



"Are You a Screen Zombie?"

Do you check your phone every five minutes? Do you feel anxious when you can't find your smartphone? If the answer is yes, you may have nomophobia (no-mobile-phone-phobia). This is the fear of being without your cell phone.

Many teenagers today spend between 5 and 9 hours a day looking at a screen. They scroll on social media, check notifications constantly, and play online games until late at night. This habit can affect your sleep, your concentration in class, and even your mood.

But the most serious effect is on your social life. When you are always connected, you disconnect from the people around you. You become a screen zombie. Your friends are next to you, but you only see your phone.

The good news? You can change this! Start by checking your screen time in your phone settings. You will be surprised by the number. The first step to change is to know your habit.

Did you know? The average person touches their phone 2,617 times a day. How many times do you touch yours?

VIII. PREGUNTAS SUGERIDAS PARA EL QUIZ INTERACTIVO

1. **What is "nomophobia"?**
 - a) Fear of spiders
 - b) Fear of being without a mobile phone
 - c) Fear of social media
2. **According to the text, teenagers spend...**
 - a) 1-2 hours a day on screens
 - b) 5-9 hours a day on screens
 - c) More than 12 hours a day on screens
3. **What does the word "scroll" mean in the text?**
 - a) To run fast
 - b) To move text or images up/down on a screen
 - c) To write a message
4. **Using your phone too much can affect your concentration in class.** T F
5. **According to the article, what is ONE negative effect of too much screen time?**

6. **What is the first step to change your habit, according to the article?**