

# LESSON 95: Take Care

• Theme: *Health and Environment*



Performance Level

1 2 3 4 5 6

## PBD Reading


Student's Book: Unit 9, p. 95

A. Study the infographic below.

# TECH ADDICTION

is defined as  
**'the obsessive and excessive use of technological devices'**




**Facts:**

- Men are more inclined to gaming and texting, whereas women are more prone to texting, browsing through their social media apps and shopping online.
- The smartphone is the last thing most people look at before going to bed at night.  
(Phubbed and Alone: Phone Snubbing, Social Exclusion, and Attachment to Social Media", 2019).

**Signs to look out for:**

- Little or no interest in offline activities
- Agitation and anxiety when forced to disconnect
- Insomnia
- Carpal tunnel symptom



B. Write 'True' or 'False' for these statements. DSKP: LS3.1.1

1 People who use tech devices excessively are likely addicted to them.	
2 Technological devices include tablets, computer, smartphones and gaming consoles.	
3 Among some of the things men do on the internet are shopping and checking the social media apps for updates.	
4 A majority of people listen to the radio before bedtime.	

C. Discuss and answer the questions below. DSKP: LS3.1.2

1 List a physical and emotional symptom of tech addictions.

(a) Physical: \_\_\_\_\_

(b) Emotional: \_\_\_\_\_

2 Suggest **two** ways to break technology addiction.

(a) \_\_\_\_\_

(b) \_\_\_\_\_

**HOTS** Creation