**8年级（下）英语第2课时（第12周）**

**《Revision B vocabulary》学程拓展**

**请同学们阅读文章，查阅生词，并记录中文意思，词性，短语，例句等。**

Nowadays, many teens are badly addicted to using phones. It probably won’t surprise you that teens are texting more than ever before.

Instead of sleeping, Kenny Alarcon, 16, often texts with his friends through the night. Frances Garcia, a high school senior, sends and receives about 1000 texts each day. Both Frances and Kenny wake up several times during the night to text. Kenny even sleeps with his phone under his pillow.

Dr. Elizabeth Dowdell, a professor at Villanova University in Pennsylvania, says that it’s common for teens to be interrupted by texts while sleeping. “If they often lose sleep,” Dr. Dowdell says, “teens may become angry, or depressed. A lack of sleep can lead to weight gain and even obesity because many people turn to junk food for quick energy when they are tired.”

Some experts are worried about how texting is affecting teenagers’ lives. One concern is that students might not learn correct grammar and spelling if most of the writing they do is made up of text messages. Some people also worry that teens don’t spend enough time talking with others face-to-face, which could be hurting their relationships with friends and family. Moreover, all that texting takes away hours that could be spent studying, exercising, taking up a hobby, or just relaxing.

According to Dr. Dowdell, teens need to learn that they can and should turn off their phones sometimes. She had Kenny and Frances do an experiment. These were the rules: No phone for 48 hours. No computer or Internet either, unless it was for schoolwork.

After 48 phone-free hours, Kenny and Frances were interviewed. “Wow, it was pure torture(折磨),” Kenny joked. Kenny missed his friends, and he was sad at times. But he also felt relief from the constant texting. He spent time reading books and talking with his family, which he really enjoyed. Frances had an even happier result. “I loved it!” she said, “I was going to the gym and hanging out with friends and playing basketball. I had a wonderful experience.” Frances decided to continue the experiment for a while. “I think I’ll be so much smarter and healthier,” she explained, “everybody in the world should try it.”

———————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————————