

**A**

**33 p.**

## Task 25

Many teenagers are experiencing problematic symptoms due to a shocking amount of screentime. These health effects include depression and anxiety according to new research from CDC. Additionally, Tamara Mendelson, a student at John Hopkins school of public health states that considerable amounts of screentime has been linked to fatigue and poor sleep.

Moreover, Tamara Mendelson explains that social media usage is more likely to cause harm if it exceeds three hours per day, according to research. Furthermore, she explained that screentime interfering with day to day activities like socialising with friends in person signalises a great red flag.

Some teens have joined the Luddite Club, a club focusing on creating more and better connections outside of the screens. Sarah, a member of this club, explained that people in the Luddite Club draw, paint and talk rather than watching their phones, which gives them a unique opportunity to develop strong connections with their fellow club-members.

## Task 26

**u/averageperson123**      **4 hr.ago**

You should consider yourself lucky @Jessie55. It is rare to have a parent as engaged as your mother seems to be. However, I do understand if she gets a bit *too* engaged and she toppels to being pushy. I can relate to the feeling when your parents want to know everything about your life, and you feel bad not telling them. On the contrary, if I were a parent, I would also try to get an insight into my child's life. I mean, they would in spite of everything be my child. Apart from this my parents are similar to yours @billieball. They motivate me and help me where I need it, and they are not too strict either, as opposed to your parents @thisisrobert. How is your

dad though @Jessie55? If he is a little more strict than your mom, I believe you have the perfect combination of parents.

## Task 27, C

### The distribution of power: A coincidence?

Have you ever wondered why some people or groups have more power than others? Why some people always get their will, or always have the final word? This is a complicated question with many possible explanations. It could be their ethnicity or personality, it could be their position in the society, it could even be their looks. In every group or lot there is a balance of power, all reasoned with different arguments. The movie *Hotel Rwanda* is a great example of how the balance of power plays out in society. This essay reflects on the balance of power in different parts of the society, and its causes.

The term *balance of power* is often connected with the distribution of power in countries. In democracies such as Norway, it's essentially the people that have the power. Despite the fact that a president or prime minister makes the decisions for a country, the power lies with the people seeing that the leaders have been elected by them. Sadly, people's beliefs often get twisted by the political parties through propaganda and false information. This is an important aspect of the balance of power, and the reason why some people manage to climb to the very top of it. These people have their power as a result of their position in society. Additionally, positions like CEO of big companies, world class athletes, musicians, and actors and great scientists and inventors also bring great power, considering their significant impact on society.

Although the greatest and most important power lies within the leadership of countries and companies, there also exists smaller and less significant distributions of power within the society. Every school, home and small group of people has a balance of power. Here the reasoning of the distribution is different. Older, bigger, and more dominant people, with a strong personality, commonly have more power

here. In schools for instance, the popular group usually has the most power, considering their social position. This power distribution is often a result of their dominance, connections, and power to hit back on you heavier than you can hit them. Furthermore, grownups are traditionally superior to children and teens when it comes to power, and they usually make the decisions, especially in homes and schools.

The Movie *Hotel Rwanda* shows a society with an uneven balance of power, and is a great example of the possible outcome of rivalry due to power differences. As the movies shows, Rwanda developed a society where hutus were superior and tutsis were insignificant. The power of balance was therefore highly in favor of the hutus, and the tutsis were undermined consequently leading to a genocide. This movie reflects on how an uneven and unfair distribution of power can cause massive destruction and a major crisis.

In conclusion the balance of power is briefly a result of individual choices, shared information, coincidences and movements developed over time. Additionally, people obtain power by having influential positions, a dominant appearance and personality and connections people respect. The movie *Hotel Rwanda* is a great example of this and gives us insight in a place where Power distribution causes trouble.

**B**

**17 p.**

## Eksamen Engelsk 2025

### Task 25.

#### Screen time

Nowadays teens have a lot of screen time, it has been researched and half of teens spend 4 hours or more of daily screen time, that has become a serious concern.

Teens with higher screen time have a higher rate with issues of depression and anxiety. Many teens have so much screen time that parents should be stricter and give them screen time.

Parents need to understand what social media is used as healthy and unhealthy.

Things that are good for every teen is to have a healthy bedtime, eat dinner with their family, spend in person time with friends, and do sports or activities.

Some teens have joined the Luddite club, in the club there are no phones around, and then people are drawing, painting, and getting more connections in real life. So joining a club or activity on the weekend is very good cause then u get off your phone and are social.

---

### Task 26

Wow parents are so different, my parents are not so bad, but sometimes like my mom she likes to embarrass me and that is not always so fun. She is cool tho and very kind but it's so annoying when she embarrasses me, expectually in front of people or someone we know. My dad is very like me, but he thinks he is the funniest person on earth. He is funny sometimes tho but not always, and that is just annoying. But they're not so strict and that is good, but sometimes I wish to get grounded and then sneak out. But that has never happened because it's a little too nice. So 2 @Billieball what you said and what you replied to @ThisisRobert and @Jessie55, I agree and yeah everyone has different parents and wishes them to be different, but we need to remember how much we love them and how much we need them.

---

## Task 27 (A)

Why are we different around our parents?

When we are with our friends, we are cooler, and we say more bad words and we do more bad things. But when we are with our parents, we are much nicer, we don't say these bad words and we don't say all the things we have done. But it's not like that for everyone, someone says everything to their parents, and that maybe because they have a good bond or the parents are not strict. But I think there's more parents that are stricter and the children and parents don't have as good a bond as with their pfriends. @ThisisRobert says that he can't be himself around his dad, and that's probably because his dad is strict and " he is the law in the house ". Then I understand @ThisisRobert, and why he feels that. And I know that there are so many out there, feeling the same as @ThisisRobert and someone is having it worse and someone is having it better. But one thing I know is that we are not the same one with our parents as with our friends. With our friends we are more "baddie" ( it's like you said a bad thing or a cool thing, or did something bad or cool, we often say baddie ). So everyone knows, now one is alone with feeling that they can't be themself with their parents.

**C**

**26 p.**



## English Exam

### Task 25 - Balancing Screen time

After watching this video in class it brought me a few thoughts. I totally agree with the video and the opinions they share. I think that our phones take away our time. People are losing sleep because of our phones and then coming in late for school the next day. According to The Center of disease control and prevention these symptoms can occur with excessive screen time: poor sleep, fatigue, anxiety and depression and as said in the video 1 out of 4 teens already experience these. Our phones are an addiction, and the only way to cure it is by reducing our screen time drastically. Some teens have already seen the problem and are starting to take care of it by signing up for the Luddite club. This is a club where you get to make connections and meet other people as well as you get to be creative. I think this is a great alternative instead of laying in bed for 4 hours daily scrolling on meaningless platforms.

### Task 26 - Balancing the Parent Role

Hey everyone, if I would give out advice I would just say talk to your parents. For someone it can be hard but if these problems are bugging you I think the best way out of it is by talking to them. Not like shouting or yelling at them, but sitting them down and talking to them and this goes for everyone of you. @Jessie55, @ThisisRobert and @Billieball. I do relate to you @Jessie55 tho. Having my mom thinking she is in my friend group is a bit embarrassing. But I think talking to her nicely and confronting her about it in a gentle way is the way to go here. And @ThisisRobert my dad was just as focused that I should only have top grades until I talked to him about it. I mean I get that some parents are easier to talk to than others but trying will not harm anyone I guess haha.

## Task 27 - Producing a text - Task A

### **Living a double life**

Trying to balance a life is hard. And I think that most teens try to do it, and try to live a "double life". They try to be the perfect son or daughter at home, where they do not use bad words, they do not talk back and they try their best to pretty much be "the perfect child" and this is something I think has two reasons to happen. Firstly I think it is because of how the society around children and teens is. I also think some of it is the parents fault that this happens.

Living a double life is going to work and we have seen that it works because almost every teenager these days does it. But after a while it is all going to come falling down again. Most kids act differently around their friends than they would act around their parents and kids do this from an early age. Today's society around teenagers is tough and I would say that today's teenagers have it harder than the generation of our parents had it when they were young. And I think that part of the reason why kids and teenagers start doing bad things like alcohol, smoking, vaping and doing stuff that kids absolutely should not be doing is because of the pressure that gets put on them. We go to school for 6-7 hours a day, then come home to do your homework for 1-2 hours and on top of it all our parents come yelling at us because we did not do our chores, like loading the dishwasher. I think all the bad stuff feels like an escape for them.

The stuff teenagers do now has definitely developed from when our parents were young. The age people start smoking, drinking etc. is much lower than it has been earlier on. I think all the partying, alcohol, vaping and smoking makes it feel like an escape for someone. They know they are not allowed to do it but they still do it. And when they come home they try to be a perfect son or daughter and do exactly what the parents want even if they are exhausted.

It is not just about partying for some people. Some people have a really hard time showing their true self to their parents, and feel like they can not show themselves completely and be their true self until they go out with friends. And of course everybody has three sides. One they show to their family, another one for friends and one side that is their whole personality as a person that they never show fully.

People will always have sides they do not show completely and that is something probably every person does. I believe that you do not always have to tell your parents everything and that some secrets can be kept. But not if you are holding your personality back. Especially not from your family, I think everybody should embrace who they are and be proud of that.

Sources:

None