

**Read the article below. Be prepared to express and defend your opinion about the following statement:**

***Society is too dependent on their digital devices, which effects them negatively***

Digital devices are everywhere in our lives these days. Many of us are addicted to them. There are new studies every day about the dangers to health of being glued to small screens. Children are not exercising; people are worrying about their body image because of online pressure; and people are being bullied by cyber-criminals. In a study of 1,000 adults in Japan, researchers found that half of the participants were addicted to their smartphones. They were unaware of their smartphone dependence. The study called for people to try "digital detox".

Digital detox involves switching off from the Internet to enjoy "real life". It involves the bygone custom of talking to people face to face and "doing everyday stuff". A digital detox organization in Japan said: "We want detox to be a catalyst for people to rethink their distance from their devices...to get ample rest." People should rely less on devices to avoid the new phenomenon of "nomophobia" – NO MOBILE PHOBIA. A psychologist warned of the dangers of being too absorbed in smartphones. She said people who ignore their responsibilities because of being online should try a digital detox.