

## Section 1

**#1: Introduction – "Cell phones have become nearly impossible to avoid in modern life, but their constant presence raises serious concerns. While smartphones can be useful tools, their negative effects on attention span, mental health, and safety make them more harmful than helpful - especially towards younger people."**

### Strengths:

- Your opening immediately establishes the topic and signals your position clearly.
- You acknowledge both sides of the argument (that phones can be useful) before stating your stance, which shows balanced thinking.

**Underdeveloped Thesis Statement** → Your thesis mentions three main points (attention span, mental health, and safety), but the essay body doesn't align perfectly with this structure. Your third body paragraph focuses on cyberbullying, which is related to safety but deserves clearer connection in the thesis. The phrase "especially towards younger people" could be strengthened by specifying why this group is most vulnerable.

**Exemplar:** *While smartphones can be useful tools, their negative effects on attention span, mental health, and exposure to cyberbullying make them particularly harmful to young people, who are still developing critical social and cognitive skills.*

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**#2: Body Paragraph 2 – "Constant exposure to social media can pressure individuals - especially teens - to compare themselves to unrealistic images and lifestyles... We are already seeing families sitting next to each other during dinner and sending messages across rather than talking – why make it worse?"**

### Strengths:

- Your use of Mody Stretchland's personal story provides emotional impact and makes the mental health consequences feel real.
- The dinner table example helps readers visualise the problem in everyday life.

**Weak Supporting Evidence** → Your evidence relies heavily on anecdotal examples (the dancer's story and the dinner scenario) without connecting them to broader research or statistics. The rhetorical question "why make it worse?" assumes readers already agree with your view rather than persuading them. Additionally, the phrase "emotional and social well-being" in your topic sentence is quite broad, but you only discuss social media comparison and reduced face-to-face communication, leaving other aspects unexplored.

**Exemplar:** *Studies show that teenagers who spend more than three hours daily on social media are significantly more likely to report symptoms of anxiety and depression, as constant exposure to idealised images distorts their self-perception and creates unrealistic expectations.*

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**#3: Conclusion – "If you want a safe world to live in, limit cellphone use. If you want everyone to feel comfortable, limit cellphone use. If you want everyone to be united like a winded family together, limit cellphone use."**

**Strengths:**

- Your repetition creates emphasis and makes your call to action memorable.
- You attempt to appeal to readers' emotions by connecting cellphone limitation to shared values like safety and unity.

**Repetitive Structure Without Development** → Whilst repetition can be effective, your three sentences follow identical patterns without adding new information or deepening your argument. The phrase "winded family" appears to be a typo (perhaps you meant "tight-knit family"), which weakens the impact. Your conclusion would benefit from summarising how the solutions you've discussed throughout the essay could actually be implemented, rather than simply repeating the same command three times.

**Exemplar:** *By implementing phone-free zones in schools, encouraging families to establish device-free mealtimes, and promoting open conversations about digital wellbeing, we can reclaim our attention, strengthen our relationships, and protect vulnerable young people from online harm.*

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■ Your piece demonstrates a clear position on mobile phone dangers and attempts to support this with varied evidence including expert quotes and real-world examples. However, the depth of your analysis could be strengthened by developing your ideas more fully rather than stating problems without exploring their complexity. Additionally, your third body paragraph introduces cyberbullying somewhat abruptly—you could improve the flow by connecting this idea back to the safety concern mentioned in your introduction. Consider expanding each paragraph with an additional 2-3 sentences that explain *why* these problems matter and *how* they specifically affect young people's development. Also, your second body paragraph would benefit from a smoother transition between the social media discussion and the face-to-face communication point—these feel like two separate ideas that need stronger connection.

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**Overall Score: 41/50**

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**Section 2:**

**#1 The Use of Cellphones is Dangerous to All**

Cell phones have become nearly impossible to avoid in modern life, but their constant presence raises serious concerns. While smartphones can be useful tools, their negative effects on attention span, mental health, and safety make them more harmful than helpful - ~~especially towards~~ **[especially to]** younger people. For these reasons, limiting or even eliminating cell phone use in many settings is not only reasonable but necessary.

**#2** Firstly, cell phones significantly damage our ability to focus. Notifications, apps, and social media are designed to catch our interest and hold our attention, pulling users away from schoolwork, conversations,

and responsibilities. Students often find themselves doom-scrolling 'TikTok' or 'Snap Chat' instead of studying, checking messages instead of listening to ~~educators~~ **[teachers]**, and multitasking instead of concentrating on projects. As Dr. Patricia Wong cited, "Distracted minds absorb less information and those who aren't paying attention struggle to retain what they do learn." Removing cell phones from classrooms and study areas helps restore the environment students need to think clearly and concentrate hard.

Secondly, cell phones can harm emotional and social well-being. Constant exposure to social media can pressure individuals - especially teens - to compare themselves to unrealistic images and lifestyles. This comparison often leads to anxiety, low self-esteem, and even depression. The famous dancer Mody Stretchland reflected on her childhood admission into a hospital for anorexia and said, "I kept telling myself not to eat after I saw how slim the models are on ~~the Tik Tok~~ **[TikTok]**." Additionally, the habit of communicating through screens reduces face-to-face interaction, weakening social skills and making it harder for young people to build genuine relationships. We are already seeing families sitting next to each other during dinner and sending messages across rather than talking – why make it worse? Without cell phones constantly in hand, people have more opportunities to connect meaningfully with those around them.

**#3** Finally, cyberbullying comes into the picture – the final layer of the dangers of cellphone use. Cyberbullies hide behind a screen and are harder to catch. It is often difficult for bystanders to stand up for the victim, and for the bully to be identified and punished. A tech-safe developer, Professor Arnold Smith ~~has recently taught~~ **[recently taught]** a course surrounding the topic of 'Cancel Cyberbullying' and quoted that "Cyberbullying is one of the main ways bullies torment their victims. They can use a wider range of 'tools', such as emojis to create moody feelings, dislikes, hurtful comments, and much more." Reducing cell phone use ~~minimizes~~ **[minimises]** exposure to these risks and encourages healthier, safer ~~behavior~~ **[behaviour]**.

In conclusion, although cell phones offer some conveniences, their harmful impact on focus, mental health, and safety makes them a poor choice for frequent use. By limiting or avoiding cell phone use, we can improve these. If you want a safe world to live in, limit cellphone use. If you want everyone to feel comfortable, limit cellphone use. If you want everyone to be united like a ~~winded~~ **[tight-knit]** family together, limit cellphone use.