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2 New Audiences Draft

Short Story: Young Children

Once upon a time there lived a young girl. The young girl loved to make friends everywhere she went, especially the children on her block. She would wake up extra early in the morning, waiting for her friends to show up to play. She would stay out extra late at night, waiting for her friends to show up to play. She was glad she had so many friends, friends that she could trust and follow. They were her role model, as she quickly started to behave just like them.

One day Katherine, a girl on the block, got a brand new phone! The phone was the newest edition, it had glitter sparkles all around it and made noises every time you pressed a button. There were games on the phone that the girl couldn't even pronounce, songs in languages the girl didn't even know existed. Katherine would spend hours on her phone, waking up even earlier and staying out even later than the girl did. Soon everyone on the block got their own new phone, except the girl.

The girl ran home to tell her mom, begging her for the new phone. After several pleads, the mom reluctantly gave in and got the girl the new phone. Soon the girl was just like Katherine, spending countless hours on her new phone. She was waking up even earlier and staying out even later so she could spend more time on her phone, comparing hers with the other children on the block. Less and less time was spent on her bed, as more and more time was spent sitting on the side of her block with the rest of the girls and their new phones.

A month passed when the girl's mom finally demanded for her phone back. "But mom!" the girl cried, "You can't take my phone from me!". "Yes I can, and I will!" her mom said as she

snatched the phone out of the girl's hand, "You are spending way too much time on that phone. Have you looked at your eyes, they had eyebags under them! What happened to your love for sleeping, I don't see you sleeping anymore ever since you got this new phone.". "I don't have time to sleep Mom! Everyone else on the block is spending as much time on their phone, I'm not the only one!" the girl replied. "Well, I don't care. You are not getting your phone back, period. Now go outside and play like you use to, without a phone." the mom said.

The girl huffed as she dragged herself outside the house. She looked around up at the sky and saw how clear the sky was. "Wow! The weather is so nice." she said as she noticed how warm it was. The girl looked up to block to see Katherine and her mom walking. "Katherine!" she screamed, "Where are you going?". "To the mall, I need to get new pants!" Katherine replied, "I don't fit my old ones anymore." "Oh, okay. Have fun!" the girl replied as she looked the other way to see Lucia, a different girl who lived on her block. Lucia had just gotten out of her parent's car, carrying a few shopping bags. "Lucia! Do you want to play on our phones together?" the girl called. "Sorry, I need to go sort out my closet and throw out my old clothes. I just bought new ones because I don't fit my old ones." Lucia replied. *New clothes* the girl thought, why was everyone getting new clothes all of a sudden. As she walked back into her house, the girl realized she was still in her pajamas. Running back into her room, she went to change. But every pair of jeans she tried on were too small for her. *That's weird* she thought, *they used to fit so perfectly*. "It's because you put on a couple of pounds darling" her mom replied, as she stood by the door. "But I haven't been eating more and I still do my daily exercises" the girl said with a confused look, "I've been following the same routine, why did I gain weight?" "Maybe it's because you've been sleeping a lot less," the girl's mom said with a

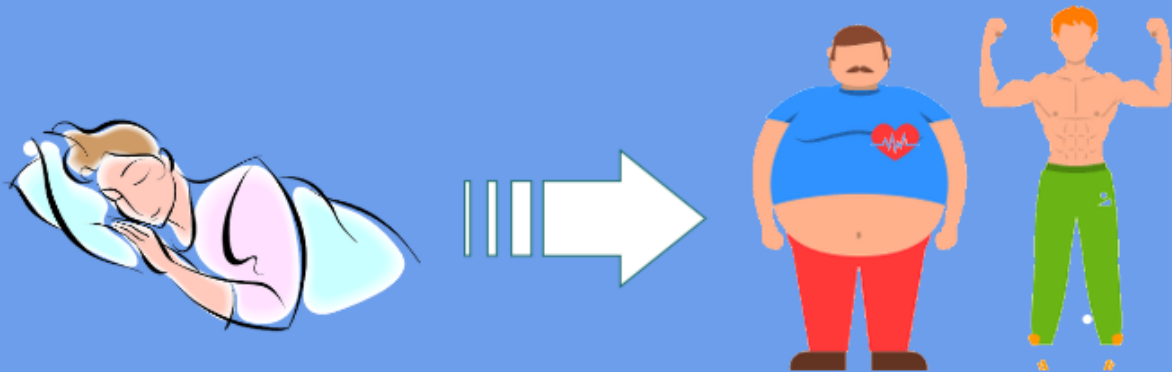
smirk as she walked away. Little did the girl know, the girl's mom had been through a similar path. Recently she had gained weight due to her lack of sleep because of work.

With horror, the girl soon realized what she had become. *No wonder why the other girls on the block were getting new clothes* she thought, as everything was making more sense. The girl, along with the other children on the block, were spending more and more time on their new phones. Because of that, less time was devoted to sleeping. Due to this they weren't growing vertically but instead horizontally; they weren't getting any taller, but instead getting fatter. This ultimately caused their body mass index to increase. Coming with shock, the girl ran from her room to find her mom. With tears in her eyes she said "Mom, I'm sorry. What do I do now! I don't want to gain any more weight!". And from that day on, the girl learned her lesson. She began sleeping like usual, sometimes more when necessary. Although she got her phone back, she spent less time on it. Instead she devoted a necessary portion of her day to sleeping, as her body wished. She understood sleep was far more important than her phone, as it determined her body shape/ body mass index. Like her mom, sleep affected both their body shapes presently. The girl soon learned how important it was to sleep more now, as her present body shape relied on it.

Poster: My Parents

Due to language barriers, I decided to make a poster for my parents. By including the least amount of words as possible, the poster I created will serve as the best way to get across the message I am trying to deliver.

SLEEP AND BODY MASS INDEX (BMI)



- (1) IMPROVING SLEEP (ADOLESCENCE) = IMPROVING BMI (ADOLESCENCE)
- (2) IMPROVING SLEEP (ADULTHOOD) = IMPROVING BMI (ADULTHOOD)
- (3) IMPROVING SLEEP (ADOLESCENCE) ≠ IMPROVING BMI (ADULTHOOD)