

Parents have trouble taking kids off screens
父母很难让孩子离开电子屏幕

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一项为慈善机构“儿童行动”所作的调查发现,英国的许多父母发现让自己的孩子去做作业比让他们关掉手机、笔记本电脑或电视更容易。以下是 BBC 罗伯特·皮戈特的报道。

Action for Children questioned 2,000 parents and found that almost a quarter **struggled** to restrict their children's screen time. In comparison, only about a fifth said they found it difficult to **persuade** children to eat healthily or go to bed on time. Homework was a problem for only one in ten parents.

Recent research from Cambridge University found that long periods in front of a screen **undermined** children's performance in exams. An extra hour every day of screen time at the age of 14, **correlated** with a lower score at **GCSE** at the age of 16, equivalent to two grades.

Action for Children said **unplugging** youngsters from electronic devices was also important to build strong relationships with parents which made children better able to communicate with adults and less **susceptible** to bullying or abuse outside the home.

词汇表

struggled	千方百计
persuade	劝说
undermined	削弱
correlated	相关联的
GCSE	(英国) 普通中等教育证书
unplugging	拔掉(电源插头)
susceptible	容易受到...影响的

测验

请听报道并回答下列问题。

1. What percentage of parents had difficulty limiting their children's screen time?
2. What percentage of parents had difficulty telling their children to go to bed?
3. At what age does it become apparent that too much screen time has affected children's academic performance?
4. Why might children who have too much screen time end up being bullied?

答案

1. What percentage of parents had difficulty limiting their children's screen time?

A quarter, which is equivalent to 25%.

2. What percentage of parents had difficulty telling their children to go to bed?

A fifth of the parents who took part in the research, which is equivalent to 20%.

3. At what age does it become apparent that too much screen time has affected children's academic performance?

When they were 16 they had a lower score at GCSE.

4. Why might children who have too much screen time end up being bullied?

Because of their lack of good communication with their parents and adults in general.