

Bronte Perigo

iGeneration

The children raised with iPhone
technology.



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by Bronte Perigo

In the decades since its introduction, Apple as an industry has developed vastly beyond the technologies of competing companies. In the 2000's, their technology evolved rapidly and with the establishment of the iPhone the modern world was thrust into a new era of smart technology. Thus, the arrival of this technology provided unprecedented access to the wider world to be in common use amongst businesses, universities, schools and individuals of all ages. However, when these devices became prevalent, it was unknown how it would impact the next generation. Thus a generation of people impacted by the internet would be followed by one dominated by the iPhone. Which begs the question, does a child's mind adapt to the technology available at any time? Consulting parenting articles, statistics and academic sources will determine how these devices impact developing brains and whether this impact is positive or negative overall.

While Apple technology such as the iPhone and iPad have been found extremely useful for parents and guardians in keeping young



children occupied during the day, there have been many studies which suggest that exposure to these technologies early in life (while the brain is still developing) can prove potentially harmful to the development of social skills and may cause behavioural issues. These issues make it increasingly difficult for children to control their emotions and even develop empathy. In a study by Nicholas Carr, it was stated that “distractions could make it more difficult for us to experience deep emotions”(https://www.opencolleges.edu.au/informed/features/5-ways-digital-media-impacts-brain/) and was deduced that the more distracted someone is, the less they are able to exhibit empathy.

Apple devices including the iPhone are commonly used for educational purposes, including research and collaboration. In this context, use of apple devices within set time frames can be extremely useful for developing minds to encourage advancement in multi-tasking, information analysis/reading and visual creativity. When used responsibly, the iPhone has tremendous potential to advance

visual skills in children at multiple levels of development. As well as this, while iPhones are said to be harmful more children in the development of good social habits. Some, especially those who face Autism Spectrum Disorder (ASD), actually benefit from iPhone technology as it allows them to express themselves in a new and productive manner.

Children that grow up around the influence of Apple's iPhones are instantly more susceptible to mental illness and health problems later on, resulting from an inability to effectively communicate thoughts/ emotions. While smart phones can lead adults to become anti-social, in children and teenagers, "frequent digital media use is associated with greater psychological distress in boys and girls." (Liota,M). This distress may present in many ways, including paranoia, aggressiveness, narcissism, and antisocial behaviour. The physical side effects coming to light are also concerning, with recent scientific trials finding overexposure to smart devices including the iPhone are causing horn-like bones to develop

in the back of childrens' skull's from looking down at phones.

Furthermore, it can be deduced that exposure to iPhone and Apple devices from a young age can become problematic later on in terms of emotional and social development but also allows the children of this new generation to intellectually evolve.



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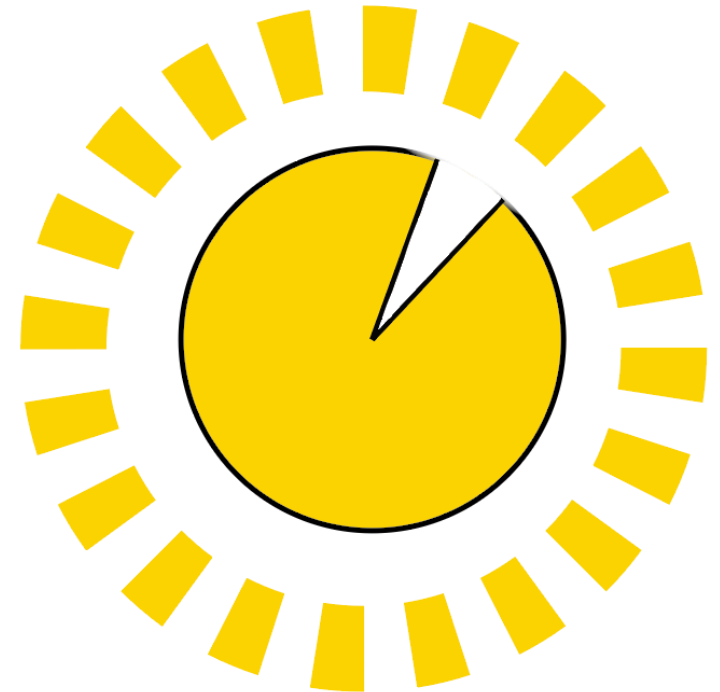
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As of 2018, 1 in 4 children of six years old and under have access to and are using a smart phone.

Of this 25% of children, almost half spend 21 hours a week on screen time. That is 2 hours every day.



What Age Do Children Get Their First Phone?

According to recent statistics of 2019, on average, children are most likely to have been given their first phone at the following ages. This information is an accumulation of parenting articles and surveys concerning the age at which children should be given their own smartphone.

