Rough Draft

The use of text messaging or “texting” has been used worldwide by billions of children, adolescents and adults. It is the process of sending short messages using 160 characters wirelessly from mobile phone to mobile phone. Texting is used to send a message to person no matter where they are as long as they have signal to receive the text. The first text was sent using a Motorola beeper in 1989 by Edward Lantz. Then it has been used and technology has advanced text ever since. Even though texting argue to contain several advantages if used correctly, it has more disadvantages to the modern world. Texting is good if you want something faster to use and helps people lose weight. Then it is bad because it is dangerous distraction behind the wheel and can be a way to hurt people in many ways.

As humans we want things as fast and easy and possible because sometimes we are sluggish. Other times we just don’t have time to wait an hour to reach someone in person. According to the Artesian Herald texting can be the answer to speed because “texting is fast and sometimes easier than calling someone.” (Martin and Davis) If people are busy with their lives they can't answer the phone all time. That means if they are in a meeting and can't return the call right away, they have the text message that doesn’t require the use of being loud and interrupting the meeting. It just makes things even easier and faster to communicate with those who don’t have time to always make that call. Also most people are now into texting so they don’t like to answer calls. In the communication world there are many ways to communicate faster than others. When texting the message doesn’t have to go through a server like emails so it arrives faster. According to David of article base, “text messaging is considered as the fastest and most reliable means of communication.” (Urmann) Now that people use texting as the most commonly used communication source it would most likely to be the fastest way to reach a person. They would have their phone with them so that means they would respond faster. You also know its more reliable because they would receive it faster.

Losing weight is something that most of the population wants. They think they're too fat because of society. What if you could lose weight by doing something you love, like texting? Well according to researcher Melissa Napolitano of the Center for Obesity Research and Education at Temple University in Philadelphia, “Cellphones are a powerful intervention tool for weight loss," (Hellmich) It might be unbelievable but with phones they can help you keep track of the calories you have lost. Text messaging can also help just keep your dieting on track. With the use of it, you can receive text messages on reminders to eat right and exercise. The question is how much weight can we lose by texting. In a study people who got a text reminder to send in their daily calorie intake “lost 5.3lbs in eight weeks.” (Hellmich) according to Naci, texting is the key to mimicking face-to-face treatment that could help them lose weight. Also it is like giving them personal feedback, that will help them succeed in their weight loss goals.

Being distracted when doing pretty much anything can sometimes lead to a negative effect, which can be damaging in multiple ways. Especially if it’s when you’re the driver behind the wheel. According to State Farm texting is a commonly known distraction while driving because it “exceeds the risk of driving while drunk.” (Goldsborough) According to Reid, texting while driving is what leads to car accidents, which can cause deaths to innocent people. Just one text behind the wheel can change your life or the live of someone else. That’s why it's known to be worse than driving under the influence. Then so many adolescents are known to be distracted more easily than adults. According to American Automation Association “46% of all teens surveyed admitted to being distracted while driving because of texting” (Martin and Davis.) Almost half of teenagers are distracted by a keyboard. That is way too many teens taking their attention away from the road to focus on what they are about to type. This number of people is 46% to many chances that could risk lives of more than half.

Us humans want a safe environment for everyone so they know that they are safe. Little do they know the little mobile device lurking in the depth of pant pockets all over are causing harm from person to person secretly. According to Hugh “Terrorists are using text messages to organize attacks.” (Tobin)Texting cannot just harm one person but possibly the whole world. We won't even know what is happening because so many people send so many text’s that it would be hard to read every single one. Some of us could be a code we need to unlock in order to save lives. Bullying is something that is being bullied commit suicide. Instead of many lives being taken sometimes it’s just one innocent live being taken by the use of text messaging. According to the article *Fear of Text, “*About 1 in 5 will be victims of a text bully. About 1 in 10 teens engage in text bullying.” (Tobin) Bullying in person is very common especially as a teen, but bullying using texting is even more common. Text messaging is more common because the bully doesn’t have to see the victims face. Also the victims can't see who the bully is which is very scary. It can go on for a long period of time which can in the long run sometimes lead to the bullied person to commit suicide.

With all the advantages that texting has to offer, it ends up to having more disadvantages. Would you rather have an item that is fast and easy or can be as reckless as drunk driving? If something was as dangerous as texting nobody would want to use it, no matter how simple it was to use. Also would you rather lose weight or cause a victim of bullying to commit suicide. You can lose weight if you try hard and keep motivated, but you can't stop bullying through text that easy. It is not right that text messaging can cost so many lives if used incorrectly. There are too many negative effects that outweigh the positive effects that comes from the keyboard of a mobile device. A way we can try to make the good things come from texting rather than bad things can be possible if we are committed to using them. If we want to stop the texting and driving we can text before you get in the car, turn your phone on silent so you won't be tempted to return the text after hearing the “ding” and if you can't wait until you reach your destination, then pullover to the side of the road. Then to stop the text message bullying, we can make a source that the victim can tell and feel safe. Nobody should go out without knowing how they could prevent a decision that would change their lives.

Everything has pros and cons, even if they have more than the other. Texting is something that definitely has both. With as many pros that texting offers, it has more cons if used in the wrong way. A good thing that texting gives a person, if being fast and easy so we don't have to worry about stressing to get a message across. Another positive effect of text messaging is it can help you lose weight by sending you a text that reminds you to work out and dieting tips. Now the negative effects of sending a message wirelessly do add up. Drinking under the influence is just as bad as texting and driving behind the wheel, which can cost innocent people their lives. Also when people bully in real life it is so different than text bullying, which can cause the victim to sometimes lead to suicide because of the evil text’s they receive anonymously.

Works Cited

Goldsborough, Reid. "Texting As Social Regress." *Teacher Librarian* 39.5 (2012): 73. *Academic Search Premier*. Web. 10 Mar. 2013.

Tobin, Hugh. "Fear Of Txt." *Institute Of Public Affairs Review* 58.1 (2006): 41. *Academic Search Premier*. Web. 10 Mar. 2013.

Martin, Shelby and Davis, McKenzie. “Experts say texting has negative ad positive effects.” *12 feature*, 19,March. 2009.Web.26 Feb.2013

Nanci, Hellmich, and TODAY USA. "Texting can help keep your dieting on track." *USA Today* n.d.: *Academic Search Premier*. Web. 10 Mar. 2013.