

## **Put Down Your Phone**

Beyond all doubt, mobile phone has become part of our life. A survey from the University of Hong Kong in 2013 showed that over 95% of Hong Kong people who are under 35 years old constantly used their mobile phone every day. Also, over 60% of the mobile phone users were addicted to the activities associated with their phones. They would feel anxious and stressed without carrying their mobile phones.

What is more, an excessive use of mobile phone does not only harm our neck, shoulders and eyes, but also discourages physical exercise. Also, it creates a culture of isolation in which we disregard people around us and only interact with the mobile phone all the time. Mobile phone causes many problems to our health and relationship with others. What then should we do to alleviate the problems?

To start with, the Government should promote the message about the harmful effects of using mobile phone too frequently to citizens. More funds should be put into the promotion of the proper use of mobile phone through posters, advertisements or TV programmes. The government should also organize some activities to draw public attention, such as quizzes and fun fairs.

In addition, our Government can enforce new laws to minimise the harmful effects of mobile phone on citizens. For example, the phone companies should be required to show clearly the harmful effects of mobile phone on the packaging. Maybe a proper time frame on using mobile phone should be suggested to their customers. This would be desirable as we can be reminded of the detrimental effects of using mobile phone too much.

Last but not least, talks can be conducted at schools to make students aware of the proper attitude towards the use of electronic gadgets, in particular mobile phone. Schools teachers can spot some students who are likely to be addicted to mobile phone activities and give them guidance and counseling. Prevention is always better than cure.

To conclude, we need to have self-discipline to stop ourselves from being obsessed with using mobile phone. The Government should also play its essential role in promoting a correct attitude towards the use of mobile phone through publicity, enforcement of relevant laws as well as education.