



## STOP YOUR CHILD TURNING INTO A COMPUTER JUNKIE

It's a **warm** summer's day in the school holidays but the children are not out playing, they are in a **darkened** room, **glued to** the TV set, zapping aliens on their Nintendos or surfing the Internet.

As their friends ride their bikes, go swimming, play football and walk the dog, the only games your children play are those on the **computer**, and their only **pet** is the mouse.

For thousands of children the computer and the TV now dominate their lives, turning them into electronic **junkies** with virtual **childhoods** where real relationships are replaced by artificial ones...

Many children, too, begin their viewing early and finish late. Programmes designed to **entertain** young viewers begin in the early morning, so parents may still be in bed when their children are already up and channel **hopping**. According to an American **study** for the US National Institute of Education, ten hours TV watching a week is a **healthy** level and any more than that results in under performance at school and an unhealthy lifestyle.

Now, with the number of junior junkies growing dramatically, comes the first book aimed at **weaning** kids off their electronic **addiction** through a rigorous four-week programme.

Joan Anderson, author of Getting Unplugged says that children who watch too much television from an early age have difficulty concentrating, do less well at school, are less active and find it difficult to form relationships because they **spend** so much of their time in an imaginary world.



## VOCABULAIRE

junkie = drogué

warm = chaud

darkened = assombrie

glued = collés à

computer = ordinateur

pet = animal de compagnie

childhood = enfance

to entertain = distraire

to hop = sauter > channel hopping = passer d'une chaîne à une autre rapidement

study = enquête

healthy = sain

to wean = sevrer

addiction = drogue

to spend time = passer du temps



## QUESTIONS

A) What is the text about?

1. drugs
2. the time spent on computers and TV's
3. violence in movies

B) According to the survey, how much time can you spend watching TV a week?

1. two hours
2. eight hours
3. twenty hours

C) According to the article, children who watch TV too much are...

1. happier
2. more patient
3. worse at school



## REPONSES

A2 | B2 | C3

Les questions : A) De quoi parle le texte? des drogues ? du temps passé devant l'ordinateur et la télé ? de la violence dans les films ? B)

D'après l'enquête, combien de temps pouvez-vous passer devant la télé chaque semaine ? 2/8/20 heures ? C) Selon l'article, les enfants qui regardent la télé pendant trop de temps sont : plus heureux, plus patients, plus mauvais à l'école ?