

Are You Distracted By Technology? by Venus Sandoval

Yes, I am distracted by technology. I am constantly using it every single day. It is not only a distraction, but it is very addictive. When you have that electronic device in your hands you can't put it down. Technology can easily distract us from the task that we are doing at any time.

Technology has given us many gifts, among them, dozens of new ways to grab our attention. It's hard when you are talking to a friend and they didn't listen to you because they are on their phone. When you are on a phone or any device, you easily get distracted. "For two minutes you will get distracted by a technological device." The attention span is shortened because people are constantly on their device. "Mostly for teenagers their brains are rewarded not for staying on task, but for jumping to the next thing," said Michael Rich, a professor at Harvard Medical School and head of the Center on Media and Child Health in Boston.

You can also get in an accident when you are on your device as well. When you are texting while driving, you are more likely to crash. "Teens from 15 to 19 years old make up the largest proportion of distracted drivers." Also when texting while walking, people don't pay attention of what is in front of them. Mostly for teens that use the phone the most, they do not know what is happening around them because they are too busy on their technological device. Teens themselves don't seem to see the connection between paying attention and staying safe. It is just simple to put a phone away and continue what you were doing.

On the other hand technology can be actually very useful. It can entertain yourself; can help and teach us new and greater stuff. It provides us with a new and improved way to communicate. "Technology not only moves our world forward into a new and advanced era, but it connects our world in a way people never thought possible," said Teens Technology. Technology has impacted our lives greatly. You can do so many things with technology. Like search the internet for information, use cell phones for communication, and use other technology for making food. We are very grateful to have this power in our hands.

At the end we will still be using technology whether it is good or bad. It can easily get you out of focus. It can also get you in an accident. Technology can easily distract us at any moment.