Benefits of Smart Phones for Teenagers

Teenagers and smartphones are an unstoppable force. In 2011, 36 percent of US teens had a smartphone. One year later that number had skyrocketed to 58 percent—a solid majority of the total youth market. It would be hard to find a single high school in North America where the hallways aren’t crowded with teenagers texting and chatting away. Is all that time spent texting, listening to music, playing games, and fiddling with apps really good for kids? Some of the answers may surprise you.

Scientists have uncovered new evidence that today’s teenagers are able to adapt to their environment faster than people in their twenties and thirties. Their neurological agility—which many attribute to heavy use of technology, including smartphones—is helping researchers to identify mental illnesses while they’re still in their infancy.

85 percent of mothers say that their children’s smartphones “definitely ease the back-to-school strain, making this time of year less stressful overall.” Smartphones help kids by empowering mothers to maintain contact with their children, keep tabs on their whereabouts, monitor their social media accounts, and plan their schedules.

When parents aren’t around, kids can use smartphones to capture video and photos to share with family later. Without access to that technology, families would miss out on many precious moments.

Teachers are discovering that apps for mobile devices like smart phones are some of the best, most engaging ways to teach difficult subjects like math and science. For example, the free NASA app offers videos, images, and interactive displays that bring space to life in a way that a lecture never could. Squeamish students or those with strongly-held ethical principles about animal cruelty can dissect virtual frogs on their phones, and math-phobic students can practice their multiplication tables via games and puzzles.

**Socializing**

Mobile phones play important roles for teenagers in their social interaction. Calling and texting are the ways for teenagers to keep connecting with their friends nowadays. Despite of face-to-face communication, having interaction via calling and texting can ensure their friendships with friends last longer.

Smartphone-using teens are more likely to be in daily contact with their closest friend than teens without smartphone access (62% vs. 51%). They are also more likely to have made a friend online: Six-in-ten teens with a smartphone have made at least one friend online, compared with 48% of those who do not use smartphones. There is also a bit more drama associated with smartphone-using teens. They are more likely to say they have argued with a friend about something that first happened online or via text than those who do not have a smartphone (29% vs. 19%).

But having a smartphone, and the constant access to the Web it provides, does not mean that teens are not interacting with their close friends face-to-face. In fact, teen smartphone users are more likely to say they spend time with their closest friend at a number of in-person activities, including at school, at someone’s house or while shopping. Non-smartphone-using teens are more inclined to interact with their best friend at a place of worship, while there is no difference based on extracurricular activities such as sports and clubs, in a neighborhood, at work or online.

**Convenience**

Mobile phones are useful for teenagers and so their parents. It plays important roles in parenting. For example, parents can get to know the locations of their children and whether they are safe or not. Teenagers can also connect with one another anytime by using mobile phones.

In school, an advanced mobile phone can help teenagers to search information with the searching application in the phone. Moreover, the educational applications can enhance their knowledge whenever and wherever. For an instance, the e-Book. Teenagers can explore themselves as they feel free to do so.

**Social Media Builds Empathy**

I saw it all in my newsfeed this week: a former roommate gave birth (to twins!), a friend raised money to rebuild his home after a fire, a grad school professor started chemotherapy for lymphoma and his digital support group, “#downwithlumpy,” went viral. I liked, donated, tweeted, commented and prayed over those updates. I witnessed the circle of life, beamed through my smartphone. But was I really making a difference? Social media and digital technology are seeping into the biggest moments of our lives–not to mention into the monotony of everyday events. Now, researchers have begun digging more deeply into how this new connectivity is transforming us and our relationships, just as experts are beginning to ponder how we can use these digital technologies to help us live more meaningful and compassionate lives.

Contrary to the popular narrative, even many younger Americans see social media as a place where they find meaning. A 2013 study found that teenagers often feel that social media helps them to deepen their relationships with others.

First of all, it can reduce stress levels: A new Pew survey released last month found that not only is social media use not generally associated with increased stress for most users, but that “women who use Twitter, email and cellphone picture sharing report lower levels of stress” than those who do not use the technologies.

This isn’t always true, but that’s not bad news either: Pew reports that exposure to difficult events in the lives of others through social media can cause increased levels of stress, particularly in women, a phenomenon sometimes called “the cost of caring.” So as social media makes you increasingly aware of events in other people’s lives, you can wind up feeling more emotionally wound-up in their well being. “‘The cost of caring’ is that you feel stuff about other people.

“In the grand scheme of communities and society, there’s probably a pretty good case to make that being aware of the good and the bad just makes you a little bit better a friend and a little bit more tuned into what’s going on around you,” Rainie said. “That might be a better thing, even for the cost of it, than being disengaged.”