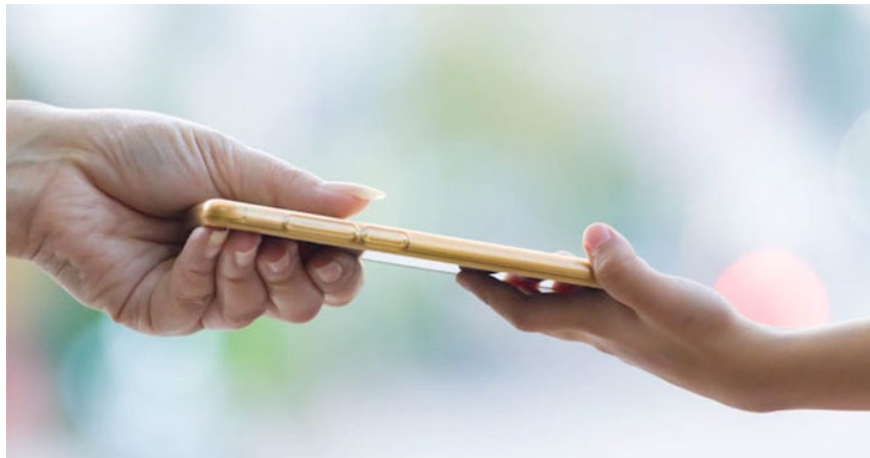


# The right age for children to start using smartphones

Letting children come into contact with smartphones too early is not good for them, making them dependent on this device, even leading to smartphone addiction.

Children today are exposed to smartphones and technology devices from a very early age, many parents even let their children use smartphones as an entertainment device to watch Youtube or play games.

However, exposing children to smartphones too early is not good for them, making them dependent on this device, even leading to "smartphone addiction".



So what is the appropriate age for a child to contact and use a smartphone?

According to technology billionaire Bill Gates, co-founder of Microsoft, the appropriate age for children to contact and use smartphones is 13.

In 2017, in an interview with The Mirror newspaper, the billionaire revealed that his children would not be allowed to own or use smartphones or tablets until after the age of 13. This ban received complaints from his three children.

But as a technology expert, Bill Gates seems to clearly understand the harmful effects of smartphones on children.

Bill Gates believes that, after the age of 13, children are mature enough to be able to interact with the virtual world through smartphone screens.

Bill Gates has given strict rules to his children when using smartphones. Before reaching adulthood, if Bill Gates's children want to own a smartphone, they must follow their father's strict requirements, such as absolutely not being allowed to use a smartphone while sitting at the dinner table or in bed before bedtime. ; In case of necessity, your child's time to use electronic devices can be limited.

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