

Addicted to telly

Are there better things to do than watching endless hours of TV?

Millions of children all over the UK watch TV, but why? Aren't there better things we could be doing? TV messes with our heads but we are still addicted to it.

At home I have about 600 TV channels and I usually watch soaps and music channels. I watch telly in the morning before school and when I get home at night. After eating I watch the telly until I fall asleep on the sofa and then I go to bed. I probably watch about 6 hours a day.

But I know that TV is a waste of space because it does not teach you anything. It makes you want to sit down on the sofa and become lazy. I can't escape from it because it's there all the time making you want to watch it, especially when I am bored.

I know I should be doing something else, like exercise or revision or housework. But I don't because I am addicted to the telly. I have to watch telly and I always make sure I watch EastEnders, Top of the Pops, Xfactor and Big Brother.

Even though I know it is bad for me I wouldn't get rid of it because I want to be entertained. Just this morning I watched Jackie Chan which I like but I know it only taught me how to fight. Maybe I should be watching something like Countdown instead!

If I could change anything about television I would put more educational programmes on it. My mum always calls me when there is something good on like that, but that does not happen very often. There needs to be more educational programmes for children on TV, and hopefully we will get some this year.

About the team

This story was produced by written by Ghizlan Akerbousse and edited by Annabel McLeod. It was published on the [Reach for the Sky](#) website.

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