

- Mobile phones are distracting. **For**
- You can contact family and friends easily. **Against**
- You can't physically socialise with someone. **For**
- They are portable. **Against**
- They are addictive to use for gaming or texting. **For**

- Scientists believe that mobile phones are not good for the brain. **For**
- They are expensive. **For**
- Mobile phones are good for an emergency. **Against**
- You can put reminders/alarms on your phone. **Against**
- Take photos on special occasions. **Against**
- You can transfer pictures or information easily on the phone. **Against.**