I don't believe there is a correct answer, but I will side with advancing the technology. How far it goes lies somewhere in between the possibilities of what we are able to push past, and the ramifications that the technology we create can and will have on the ever internet connected population of people who not only use the technology, but require it to live their day to day lives. That being said, I'll argue that we must always press ahead with this technology, but we must also be cautious on when we create the technology. Releasing something when we are not ready for it either leads to the technology being underappreciated and abandoned, or it leads to us not knowing how to properly use it, which in turn causes harm to both us and the future development of said technology. If it is released at a point past when we would need it, then the technology will most likely be lost to us because it will be considered dated. At the moment this is not the case, smartphones or more specifically the technology that goes into them should be released when there is a need for an improvement in the capabilities of phones, and when we more fully understand the ramifications and influences that these devices will have on both the general and specific populations.

The article "Have smartphones destroyed a generation" by Jean M. Twenge gives us various statistical correlations between teen smartphone usage and things such as increased rates of depression, suicide, and decreased rates of sleep. When considering these statistics my mind goes to two possibilities. Either the companies that first released these new technologies had no idea that what they created would lead to these issues, or they knew exactly what was going to occur and regardless of that knowledge released their product in order to increase their profits. Regardless of the intent behind the release of smartphones the minds of the younger generation (and perhaps even those of my current and older generations) were not prepared for the changes it would bring about, and the continuous changes that would occur afterwards.

It can very much be argued that smartphones came out at a point in time that was too early for people to fully understand them, or at least understand what they would do to a world that heavily relies upon social interactions to survive. Perhaps if smartphones had been released in 2015, at a point after we became used to the internet as it now maybe we would have been more prepared. We would have known to restrict time usage of these devices (and the social media applications on them). We would have known that smartphones haven't destroyed a generation, but merely changed the way they interact within the world they exist in.

I make the final point to say that as a society we should keep allowing for the development of the technology, but we should see how said technology develops us.