STOP YOUR CHILD TURNING INTO A COMPUTER JUNKIE

It's a warm summer's day in the school holidays but the children are not out playing, they are in a darkened room, glued to the TV set, zapping aliens on their Nintendos or surfing the Internet.

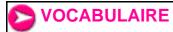
As their friends ride their bikes, go swimming, play football and walk the dog, the only games your children play are those on the computer, and their only pet is the mouse.

For thousands of children the computer and the TV now dominate their lives, turning them into electronic junkies with virtual childhoods where real relationships are replaced by artificial ones...

Many children, too, begin their viewing early and finish late. Programmes designed to entertain young viewers begin in the early morning, so parents may still be in bed when their children are already up and channel hopping. According to an American study for the US National Institute of Education, ten hours TV watching a week is a healthy level and any more than that results in under performance at school and an unhealthy lifestyle.

Now, with the number of junior junkies growing dramatically, comes the first book aimed at weaning kids off their electronic addiction through a rigorous four-week programme.

Joan Anderson, author of Getting Unplugged says that children who watch too much television from an early age have difficulty concentrating, do less well at school, are less actives and find it difficult to form relationships because they spend so much of their time in an imaginary world.



junkie = drogué

warm = chaud

darkened = assombrie alued = collés à

computer = ordinateur

pet = animal de compagnie

childhood = enfance

to entertain = distraire

to hop = sauter > channel hopping = passer d'une chaîne à une autre rapidement

study = enquête

healthy = sain

to wean = sevrer

addiction = droque

to spend time = passer du temps



- A) What is the text about?
 - 1. drugs
 - 2. the time spent on computers and TV's 3. violence in movies
- B) According to the survey, how much time can you spend watching TV a week?
 - two hours
 - eight hours
 - 3 twenty hours
- C) According to the article, children who watch TV too much are...
 - 1. happier
 - more patient
 - worse at school



A2 | B2 | C3

Les questions : A) De quoi parle le texte? des drogues ? du temps passé devant l'ordinateur et la télé ? de la violence dans les films ? D'après l'enquête, combien de temps pouvez-vous passer devant la télé chaque semaine ? 2/8/20 heures ? C) Selon l'article, les enfants qui regardent la télé pendant trop de temps sont : plus heureux, plus patients, plus mauvais à l'école ?