are nothing but spam and useless information that –believe it or not- affects the way we are able to think! Our brains work so that if we spend too much time listening to this information and not challenging our brains to analyze things, we actually start losing our ability to think critically. This means that when we are faced with challenges in the real world, we have trouble thinking for ourselves to solve it.

So before you sit down for a marathon of Teen Titans, think to yourself, “is this really the best way to be spending my time?” Chances are there is an even more enjoyable, healthier alternative waiting for you!!

# Get To Planning!

Introduction:

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Contention #1:

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Contention #2:

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Conclusion:

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