



Programmanus

av Kate Holland

Hi, I'm Kate Holland, welcome to a new series of Newsreel Easy.

- **Coming up: How screentime affects your eyesight**
- **And the mystery singer who's gone viral on social media**

But first

LGBT People in Afghanistan

KATE: That's the sound of Taliban fighters shooting bullets in the air to celebrate the last American soldiers leaving Afghanistan.

The central Asian country was invaded by the US and its allies in 2001 but is now under the control of the Taliban – a militant group who follow a very strict version of Islamic law. They believe that homosexuality is a sin – and should be punishable by death.

LGBT groups are calling for the UK and other governments 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*

Screen Time and Bad Eyesight

KATE: Now do you think you spend too much time in front of a screen? And could all that time looking at social media and video streams 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. Many people now see a link between bad eyesight and too much screentime. I spoke to Daniel Hardiman-McCartney. He is an optometrist, which means eye-doctor.

LGBT
HBTQ
allies
allierade (som de samarbetade med)
sin
synd
punishable
straffbart
governments
regeringar
death sentence
dödsdom
support
stödja

eyesight
syn
screen
skärm
be damaging
skada
link
koppling

DANIEL: 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

inherently harmful
skadliga i sig
excessive
överdrivet
suggests
han föreslår

KATE: Daniel says spending too much time in front of screens can cause problems. So, he suggests people follow what's known as the 20-20-20 rule.

DANIEL: 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: When you're looking at a screen, your eyes are focussing on an object really close. And that's not their natural position. By looking at something far away, you're relaxing the muscles within your eye to give them a chance to have a break

far away
långt borta

KATE: Daniel says that following the 20-20-20 rule is a good way to rest your eyes – and stop them becoming tired.

rest
vila

I've also been talking to 13-year-old Georgie. I asked her how much screentime she has every day.

GEORGIE: I spend around four hours on screen.

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

GEORGIE: Personally, I think it has, because I have become slightly long sighted after lockdown. It's made me think maybe I should come off my screen a bit more.

affects
påverkar
slightly
något, lite
longsighted
långsynt (svårt att se på nära håll)

KATE: Georgie says she will now spend less time in front of a screen.

Pinkpantheress

KATE: That's Break it Off by Pinkpantheress. She's become a 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.

That's all for today. I'll be back on the 25th of September. Goodbye!