*1. Should Rich Countries Be Required to Help Poorer Nations?   
Should Rich Countries Be Required to Help Poorer Nations? That has been a large dilemma amongst us. What are the negatives and what are the benefits? Today, I will speak on my behalf that Rich countries are to be required to help poorer nations. To start off, richer countries can promote global stability and security by addressing poverty and inequality. Foster economic growth by investing in education, healthcare, and infrastructure in developing nations, and address ethical responsibility. These 3 reasons are the key to helping our poorer nations. These are my three reasons and lets dive straight in.*

*To start off, When poorer countries face extreme poverty, it can lead to political instability, social unrest, and even conflict. Richer nations have a vested interest in fostering global peace and stability. By investing in the development of poorer nations, wealthier countries can help reduce the risk of migration crises, terrorism, and regional conflicts that could eventually affect the global community. Therefore, richer countries must provide money to poorer countries in case the poorer nations don’t face intense poverty.*

*Moreover, supporting poorer nations can create new markets for goods and services. As these countries grow and develop, they can become trade partners, driving economic growth worldwide. Economic development can also lead to the creation of new jobs and industries, benefiting the global economy overall. Thus, rich countries can help the poor with new markets for goods and services.*

*Finally, richer nations often benefit from historical factors such as colonisation, exploitation of natural resources, or unequal trade systems that have contributed to the wealth gap. Given this, many argue that wealthier countries have a moral obligation to help address these disparities. Offering aid and investing in the development of poorer nations can be seen as a way to right past wrongs and ensure more equitable opportunities for all people. Hence, richer countries must give some help towards poorer countries to ensure more equitable opportunities.*

*In summary, richer countries are required to help the poorer countries due to global stability, foster economic growth and address ethical responsibility. It is quite essential that the poorer nations are considered by the more fortunate and wealthy nations.*

*2. Are smart phones making us dumber?*

*Are smart phones making us dumber? That is a large question that has been floating around our minds for decades. So, are smart phones making ourselves dumber? In my opinion, I believe it is not making us dumber but making us more technological. To start off, technologies can help us accomplish more complex tasks, and they can supplement our thinking. They can also help us improve our cognitive functions, such as memory, attention, and problem-solving skills. Now that you understand my 3 reasons, lets dig right into the assumptions many make about technology.*

*To start off, technology or smart phones can help us accomplish more difficult tasks. Smart phones can help us find directions, store information, and calculate things. For example, GPS can help us find our way to a destination and choose the best route based on traffic conditions. Smart phones can help us know the weather which is hard to base on without any other source.*

*Clearly, smart phones are a way of help and they can help us accomplish more difficult tasks that we cannot do. Hence, I believe that we should consider the use of smart phones as it can accomplish many impossible things.*

*Additionally, smart phones can supplement our thinking. Smart phones can free up brain energy so we can think about other things. For example, we don't need to memorise phone numbers or solve complex maths problems with pen and paper. This would benefit us greatly as we can simply type in notes instead of trying to remember different things. Smart phones are clearly useful in many different ways. Thus, we must consider it in our daily lives as it can supplement our thinking.*

*Lastly, smart phones may improve our cognitive skills. Usually, the daily person doesn’t have much cognitive skills but with smart phones, we can download brain apps, which may relax the brain and improve our cognitive skills such as memory, attention and problem solving skills.*

*In conclusion, smart phones may not be making us dumber but actually improving us. We can accomplish difficult tasks, supplement our thinking and improve cognitive skills. Clearly, smart phones are a way of help and not harm.*

*3. Should School Start Later*

*Should school start later? Big question. School should start later because it can improve academic performance, better mental health and aligned with natural sleep patterns. Now that you know my 3 points, lets have a deep dive into school times.*

*To start off, school should start later for students’ academic performance. Research shows that students who get enough sleep tend to have better grades and cognitive abilities, making learning more effective when school starts later. This is usually a big problem around students as they are not able to get enough sleep due to the tight times of school. However, making school start later can stop this major problem. Students can sleep more, allowing them to have better grades and that pupils will improve overall. Thus, school should start later for the well being of students.*

*Additionally, young learners can develop better mental health. Later school start times can mitigate the negative effects of sleep deprivation on mood and behaviour, potentially reducing anxiety and depression symptoms in teenagers. Reducing the depression and anxious symptoms can prevent the chance of suicide to occur as many teens who experience depression or anxiety would have a goal to suicide as they feel that they won’t have much in their life. We can mitigate the number of suicides by just adjusting the times so that they can develop better mental health. Hence, we must adjust our school times so that pupils can develop better mental health.*

*Finally, the school times may be aligned with natural sleep patterns. Adolescents naturally have a later sleep-wake cycle, so starting school later allows them to get closer to the amount of sleep they need for optimal functioning. This will improve the adolescent heavily as they will be energised as they wake up because they have their own sleep routine. Ruining the sleep patterns of others will make them feel sloppy and unhappy. Therefore, we must consider changing the school times so that it can fit with youths’ sleep patterns.*

*To sum up, school times should start later because it can improve the well being of students, have better mental health and can align with many youths’ sleeping patters or routines. Essentially, it is crucial that we change school times to benefit children and make the learning useful instead of useless.*

*Interview questions:*

*1. My friends would describe me as a loving and caring person. They would describe me as a great friends who shows empathy at all times.*

*2. I have helped many of my friends and peers with their studies to make sure they get the best possible mark. Although it may seem like a competition I always try to educate my friends or peers with as much learning as possible.*

*3. I play flute and piano. I play both instruments for fun but also take lessons. I am grade 3 in flute and started 2 years ago. And I am grade 2 for piano as I started last year.*

*4. I handle disagreements politely and never act out because what does acting out do? It just makes it worse. I try to communicate to my peers or friends to make them understand what is wrong or I apologise if I make a mistake.*

*5. I have an older sister who doesn’t quite like me. I don’t talk or play with her much as she is filled with her studies. We usually never get along together and we are always angry with each other.*

*6. If I saw one of my classmates being bullied, I would stand up for them. I would try to calm the situation down to make sure that I can mitigate the chances of injuries in the fight.*

*7. I would like to be a doctor when I grow up because I like to help people and both of my parents were doctors which inspired me to become one too.*

*8. Sometimes, it is okay to lie. Sometimes you can say a white lie to make someone feel better because the truth can be rude to us sometimes which is why is normal to lie.*

*9. One thing that I would change around the world is poverty. Many families experience poverty and if we change that the entire world would change.*

*10. I stay informed with news events because I have an app called The Australian which is an app that can tell me the daily news everywhere.*