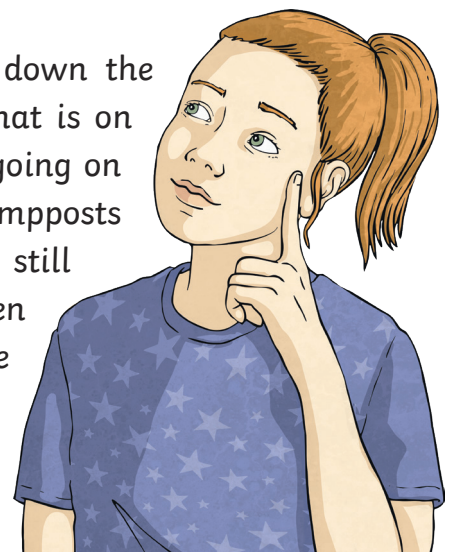# Are Mobile Phones Necessary?

Mobile phones are everywhere. They are an integrated part of society and most adults around the world have one. Many people believe that mobile phones are an essential part of modern-day life that benefit us in a variety of ways, such as allowing us to communicate anywhere and anytime. However, I strongly believe that mobile phones are taking over people's lives and destroying our ability to communicate face-to-face. If we are not careful, the next generation will grow into zombie-like creatures who cannot think or survive without the use of a mobile phone.

For thousands of years, people survived without the use of technology and in particular, mobile phones. Even thirty years ago, people did not rely on the use of mobile phones and only a small percentage of the population even owned one; those who were very wealthy and could afford it. Some people argue that mobile phones have improved our lives and made us more advanced. I whole-heartedly disagree and believe that mobile phones have actually made us less advanced and unable to problem-solve for ourselves. For example, instead of finding out the solution to a problem ourselves, we now simply use the internet via our phones and find the answer within seconds.

Communication is a key aspect of what makes us human. We communicate in a variety of ways and talking is just one of them. For example, humans communicate a variety of emotions through their facial expressions and body language. When talking on a phone, these expressions cannot be seen and therefore non-verbal communication is impossible. Texting is even worse as you cannot even pick up on the intonation or expression in someone's voice. Speaking face-to-face is a skill and one which needs to be taught and learned. However, if we no longer even look at each other when communicating, how will we ever fully learn how to read people and understand them?

Finally, mobile phones can be very dangerous. People walk down the street constantly staring at their phones, fully absorbed in what is on their screen. This means that they are not focused on what is going on around them. They bump into other pedestrians, walk into lampposts and more dangerously, some even try to cross the road while still looking at their phone. From a very young age, we teach children about the importance of being aware when walking alongside traffic so why should we tolerate adults who are not? Another dangerous aspect is that some drivers use their phones when they are driving.

Many accidents and deaths have been caused by absent-minded drivers trying to make a call rather than concentrating on the road, even when using hands-free devices. This is not acceptable and more should be done to prevent drivers from being able to use their mobiles.

In conclusion, although I am aware of some positives that mobile phones provide, I feel that there are too many serious problems associated with them. I feel that their use should be limited. For example, I believe that mobile phones should be banned in school and in the work place so that people can communicate verbally and face-to-face. I believe that more should be done to stop drivers and pedestrians from using their phones while travelling from point A to point B. We need to get back to living a simpler life and to rely on our brains rather than technology.