
BBC LEARNING ENGLISH

Take Away English 随身英语

Digital detox for children

给孩子们进行电子产品“排毒”



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Vocabulary: Technology 词汇：技术

Children are **hooked on** computers. Some spend up to six hours a day on their **gadgets**. They can be playing games live with others elsewhere in the world, **updating their status** on social media, **texting** friends or looking for the latest **app to download** to their **tablets** or **smartphones**.



Some kids spend up to six hours a day with their gadgets

This worried Martin Strott. He's the **headmaster** of the Old Hall School in Wellington, in the west of England. He was so concerned that he challenged his students to take part in a week of 'digital **detox**'.

Strott told the local newspaper, the Shropshire Star, that he encourages the pupils to be **computer-savvy** from a young age, but is concerned that too much screen time will affect the development of their **social skills**. He said that this over-reliance on digital **devices** "erodes family time and they're missing out on messages from body language and facial expressions from those around them".

According to the headmaster, the parents are happy with the initiative. But what about the children? Nine-year-old Fred usually spends around two hours on his gadgets at home after school and around 12 hours on weekends. For him, the digital detox experience was "really hard". Fred spent it playing outside, especially **cricket**. He said that he'll probably engage in different activities from now on but he did miss his phone and online games.

The idea of keeping children away from their **tech** for a while to prevent '**addiction**' is not particularly new. There have been similar initiatives in the US. But are they effective in the long run? Well, even if kids go back to their gadgets, the hope is that at least they'll think about how they use their time.

What about you: do you spend too many hours hooked on your digital devices?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. How long is the digital detox supposed to last?
2. True or false? *The headmaster thinks access to gadgets should only be given to children who are old enough not to get addicted to them.*
3. Who said the digital detox was a difficult experience?
4. According to the article, where else can you find digital detox initiatives?
5. Which word means 'the most recent'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I _____ my brother. He lives abroad.

miss out on	am concerned	am hooked on	miss
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2. Johnny _____ two hours a day playing computer games. His teacher isn't happy.

takes	goes	spends	stays
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3. Children start developing their _____ skills at an early age.

computer-savvy	digital	computer	gadget
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4. Mr Bradford's _____ do very well in exams. He's a great teacher!

pupils	schoolchildren	computer savvy	parents
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5. Has your father taken away your smartphone? I have a _____ problem. My dad told me I use it too much and he won't pay for my calls anymore.

same	similar	equal	identical
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Answers and Glossary 答案与词汇

Quiz 小测验

1. How long is the digital detox supposed to last? **One week.**
2. True or false? *The headmaster thinks access to gadgets should only be given to children who are old enough not to get addicted to them.* **False. The Old House School's headmaster encourages children to be computer-savvy from an early age.**
3. Who said the digital detox was a difficult experience? **Fred, a nine-year-old pupil at the Old Hall School.**
4. According to the article, where else can you find digital detox initiatives? **In the US.**
5. Which word means 'the most recent'? **The latest.**

Exercise 练习

1. I **miss** my brother. He lives abroad.
2. Johnny **spends** two hours a day playing computer games. His teacher isn't happy.
3. Children start developing their **computer** skills at an early age.
4. Mr Bradford's **pupils** do very well in exams. He's a great teacher!
5. Has your father taken away your smartphone? I have a **similar** problem. My dad told me I use it too much and he won't pay for my calls anymore.

Glossary 词汇表

to be hooked on	痴迷于做某事
a gadget	(常指新的科技) 产品
to update (their) status	更新他们的状态
to text	发短信
an app	应用程序
to download	下载
a tablet	平板电脑
a smartphone	智能电话
the headmaster	校长
detox	排毒
computer-savvy	精通电脑的
social skills	社交技能
a device	设备, 设置
cricket	英式板球
tech	科技
an addiction	着迷, 嗜好