It's 7am and your phone is playing your favourite tune. You turn it on and check the news, see your messages and scroll on Tik Tok - all before getting out of the comfort of your bed. You probably think that this is normal and that you would do this but it's secretly affecting our lives and reshaping it.

For most people, checking your device is probably just something you do but it's actually part of you now. I mean did you check your messages today? You probably did, right? That is how technology affects us, it's a silent snake slowly moving towards its prey. Nowadays, technology is like our walking stick, supporting our daily lives whether it's playing music or learning something new, we rely on technology to support us.

Technology is bad and most people know but that doesn't stop them from using it. But why? Well, it's about convenience. Like if you needed to shop groceries but didn't want to leave your soft leather couch, just order it! If you want to learn a new trick, just use youtube! It's become easier since the development of technology. Humans are like clay and technology is slowly reshaping us, effectively turning us to soft pieces of mush.

Have you felt like a lot of robots are doing jobs? Well, that's another way technology is harming us. Technology is fast, cheap and easy to teach which is why businesses will use robots instead of humans. Like robots don't eat, do they? They are also reliable. Have you made a mistake in your life? Probably, right? Robots probably don't, they do the same move without getting tired or making mistakes, all they need is electricity.

In class, your teacher has shown you something on a smartboard right? That's another point, technology affects your learning. It will distract you from the task and makes you want to see more. On a computer, you might be tempted to play games without your teacher noticing when told to do tasks. It doesn't stop there though, in high school, you'll have phones and might check your messages in class!

While technology has made life easier, it's slowly taking control of our lives in ways we don't always notice. Constant screen time has weakened real human connections and our dependence on devices is growing stronger each day. If we continue down this path, we almost turn into zombies. The time has come to step back, unplug, and remember that no machine can replace a mindful, meaningful life.