

Name _____

Date _____

Author's Purpose and Point of View

Author's purpose is the reason for writing—to inform, persuade, entertain, or express feelings. **Author's point of view** reflects their perspective and attitudes toward the subject. Readers identify these by analyzing word choice, tone, included details, and organizational patterns. Understanding purpose and point of view helps readers evaluate potential bias, recognize persuasive techniques, and critically assess the credibility and effectiveness of texts.

Read the following article and answer the questions.

Screen Time: Finding Balance in a Digital World

Today's teenagers face a challenge no previous generation has encountered—managing the constant presence of screens in their lives. The average American teen now spends nearly seven hours daily on entertainment screen time, not including time for homework. As someone who has worked with adolescents for fifteen years, I've witnessed this dramatic shift firsthand.

When smartphones first became popular, many educators, myself included, saw exciting possibilities for learning and connection. Indeed, technology has opened doors to incredible resources. Students can now access world-class museums virtually, connect with peers across the globe, and learn almost any skill through online tutorials.

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However, the picture isn't entirely positive. Recent studies suggest that excessive screen time correlates with increased rates of anxiety, depression, and sleep disorders among teenagers. As a high school counselor, I've sat with numerous students who describe feeling addicted to their devices while simultaneously feeling that social media makes them miserable.

Parents often ask me, "Should I just take the phone away?" I believe this approach misses the point. The digital world isn't going away, and teenagers need to learn to navigate it responsibly. Rather than imposing strict limits, I suggest families create technology agreements together, with input from everyone. Designating screen-free zones (like the dinner table) and screen-free times (like the hour before bedtime) can help establish healthy boundaries.

Schools must play a role too. Instead of simply banning phones, we should be teaching digital literacy and mindful technology use. Our students need guidance, not just rules. The goal isn't to demonize technology but to help the next generation use it intentionally. With thoughtful guidance, teenagers can learn to control their screens rather than being controlled by them.

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1. What is the author's main purpose in writing this article?

2. What evidence in the text reveals the author's point of view about screen time?

3. How might the author's background influence their perspective on this topic?

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Author's Purpose and Point of View – Answer Key

1. What is the author's main purpose in writing this article?

The author's purpose is to persuade readers that balance with technology is needed, not elimination. They advocate for guiding teens to develop healthy relationships with screens rather than enforcing strict bans or limits.

2. What evidence in the text reveals the author's point of view about screen time?

The author sees screen time as both beneficial and problematic. They acknowledge "exciting possibilities for learning" but also note research showing "increased rates of anxiety, depression, and sleep disorders" connected to excessive use.

3. How might the author's background influence their perspective on this topic?

As a high school counselor with fifteen years' experience working with adolescents, the author bases their perspective on direct professional observations of teenagers' struggles and experiences with technology over time.