

## 高度な記述式問題（英語） 【サンプル問題】（解答時間 40 分）

[設問]

次の英文はスマートフォン中毒の 10 代の若者たちを救うためのアドバイスである。この英文を参考にして、スマートフォン中毒にならないために、あなたが最も大切だと思うことについて 200 語程度の英文で意見を述べなさい。（\*解答の末尾に、合計語数を記入しなさい。）

### How to Help Teens Overcome a Smartphone Addiction

Believe it or not, smartphone use can be beneficial for teens. Teens use smartphones to connect with peers, seek help on school assignments, and they can even use apps to help them get organized. Although it might seem like teens are constantly connected, many use their devices within healthy limits.

It's important to empower teens to take control of their own use of smartphones and create and maintain a healthy balance. This isn't a one-time conversation. A few things you can do help provide guidance and support include the following:

- **Educate:** Talk openly about the benefits and potential \*pitfalls of screen time. Lecturing rarely yields positive results, but asking your teens for input about the pros and cons can spark lively conversations. How does too much screen time affect us physically, emotionally, academically, and socially? What can we gain from using our smartphones responsibly?
- **Make a plan:** Talk about setting healthy limits and boundaries for the family and what checks and balances you can use to stick to them, like not allowing phone use during dinner. Remember, teens aren't the only ones prone to overuse. What happens if parents are pushing the family screen time limits?
- **Monitor use as a family:** Teens look for workarounds when they feel like they're being watched. Make monitoring a family goal so that teens own up to their usage and behavior online. There are several apps available to monitor how and when your teens use their phones. The iPhone now has a "screentime" setting. You can use this to track usage and set healthy limits for specific apps (e.g. xx hours per day for social media) and to shut down apps at a certain time. Talk with your teens about healthy and realistic limits.
- **Create a check-in policy:** Phones, tablets, and laptops should be removed from the bedroom at night to curb sleep disturbance and \*\*insomnia. Create a plan to check devices in at a certain time in the evening and out in the morning.
- **Establish screen-free zones:** Meals, family outings, and social gatherings are examples of times when frequent checking negatively affects relationships. Set boundaries for screen use in these settings and stick to them.
- **Model healthy boundaries:** When parents are glued to their phones, teens learn that this is appropriate behavior. Stick to the limits and boundaries you set.

注      \*pitfall : a hidden danger of difficulty      \*\*insomnia : being unable to sleep

出典 : <https://www.psychom.net/cell-phone-internet-addiction>