



## Pandemic: Sharp Rise in Early Puberty Explained [ScienceAlert]

### Description

COVID caused health problems, like early puberty in kids. Some studies found more children having this issue recently. It might be linked to the virus or spending too much time on screens during lockdowns.

Researchers in Turkey suggested that using smartphones and tablets for long periods might be to blame. Exposure to blue light from screens could make hormones change sooner, causing early puberty in rats.

Our bodies react to blue light as a signal to wake up. This can mess with our hormones, like melatonin, which affects sleep and puberty. Studies on rats showed that more exposure to blue light led to early puberty signs.

Even though this was a rat study, it suggests that blue light from screens could be a risk factor for early puberty in children. More research is needed to confirm these findings.

This research was published in *The Journal of Clinical Research in Pediatric Endocrinology* and *Frontiers in Endocrinology*.

### Vocabulary List:

1. **Puberty** /'pjʊ:.bər.ti/ (noun): The period during which children develop physically and sexually mature.
2. **Exposure** /ɪk'spoʊ.ʒər/ (noun): The state of being exposed to something such as light or influence.
3. **Hormones** /'hɔ:r.moʊnz/ (noun): Chemical substances produced in the body that regulate various physiological processes.
4. **Melatonin** /,melə'toʊnɪn/ (noun): A hormone that regulates sleep-wake cycles.
5. **Research** /rɪ'sɜ:rtʃ/ (noun): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.
6. **Link** /lɪŋk/ (verb): To make a connection between different things or concepts.

## Comprehension Questions

### Multiple Choice

1. What is suggested as a possible cause of early puberty in children according to some studies?



- Option: COVID
- Option: Spending too much time on screens
- Option: Lack of exercise
- Option: Changes in diet

2. Which researcher suggested that using smartphones and tablets for long periods might contribute to early puberty?

- Option: Researchers in Turkey
- Option: Researchers in the US
- Option: Researchers in China
- Option: Researchers in Brazil

3. What does exposure to blue light from screens potentially do according to the text?

- Option: Cause early aging
- Option: May improve eyesight
- Option: Make hormones change sooner
- Option: Have no impact on health

4. What signals do our bodies react to blue light as?

- Option: A sign to sleep
- Option: A sign to wake up
- Option: A sign to eat
- Option: A sign to exercise

5. According to the research, what risk factor for early puberty in children is mentioned?

- Option: Excessive sugar intake
- Option: Blue light from screens
- Option: Lack of vitamin D
- Option: Regular exercise

6. Which journals were mentioned where this research was published?

- Option: The Lancet and The New England Journal of Medicine
- Option: The Journal of Clinical Research in Pediatric Endocrinology and Frontiers in Endocrinology
- Option: Nature and Science
- Option: JAMA and Annals of Internal Medicine

### **True-False**



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7. COVID has no impact on health and does not cause any health problems according to the text.
8. Exposure to blue light from screens can have effects on hormones like melatonin.
9. The studies on rats mentioned in the text showed that less exposure to blue light led to early puberty signs.
10. More research is not needed to confirm the findings mentioned in the text.
11. Early puberty in children can also be linked to spending too much time on screens according to the text.
12. The research mentioned in the text was published in a journal related to astronomy.

### Gap-Fill

14. Blue light exposure could make hormones change sooner, causing early puberty in \_\_\_\_\_.
15. More research is needed to confirm if blue light from screens could be a risk factor for early puberty in children according to the \_\_\_\_\_.
16. Exposure to blue light could potentially mess with hormones like \_\_\_\_\_.
17. Spending too much time on screens during lockdowns might be linked to health problems like early puberty in \_\_\_\_\_.
18. This research was published in The Journal of Clinical Research in Pediatric Endocrinology and \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Spending too much time on screens 2. Researchers in Turkey 3. Make hormones change sooner 4. A sign to wake up 5. Blue light from screens 6. The Journal of Clinical Research in Pediatric Endocrinology and Frontiers in Endocrinology

**True-False:** 7. False 8. True 9. False 10. False 11. True 12. False

**Gap-Fill:** 14. rats 15. text 16. melatonin 17. kids 18. Frontiers in Endocrinology



## Answer

### CATEGORY

1. Health - LEVEL2

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