**Computers - by Gabi Hlevner**

**One of the clearest features of our time is the screens that surround us on all sides. screens of computers and mobile phones, television screens, tablets and cell phones. Screen exposure is inevitable, and adults, teenagers and children spend many hours in front of them. They serve us to work, to study, and to spend leisure time. Through the screens we communicate with other people, receive information, document and photograph, play and spend. Thanks to the screens, information is available, entertainment is accessible and communication is immediate.**

**Even in educational institutions, the use of computers and smart boards is increasing, which contributes greatly to the diversity and enrichment of learning. The availability of screens requires developing skills among teenagers for critical consumption of information of various types. Using screens to acquire information and expand horizons is a proper and empowering use that develops curiosity and expands knowledge. On the other hand, improper use can lead to loneliness, alienation and social exclusion, difficulties in interpersonal communication, difficulties in postponing gratification, perception of distorted reality, exposure to violence and pornography, and extreme situations of abuse and abuse by pedophiles and criminals of various kinds.**

**There are some benefits of using multiple mobile devices. The first is helping with homework and classroom tasks - teens can use language translation software, search for interpretation of values ​​they do not know, find more information in any field and easily.**

**The second is the board photo at the end of the lesson. Since each cell phone has a camera, the students can photograph the board at the end of the lesson, saving themselves drawings that the teacher has drawn on the board, detailed explanations and other details he did not manage to record.**

**The third direct contact between a student and a teacher - social networks and instant messaging programs allow students and teachers to be in direct contact, which can contribute when needed, or if there is a student who is afraid to approach the teacher face to face.**

**The fourth is increasing the circle of friends - the use of social networks allows the juniors to meet others outside the school they study.**

**On the other hand, there are also disadvantages to the phenomenon. The first danger of radiation - the cell phone allows wireless communication via electromagnetic radiation in the range of radio waves. The extensive use of the cellular phone as a device enabling advanced technological communication has implications for health. The Ministry of Health has adopted the precautionary principle with an emphasis on the population of children and youth. Use the headset and remove the cell phone from the body, avoid nightly use of cell phones, cause lack of sleep, avoid using a cell phone in places without Such as an elevator and the preference not to carry the cell phone near the body, pocket or rack.**

**The second status symbol - Although many kids and boys have a cell phone in their possession, but not yet for everyone. Just like clothes and shoes, the cell phone also separates different socioeconomic layers and can alienate children from school.**

**The third is virtual relationships - many children are seeing less and less with friends and whole relationships begin, run, and end in a virtual way. Virtual communication creates the illusion that we are connected to what is happening and are in contact.**

**There is a sense of dependency among the children and they feel that they can not run without the device. Internet addiction disorders still require research, but according to experts, the criteria for diagnosing addiction to the Internet will include, among other things, spending a long time browsing sites, giving up social connections or alternatively daily tasks, spending time to achieve high satisfaction, Stop using computers and smartphones, and use the Internet to improve poor mood or escape from reality.**

**In conclusion, there are both advantages and disadvantages, but if we know how to use the right dosage in the technology that was given to us, we can use it for our benefit.**