



### 本集内容

Is screen use really bad for kids? 专家称无需过度担忧看屏幕对儿童的危害

### 学习要点

有关“technology and health 科技和健康”的词汇

### 边看边答

When should parents not allow screen use by children?

### 文字稿

Young people today grow up surrounded by **digital entertainment** and information on multiple screens, whether via computer, smartphone or television.

如今的年轻人在多屏**数字娱乐**和信息的包围下成长，无论是通过电脑、智能手机还是电视机。

In its guidance to parents, the Royal College says the popular view that time in front of a screen is **toxic** to health has essentially no evidence to support it.

英国皇家儿科和儿童健康学院在给家长的指导意见中表示，长时间坐在屏幕前**有害**儿童健康的观点从根本上来讲是没有证据支持的。

Professor Russell Viner, President, Royal College of Paediatrics and Child Health

Many things are harmful to us. Crossing the road is harmful. Even reading, which we think of as a really important thing, actually is a bit of a **sedentary occupation** that can **keep you up at night**. So we think that there's a balance to be struck. There are harms from screens. But actually, screens bring us great opportunities and we have to balance those.

罗素·瓦伊纳教授 英国皇家儿科和儿童健康学院院长

“很多事情都对我们有害。过马路就很危险。就连看书这件大家认为很重要的事，其实都算是**久坐不起**的活动，有可能**让你夜不能寐**。所以我们认为有必要找到一个平衡点。看屏幕是有害处，但它其实也给我们带来了巨大的机遇，我们必须权衡利弊。”

The guidance says parents with healthy, active children should not worry greatly about computer and smartphone use, although it recommends no screens for an hour before bed, in part because the light can slow the release of the sleep-inducing hormone melatonin.

这份指南说，如果孩子健康、活跃、好动，那么家长不必过多担心电脑和智能手机的使用，不过指南建议在睡前一小时不要看屏幕，部分原因是光线会减缓促进睡眠的褪黑激素的释放。

The Royal College says families should negotiate **screen time limits** with their children, based on individual needs and how much they impact on sleep, physical and social activities.

英国皇家儿科和儿童健康学院表示，家长应和孩子就**看屏幕的时间限制**进行沟通，并根据个人需要以及屏幕对睡眠、身体和社交活动的影响程度来决定。

## 词汇

digital entertainment 数字娱乐

toxic (对健康)有害的

sedentary occupation 久坐的职业、活动

keep you up at night 让你夜不能寐

screen time limits 看屏幕的时间限制

视频链接: <https://bbc.in/2Fo190L>

## 你知道吗？

University of Manchester researchers say higher levels of cyan – a colour between green and blue - keep people awake. The researchers want to produce devices for computer screens that allow users to control cyan levels.

英国曼彻斯特大学的研究人员称，较高水平的青色光（一种介于绿色与蓝色之间的颜色）能让人保持清醒。他们想制造出能让使用者控制青色光水平的电脑屏幕设备。

## 问题答案

The Royal College of Paediatrics and Child Health's recommendation is that parents don't allow the use of screens for an hour before children's bedtime.