

Section 1

#1: Introduction and Definition "What is screen time and how can we reduce it? Screen time is when you look at a screen for a prolonged time, and it can severely damage your eyes."

Strengths:

- Your opening clearly explains what screen time means in simple words that readers can easily understand.
- You immediately tell readers that this is a serious topic by mentioning the damage to eyes.

Unclear Opening Structure → Your first sentence asks "how can we reduce it?" but then you spend several paragraphs explaining problems before actually answering this question. This makes readers wait a long time for the answer you promised at the start. The question also creates confusion because readers expect an immediate answer, but instead they get definitions and symptoms first.

Exemplar: *Screen time is when you look at a screen for a long period, which can damage your eyes and affect your health. Understanding the problems it causes can help us make better choices about our screen use.*

#2: Symptoms and Statistics "People can also face mental and emotional symptoms that include increased anxiety, depression, irritability, and difficulty concentrating. A lot of kids face behavioral issues such as hyperactivity, impulsivity, and poor self-esteem can also occur..."

Strengths:

- You include helpful facts with percentages that show how common these problems really are.
- You explain different types of symptoms (physical, mental, and behavioural) which helps readers understand the full picture.

Sentence Structure Problems → Your second sentence is confusing because it says "a lot of kids face behavioral issues such as hyperactivity... can also occur." The phrase "can also occur" doesn't fit properly with "a lot of kids face." This makes the sentence hard to follow. Also, you list many

symptoms in long sentences without grouping them clearly, which makes it difficult for readers to remember the important points.

Exemplar: *Many children experience behavioural changes, including hyperactivity, impulsivity, and low self-esteem.*

#3: Solutions Section "Take breaks: Follow the 20-20-20 rule, which is every 20 minutes take a 20 second break to look at something that is 20 feet away from you."

Strengths:

- You give practical tips that people can actually use in their daily lives.
- The 20-20-20 rule is explained clearly with specific numbers that are easy to remember.

Missing Connections Between Ideas → Your solutions are listed one after another without explaining how they work together or which ones are most important to try first. For example, you mention "adjust screen settings" and "use artificial tears" in the same point, but these are quite different actions. You also don't explain why each solution helps, which means readers might not understand the purpose behind your advice.

Exemplar: *To protect your eyes during screen use, adjust your screen settings by increasing contrast and lowering brightness. This reduces the strain on your eyes. If your eyes feel dry, artificial tears can provide relief.*

■ Your advice sheet contains useful information about screen time and practical solutions, but the organisation needs improvement to help readers follow your ideas more easily. The introduction promises to answer "how can we reduce it" but then takes too long to actually provide those answers. Consider rearranging your writing so the most important information comes sooner.

Your facts and statistics are valuable, but they're buried in long paragraphs that list too many symptoms at once. Try breaking these into smaller groups with headings, so readers can find the information they need quickly. For example, you could have separate short paragraphs for "Physical Symptoms," "Mental Symptoms," and "Behavioural Symptoms."

The solutions section has good practical advice, but each tip needs more explanation about *why* it works. When you tell readers to follow the 20-20-20 rule, also explain that this gives eye muscles a chance to relax. Additionally, your conclusion is strong because it reminds readers about balance, but it could be shorter since it repeats some ideas already mentioned earlier.

Your second paragraph needs attention because the sentence about behavioural issues is grammatically incorrect. Also, try connecting your ideas with clearer transitions. Instead of just listing solutions, explain how they relate to the problems you described earlier. For instance, after mentioning dry eyes as a symptom, you could write, "To prevent dry eyes, you can use artificial tears and remember to blink regularly."

Score: 43/50

Section 2

#1 How should people reduce screen time What is screen time and how can we reduce it? Screen time is when you look at a screen for a prolonged time, and it can severely damage your eyes. Screen time can also cause symptoms such as eye strain, dry/itchy eyes, headaches, blurred vision, and neck and back pain. People can also face mental and emotional symptoms that include increased anxiety, depression, irritability, and difficulty concentrating. ~~A lot of kids face behavioral issues such as hyperactivity, impulsivity, and poor self-esteem can also occur~~[Many children experience behavioural changes, including hyperactivity, impulsivity, and low self-esteem], along with poor sleep quality and potential impacts on weight and diet.

#2 Fact: studies indicate that up to 80% of teenagers and 50-60% of preschoolers may experience symptoms. Fact: research reporting over 60% of adults experiencing symptoms like dryness, pain, and blurred vision.

How can we reduce this

#3 Take breaks: Follow the 20-20-20 rule, which is every 20 minutes take a 20 ~~second~~[second] break to look at something that is 20 feet away from you.

Adjust screen settings: Increase contrast, decrease brightness, and use artificial tears to lubricate your eyes.

Maintain a safe distance: Hold your phone at a comfortable distance to reduce eye strain.

See an optometrist: Regular eye exams are vital to ensure eye health and to receive advice ~~fit~~[fitted] to your specific needs.

Be physical: Do not sit on the couch all day[;] spending time outdoors is a beneficial way to slow the progression of myopia.

Safe Sleep: Put your phone away 1 hour before you sleep so blue light does not affect your sleep.

Having screen-free zones: For example, no phones at the dinner table or in the bedroom.

It is also important to be mindful of how much time is spent on screens each day. Setting daily limits can help people stay aware of their habits and prevent mindless scrolling. Parents, especially, can encourage children to take breaks and enjoy other activities that support creativity, social skills, and physical health.

In conclusion, reducing screen time is not about giving up technology altogether, but about finding balance. By taking regular breaks, adjusting settings, and choosing healthier daily habits, we can prevent damage to our eyes and improve our mental and physical health. Technology will always be part of our lives, but it is up to us to control how much time we spend on it. With discipline and awareness, we can enjoy the benefits of screens while still protecting our bodies, our minds, and our future.