**Should Rich Countries Be Required to Help Poorer Countries?**

Envision billions of poor people suffering from poverty, every single second a heavy burden. Tearing screams of thirst, hunger and poor infrastructure are all stems leading to the main problem: the lack of money. This mainly occurs in undeveloped countries, lacking essential money for survival, every square metre affected. Yet rich countries have plenty of the supplies the poorer countries require, and a single donation could save a family’s life. So, the question arises: should rich countries be required to help poor countries? Undoubtedly, the answer is yes. Developed countries must acquire a responsibility to help less developed countries.

Poverty has increased by 18% from January 2023 to March 2024, an elucidation that developed countries have not addressed the situation. The moment we speak someone is suffering from poverty, having heartbreaks as the person watches their whole family dying from hunger and thirst, knowing that they are useless. That they cannot do anything, they’d know how people suffer when they are in poverty, and if they were rich, they would spend all their money helping other poor people in an undeveloped country. Time is precious, every second a life risking step. Taking notice of the situation late is better than never, and by simply offering as little as ten dollars could save someone’s life.

Beyond saving someone’s life, rich countries supporting poorer countries benefit everyone. Politically, aiding a poorer country will reassure the government and ease their work, cooperating to make a faster and more efficient team. Economically, it would greatly support a variety of people, boosting global markets and opens more trade opportunities. Socially, the support of an international cooperation and opens up a secure bond with the countries, using the support of one another. Technologically, it creates a deeper space of understanding with medical care facilities. Legally, it aligns with human laws and is a step forward in kindness. Environmentally, it helps groups to cooperate and tackle situations like global warming and will help wash out the germs by showering in people who live in poverty, which reduces germs spreading on buildings.

Assisting poorer nations will help in human advancement and survival, provide vast opportunities to explore and create a general better well-being in the country. It is an essential deed that rich countries support the poorer nations. A friendlier, safer world is only achievable by helping those in need.

**Are Smartphones Making Us Dumber?**

Smartphones are known for their usefulness and convenience, from the ability of gaining an answer to a question at light speed to using it to order things online without making a trip to the local shop. Yet ironically, the uses of smartphones have terrible consequences, which outweigh the benefits of using one. It is most known that smartphones disturb the human’s natural instincts of cognitive skills, such as critical thinking, memory recalls and reduced attention spans.

Imagine a family sitting around a table, staring at their mesmerising phones, as if having a life on a screen? Unlike the olden times, people living in the present tend to not exercise and are not social. Smartphones emit substantial amounts of blue-light, and too much of this can make a person nauseous and affect their decision making.

Smartphones seem like a vortex to escape reality, and whilst this seems like a somewhat exaggerated claim, it severely damages the connection made with family bonding times and social times, encrypting the person’s mind in this abstract virtual reality. And worst of all, smartphones suck you deeper in to the vortex until you are addicted to it, forcing yourself to severely damage your brain and mind, and also missing essential breaks from the screen.

A study in 2014 showed that 86.239% of people who use smartphones regularly have a 56.75% more chance than the average person to have short-eyed sight and 21.76% more chance to have an eye disease. They also showed a lower heartbeat rate, which affects their overall wellbeing. They also showed a 96.5% chance of getting depression or any type of mental disease.

Ultimately, smartphones can have a drastic impact if not handled correctly, and whilst they might seem innocent on their appearance and are certainly convenient and easy to use, they also have terrible consequences. Smartphones are a use of utility, not to be overused or obsessed with.

**Should school start later?**

Every single day of the week, students are being forced to wake up and be rushed to school whilst their brains are not fully awake. Studies show that 89% of people who wake up at school times have an 87% chance of doing worse on a test then their active, awake selves. They also are more ill-tempered, showing stubbornness of a mule. A solution must stop this unbearable cycle, and the answer is simply school starting later.

Imagine a student, eyes drooping down as they struggle to crawl on their seats, every step a dizzy intake, their mind scrambling for an answer of why they are feeling so exhausted and tired. Students are forced to wake up around the world as early as 5:00am, their brains not refreshed and not absorbing the information presented to their minds. How are students expected to get good results on their test when they are sleep deprived?

Studies show that teenagers have a very peculiar sleep rhythm compared to an adult, as teenagers have less rest time, a higher stress rate and have around 67% of having a heart attack, 87% of developing depression and a 65% decrease in social activities. Teenagers are suffering from the lack of sleep, particularly from the rush of school, getting around 2-5 hours of sleep, every new day a struggle.

Ultimately, it is essential for students to receive enough sleep, because students always get forced to school with their brain half awake, and a bad attitude. They also would perform better if they had the opportunity to sleep more. Thus, school starting later will ensure a better night’s sleep and increases many opportunities.