

TEXT

TASK

Write a **summary of 70–90 words**.

The Impact of Smartphones on Teenagers

Smartphones are an essential part of teenagers' lives today. They use them to communicate, study, and relax. Many teenagers spend several hours a day on their phones, checking messages, watching videos, or scrolling through social media. This constant use makes smartphones both helpful and problematic.

On the positive side, smartphones allow teenagers to stay in touch with friends and family at any time. They also provide easy access to information and learning tools, which can support schoolwork. In addition, smartphones offer entertainment and help young people relax after a stressful day.

However, there are also serious disadvantages. Excessive smartphone use can reduce concentration, disturb sleep, and lead to stress. Many teenagers feel pressure to always be available online, which can affect their mental health. Experts therefore recommend setting clear limits and taking regular breaks from screens to create a healthier balance.

(approx. 140 words)

Remember:

- No personal opinion
- No examples
- Use simple present
- Use your own words