

## VOCABULARY LIST

# Can Too Much Screen Time Harm You?

Find the article at:

[scholastic.com/headsup/screentime](https://www.scholastic.com/headsup/screentime)

**adolescence** (*noun*): the period of life when a young person develops into an adult

**chemical** (*noun*): a substance, such as an element or a mix of elements (compound), that is made by a chemical process

**cognitive** (*adjective*): related to thinking, reasoning, or remembering

**cortex** (*noun*): the outer layer of the brain that is involved in processing sensory information such as sight and smell, coordination, and memory as well as complex thinking and decision-making

**crucial** (*adjective*): very important

**depression** (*noun*): a condition in which a person feels sad and hopeless and may have difficulty concentrating and thinking

**development** (*noun*): the act or process of growing or causing something to become larger or more advanced

**disrupt** (*verb*): to prevent something from continuing in the way it normally would

**essential** (*adjective*): necessary; needed

**evidence** (*noun*): something that gives proof or a reason to believe something

**excessive** (*adjective*): more than is needed; not a reasonable amount

**factor** (*noun*): something that causes a result

**immune system** (*noun*): the system of organs, tissues, and cells that protect the body against substances like bacteria and viruses that can cause disease

**investigate** (*verb*): to observe or study by close examination

**melatonin** (*noun*): a chemical released in the body in response to darkness that is linked to cycles of sleeping and waking

**neglect** (*verb*): to give little attention to

**symptom** (*noun*): something that indicates the presence of a disease

