

# 2021-09-11

## Programmanus

av Kate Holland

KATE: Hi, and welcome to a new series of Newsreel. I'm Kate Holland.

Coming up:

- **Does too much screen time damage your eyesight?**  
*GEORGIE: Personally, I think it has, because I have become slightly long sighted after lockdown.*
- **And the mystery singer who's big on social media.**

But first.

### LGBT People in Afghanistan

That's the sound of Taliban fighters celebrating as the last American soldiers left Afghanistan.

The central Asian country is now under the control of the Taliban – a group which believes in a very strict interpretation of Islamic law.

One of their beliefs is that homosexuality is a sin – and is punishable by death.

Here's a gay Afghan man called Abdul – that's not his real name – talking to the BBC.

*ABDUL: If they know I'm gay they will kill me on the spot.*

KATE: He says that he will be killed if the Taliban finds out that he's gay

LGBT groups are calling for the UK and other governments to do more to help gay Afghans. Dan is an LGBT activist from London

*DAN: We know that being queer is basically a death sentence now the Taliban are back in control. And because of that we need to be doing more to support our community across the world.*

### LGBT

*HBTQ*

**celebrating**

*som firar*

**interpretation**

*tolkning*

**sin**

*synd*

**punishable**

*straffbart*

**on the spot**

*på fläcken*

**governments**

*regeringar*

**death sentence**

*dödsdom*

**support**

*stödja*

**community**

*grupp, gemenskap*

## Screen Time and Bad Eyesight

KATE: Now how much time do you spend in front of a screen every day? I'm guessing we're talking hours – not minutes. But could all that screentime be damaging your eyesight?

A report in the UK has found that the percentage of children between 13 and 16 who need to wear glasses has doubled in the last 10 years.

Another from Hong Kong showed a big rise in short-sightedness among children during the covid lockdown when people were spending lots of time indoors.

This has led some to say that there's a link between bad eyesight and too much screentime.

*DANIEL: My name's Daniel Hardiman-McCartney, I'm an optometrist. An optometrist is a person that examines someone's eyes, so it measures how well a person can see. The good news is that we know screens aren't inherently harmful to your eyes but we do know that using a screen for an excessive period of time can cause you problems*

KATE: Daniel says spending too much time in front of screens can cause problems. So, he has some very simple advice.

*DANIEL: Ensure that you follow something called the 20- 20-20 rule. That means that every 20 minutes you're looking at a screen, you take 20 seconds to look away and look at something 20 feet away. That's about six metres away at the end of the garden.*

KATE: And why does that help?

*DANIEL: The point of doing that is when you're looking at a screen, your eyes are focussing on an object really close. And that's not their natural position. So, by looking at something far away, you're relaxing the muscles within your eye to give them a chance to have a break*

KATE: I've also been talking to 13- year-olds Abi and Georgie about their screentime habits. Here's Abi.

*ABI: I probably spend around three or four hours in front of a screen on average.*

KATE: Are you aware of the need to ration your screen time?

*ABI: Yes, I understand that it's important to obviously have time away from the screen.*

**eyesight**

*syn*

**screen**

*skärm*

**be damaging**

*skada*

**short-sightedness**

*närsynthet (svårt att se på långt håll)*

**link**

*koppling*

**optometrist**

*ögonläkare*

**inherently**

**harmful**

*skadliga i sig*

**excessive period of**

**time**

*överdrivet lång*

*tidsperiod*

**advice**

*råd*

**far away**

*långt borta*

**habits**

*vanor*

**on average**

*i snitt*

**ration**

*ransonera, fördela*

KATE: And Georgie, do you feel like it affects your eyesight?

GEORGIE: Personally, I think it has, because I have become slightly long sighted after lockdown.

KATE: Thanks Georgie and Abi

### **Break it Off by Pinkpantheress**

KATE: That's Break it Off by Pinkpantheress. She's becoming a big star in the UK after putting her songs on social media.

But her real name is a mystery – she doesn't want anyone to know who she is.

KATE: That's all for today. I'll be back on the 25<sup>th</sup> of September. Goodbye!

**affects**

*påverkar*

**slightly**

*något, lite*

**longsighted**

*långsynt (svårt att se*

*på nära håll)*

**mystery**

*mysterium, gåta*