Information technology (IT) is a set of methods and tools used to collect, store, process and

the dissemination of information. Nowadays, people's lives are increasingly dependent on IT technologies. Every day we go to different social networks, check the news, communicate with friends and all this with the help of our phones - bright representatives of modern IT technologies. Later, we go to work, where we most often meet with computers. Thanks to them, we can perform various activities: work with text in Microsoft Word, solve various types of equations and make diagrams in Microsoft Excel, work professionally with photography in Adobe Photoshop, create great video works in Sony Vegas Pro and so on. For people, many of these programs are becoming the main earnings and are now quite popular. In Adobe Photoshop, mainly professional photographers work, and they process their photos, which can then get on the cover of some famous magazine, or, some photographers, arrange exhibitions that bring them income. So, with just one program, talent, and determination, people become famous and can ensure a happy life without financial worries. Or, for example, take a visual effects specialist. These people on a monitor can turn a regular video recording into a work of art that will surprise and delight people when viewed. These are the emotions we experience when watching a movie, right? For this skill, these experts will undoubtedly be awarded, because many awards have a category: the best visual effects. About what they earn for a living with this, do not even need to say. Think about it, above are two examples where people earn their living with the help of a computer and computer programs! Sometimes it is really amazing. But do these people think that their whole lives are connected with information technologies? Do they think about what will happen to them if IT disappears? Of course, this will not happen, but still, if we assume. In most cases, people will have to retrain. Someone will be able to, and some will remain with nothing. In most cases, people simply do not realize how much modern technology affects them. An ordinary teenager, using the phone, communicates with his friends, who can be in the next room and on the other side of the continent, reads various books, in their native and foreign languages, learns about the news of the world, expresses their views on different situations, posting their photos, plays different games. All this helps him to be himself, a modern teenager, but think about what will happen to him when his phone is taken away? Of course, nothing serious, but then interrupted friendship, unfinished book, which can not be bought in a paper version, and will be unfinished, and his personal opinion, most likely, will not be heard. Some will be able to survive this, while others, in turn, may

fall into depression, from which it will not be easy to get out, because we should not forget that in adolescence, people have a very weak psyche. In fact, it is very difficult to say how exactly information technology affects teenagers who will become adults in the future, because it is the generation of children of the Internet, mostly still children. But we can learn how modern technical realities affect people who are part of their lives, did not know anything about the Internet. We can meet with contradictory opinions, but it is worth taking into account that every opinion expressed has the right to life