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Graphical user interface, text, application

Description automatically generated

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| **Words to know** when viewing: [Dossier : l'addiction aux écrans | ARTE Family](https://www.youtube.com/watch?v=EVX3QkGgfAY)  If you’re reading this, you’re looking at a screen. But when does screentime start to become a problem, and how important is it for people to be aware? Click to find out.  un écran = a screen  physicien = physicist  allumer = to light up  appareils = devices  ordinateur = computer  le cerveau = brain  on se sent mieux = we feel better  oublier tout ce qui nous entoure = to forget everything around us  corps = body  surmenés = overworked  maux = aches  le sommeil = sleep  vide = empty |