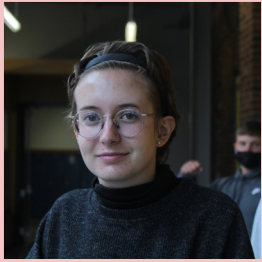# Growing Up with Technology

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Throughout the existence of the world, technology has vastly changed and grown and it has positively and negatively affected us. From the discovery of fire to the lightbulb, to the flashlight, we have always tried to find ways to improve our existence. In the past 30 years, our technology has made leaps and bounds, and it has majorly affected the way we, and future generations, will grow up. Technology has always affected the ways that we grow up, but are those effects currently good or bad?

While technology has had some excellent effects on how we have grown up, like allowing entertainment and easier ways of talking to people, it has also had many negative effects on our society. We have started to not appreciate the things that we have because they have become normalized in our society.

I remember when I got my first phone in 6th grade. I was only supposed to use it to make phone calls and it was meant to make sure I was safe when I was walking home from school. Last week on my cousin's 6th birthday, his parents got him a phone. He uses it to play games and chat with his friends online. He is six and he is learning more about how to talk to people online instead of in person.

Covid-19 has also not only majorly affected our society in many ways, but also affected how we have learned and the problems that can come with how we learned. While technology has made it easier to communicate, through face time and texts, and learn, through zoom or teams, it has also created many problems.

Young children are not able to learn how to talk to people in person and are relying on their devices as their only way to communicate. This means that once they see each other in person it is creating more anxiety and is making it harder for them to learn.

In elementary school, my family and I would go on a car trip and my parents always remembered to bring the DVD players. They wanted to always make sure that we had something that would distract us, so that we would not be loud or noisy during the trip. This is a great example of how our generation has always had something that can easily distract us, so we don't really know how to be bored.

While we were growing up, and even now, we have always had something within the reach of our hands to distract us and give us something to do. When that is taken away from us, we are filled with anxiety because we are not used to being alone with our own thoughts. According to a study at Duke University, teens today that use technology are showing signs of having, "difficulty paying attention and exhibited attention deficit-hyperactivity disorder symptoms."

GRAPHIC BY ZOE LAW

During quarantine for Covid-19, everyone was given more time to be at home and relax. While that was nice at first it did start to get boring really fast, so everyone turned to their electronics to find a cure for their boredom. Some people watched movies, others did different exercise activities, but a large number of people choose to turn to social media to find comfort.

I remember turning to the news and social media as a source of comfort even though it was anything but. I just wanted to know what was going on in the world when I felt trapped, but I ended up getting overwhelmed by everything happening in the world. It is not uncommon for people to need to take a news break because there are many bad things going on in the world, but when there is nothing else to do and you don't know how to be bored, you can be bombarded with too much.

While social media has provided us with a lot of help, we have become too dependent on it for our everyday lives. We have gotten to the point that we cannot live without technology and everyone in the world needs to realize the negative effect it is having on our lives.