

## Works Cited

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Bubar, Joe. "Are You Addicted to Your Phone?" *The New York Times Upfront*, no. Scholastic, 12 Mar. 2018, pp. 6-9.

"Forbes Welcome." *Forbes.com*. N. p., 2018. Web. 5 Mar. 2018. "Forbes

Welcome." *Forbes.com*. N. p., 2018. Web. 6 Mar. 2018. This article teaches us about the bad affects of phone addiction. This source is reliable because all of the claims were supported by evidence and was published recently. It is useful for my research because now I have the cons of phone addiction.

Hale, Melanie. Telephone interview. 15 Feb. 2018.

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This article states its 10 reason why using a phone is a good thing. This source is reliable because it states 10 positive reasons for phone usage, which was really hard to find. It's useful because now I have an opposite point of view of phone addiction, which as seen as a negative thing.

The National Institute on Drug Abuse Blog Team. "Are You Addicted to Your Cell Phone?."

*Drugs & Health Blog*, 14 Feb. 2013, National Institute on Drug Abuse,

<https://teens.drugabuse.gov/blog/post/are-you-addicted-your-cell-phone>. Accessed 14

Feb. 2018. The National Institute on Drug Abuse Blog Team. "Are You Addicted to Your Cell Phone?." *Drugs & Health Blog*, 14 Feb. 2013, National Institute on Drug Abuse,

<https://teens.drugabuse.gov/blog/post/are-you-addicted-your-cell-phone>. Accessed 16

Feb. 2018. The author teaches us the phobia called, nomophobia. Its a “no-mobile-phobia” or a “cell phone addiction”. It describes how nomophobia works and processes in our brains, which is very much the same process as drug addiction. This source is reliable because it has evidence supporting the claims and this is a government website.

Netzley, Patricia D. *Online Addiction*. San Diego, ReferencePoint Press, 2017. Netzley, Patricia D. *Online Addiction*. San Diego, ReferencePoint Press, 2017. The author teaches us all the information about online addiction. It describes how it can be caused and the main factors that causes it. There are also some reasons to prevent or destroy the addiction. This source is reliable because the authors interviewed many people who had online addiction. This is useful because it told me the causes of online addiction and why is it caused.

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