

# Child mobile phone addicts get treatment

## READ THE TEXT

Two Spanish children are being treated for addiction to mobile phones. The children, 12 and 13, were admitted to a mental health clinic by their parents because they could not carry out normal activities without their phones.

The children were doing badly at school and spent an average of six hours a day, talking, texting or playing video games on their phones.

Dr Maite Utges, director of the centre where the children are being treated, said: "It is the first time we have used a specific treatment for a dependence on the mobile phone. "They both showed disturbed behaviour and had serious difficulties leading normal lives."

Before they started treatment both children had their own phones for 18 months and were not controlled by their parents.

The children have been learning to live without their phones. But Utges said they might need at least a year of treatment to get them off the "drug".

A study in Spain found that 30% of children between the ages of 11 and 17 felt "extremely anxious" when their phone was taken away. Another study found that 65% of children between 10 and 15 in Spain had a mobile phone in 2007.

Dr Utges said he is really concerned about mobile phone "dependency", parents should not allow their children to have mobile phones until they were at least 16.

### 1. ANSWER THE FOLLOWING QUESTIONS. USE YOUR OWN WORDS (2 POINTS)

a. Why are the two children under treatment?

b. According to the text, when do some children feel extremely tense?



**4. REWRITE THE SENTENCES WITHOUT CHANGING THE MEANING (1 POINT)**

a. He said: *"It is the first time we have used a specific treatment"*

- He said

a. You should not allow your children to have mobile phones until 16

- If I were you

**5. ANSWER THESE QUESTIONS (1 POINT)**

a. Write three places where you think mobiles should be prohibited?

b. What situations do you think a mobile phone would be really helpful? Write three ideas below.

**6. WRITE AN ESSAY (90 TO 100 WORDS) CHOOSE ONE OF THESE TOPICS (3 POINTS)**

- Advantages and disadvantages of mobile phones. Include points in favour of and against mobile phones
- Explain how technology has changed our lives (Internet, mobile phones, e-books....)

