

Section 1:

#1 Strengths: Your powerful opening scene at the dinner table creates an immediate connection with readers. Your comparison of screens to sugar is memorable and creates a clear analogy.

Weaknesses: Overreliance on rhetorical questions → You use many rhetorical questions that might weaken your argument rather than strengthen it. For example, "Would you let your child eat ice cream for dinner every night because *you* do?" While questions engage readers, too many can make your writing seem less direct and assertive.

Exemplar: ***Instead of asking if we'd let children eat ice cream nightly, consider how we're modelling unhealthy digital habits that shape our children's future relationship with technology.***

#2 Strengths: Your use of research evidence from credible sources strengthens your argument. The statistics about screen time for different age groups are particularly effective.

Weaknesses: Disconnect between claims and solutions → While you effectively establish the problem of excessive screen time, your suggested solutions appear briefly at the end without enough development. When you mention "Lock it away before bed. Create screen-free family rituals," these solutions feel rushed compared to the detailed problem description.

Exemplar: ***Try creating designated screen-free zones in your home where the whole family can reconnect without digital distractions. The dining table can become a sacred space where genuine conversations replace scrolling, helping children develop crucial social skills that screens cannot teach.***

#3 Strengths: Your metaphor of a "family firewall" is creative and reinforces your main message. Your emotional appeal about children being "digitally orphaned" creates a powerful image.

Weaknesses: Limited counterarguments → You don't address possible objections to your position. Many parents might think, "I need my phone for work" or "My screen use doesn't affect my children." Without acknowledging these viewpoints, your argument might not convince those who disagree with you.

Exemplar: ***While many parents believe their work-related screen time is necessary and harmless to family dynamics, even essential digital tasks can be scheduled during specific hours, leaving quality family time truly undistracted and meaningful.***

■ Your persuasive essay makes excellent points about screen time affecting both children and adults. The title "Screens Are the New Sugar" creates a strong analogy that carries throughout your piece. However, you could make your writing more convincing by including more specific examples of how families have successfully implemented screen limits. Also, try adding a

paragraph that speaks directly to parents who might resist your message because of work demands or other pressures. Your conclusion feels a bit rushed - take time to restate your main points and leave readers with a stronger call to action. Additionally, you could improve the flow between paragraphs by adding clearer transitions. The quote from Joyce Meyer works well, but you might consider adding examples from everyday family life to help readers see themselves in the situations you describe. Your writing would be more powerful if you balanced your alarming facts with more hopeful solutions throughout, not just at the end.

Score: 43/50

Section 2:

- 'Screens Are the New Sugar: Why Parents Should Follow Student Screen Time Limits Too'***

You're at the dinner table. Plates clink. The spaghetti's hot. But everyone's gaze? It's glued to a screen. Your child's scrolling TikTok under the table. You're checking work emails. No one's really *there*. The screens aren't just stealing attention --- they're robbing families of moments they'll never get back. And the truth is, it's not just the kids. It's us, the parents, who need to wake up. #1

We enforce screen time limits on students to protect their brains, focus, sleep, and mental health --- but what if I told you adults suffer from the exact same consequences, sometimes worse? If we want our children to thrive in a healthy digital environment, it's time for parents to not only preach limits but practice them too.

"Children are great imitators. So give them something great to imitate." -- Joyce Meyer

Parents are the original influencers. When we demand our kids limit screens, yet scroll endlessly ourselves, our message collapses like a house of cards. It's not hypocrisy --- it's sabotage.

According to a 2023 study by [The World Health Organisation], children aged 8 to 18 spend an average of **7.5 hours** daily on screens. But the real shock? Adults average **8 to 10 hours** --- and that's outside of work hours.

We're modeling dependency. ~~Imagine telling your child to stop drinking soda while gulping a two-liter bottle yourself. Absurd, right? But this is what we do with screens every day.~~ [We do this with screens every day, just like telling your child to stop drinking soft drink while gulping a two-litre bottle yourself.] So let's be honest. Screens are the new sugar.

They're addictive, instantly gratifying, and ruinous in excess. Like sugar, screen time gives us a dopamine high, a rush from scrolling, clicking, bingeing. But the crash? It's real. Fatigue. Anxiety. Isolation. Just as a sugar-rich diet leads to obesity and diabetes, screen overload causes what neuroscientists now call "**digital dementia**" --- a decline in memory, focus, and cognitive ability.

Would you let your child eat ice cream for dinner every night because *you* do? Of course not. So why ~~normalize~~ [normalise] screen gluttony?

And just like a sugar detox, reducing screen time is painful but liberating. Families rediscover books. Board games. Conversation. Sleep.

Yes, sleep.

A Harvard Medical School study showed that screen light before bed reduces melatonin, delaying sleep by up to 90 minutes. That's for *everyone*, not just kids.

Screen time limits are often treated like punishments --- restrictions placed only on students. But this sets up a toxic "us vs. them" dynamic. It paints parents as rulers and kids as addicts. This divide weakens the family bond. #2

Instead, imagine screen limits as a **family firewall** --- not to lock people out, but to keep the important stuff *in*. Like conversation. Eye contact. Emotional safety.

By creating screen-free zones (like the dinner table, bedrooms, or car rides), everyone is held accountable. And children feel respected, not restricted. It's not about control. It's about **connection**.

This might sound controversial, but hear me out:

Adults --- with stress, insomnia, and burnout --- may need screen limits **more** than children.

Research from the American Psychological Association shows that high screen usage in adults correlates with increased anxiety, decreased attention span, and even depression. Combine that with the always-on nature of adult responsibilities --- work emails at midnight, doomscrolling the news --- and the damage is clear.

Limiting screen time isn't just about parenting. It's about healing ourselves too.

Dr. Victoria Dunckley, author of *Reset Your Child's Brain*, warns that excessive screen time affects brain chemistry, overstimulating the nervous system and leading to tantrums, meltdowns, and sleep disruption.

But here's the twist: **she also prescribes digital detoxes for adults.**

In one of her clinical trials, adults who underwent a 30-day screen detox reported a 58% improvement in sleep quality, 45% reduction in anxiety and Greater productivity and better mood regulation.**

**We can't afford to ignore the science. If screen limits can heal children, they can save adults too.

Imagine your child trying to show you their drawing. You nod --- eyes still on your phone. Imagine your teen crying in their room while you scroll TikTok downstairs. They're drowning, and you're distracted by digital waves. #3

These are not dramatic exceptions. They are daily occurrences. The slow digital orphaning of a generation, where physical presence no longer means emotional presence.

And it's preventable.

All it takes is choosing presence over pixels.

Let's end the double standard.

If screen limits are vital for our children's wellbeing, then they're essential for ours too. Let's stop preaching and start ~~modeling~~ [modelling]. Let's break the cycle of 'do as I say, not as I scroll.' Let's create households where everyone --- parents and students alike --- values the real world more than the digital one.

Because children don't need perfect parents. They need **present** ones.

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** Tonight, set your phone down at dinner. Lock it away before bed. Create screen-free family rituals. Your child's brain --- and your own --- will thank you. The glow of a screen should never outshine the glow of a real connection.