

READING COMPREHENSION: TASK 1

Read this text carefully and answer the questions according to the text.

CYBERBULLYING

Cyberbullying is a relatively new issue that has grown more visible as the Internet has become more popular among children and teenagers. Cyberbullying occurs when a child or teen uses digital technology to intimidate, threaten or humiliate another **peer***. It is similar to normal bullying; a major difference is that it takes place in cyberspace. Examples of cyberbullying include sending insulting text messages, spreading rumours online, posting embarrassing pictures and videos, or using fake profiles.

Cyberbullying can occur anywhere, 24 hours a day, seven days a week. Cyberspace allows information to travel more quickly and to more people, so rumours can spread very fast nowadays. An embarrassing video posted to a social networking site by someone in Kansas tonight may be watched by someone in Japan tomorrow. Messages and images can be posted anonymously so it can be difficult and sometimes impossible to determine the source**. Moreover, deleting inappropriate or offensive messages, texts, and pictures is very difficult after they have been posted or sent.

The victims of cyberbullying have lower self-esteem and more health problems. They also experience negative behaviours: changes in behaviour, sleep or appetite, poor concentration, less interest in school and low academic achievement. They begin to lose interest in things they once enjoyed and spend less time with friends. They are at greater risk for anxiety and other stress-related disorders.

According to recent studies, victims of cyberbullying don't want to tell a teacher or parent, often because they feel ashamed of the social stigma or fear that they will lose their computer or mobile phone privileges at home. They think they will not be allowed to continue using their computer or mobile phone.

If you are cyberbullied, it's important not to respond to any messages or posts written about you, no matter how hurtful or untrue. Record the dates, times, and descriptions of examples when cyberbullying has occurred. Save and print screenshots, emails, and text messages and then report*** them to a family member or teacher. Block the person who is cyberbullying you and report*** him/her to the police.

You can prevent cyberbullying following some basic tips:

- Be smart about what you post or say. Don't share anything that could hurt or embarrass yourself or others.
- Think about who you want to see the information and pictures you post online.
- Keep your passwords safe and do not share them with friends.

Adapted from: <http://www.netsmartz.org/> and <http://www.helpguide.org>

GLOSSARY:

* **peer**: a person who is an equal in social standing, rank, age, etc. En català vol dir 'company, semblant'.

** **source**: the point or place from which something originates. En català vol dir 'origen, font'.

*** **report**: to complain about or denounce. En català vol dir 'denunciar'.

READING COMPREHENSION: TASK 1

16 Cyberbullying is...

- a. a relatively new way of bullying.
- b. very different to "normal" bullying.
- c. the most dangerous form of bullying.

17 Who carries out the act of cyberbullying?

- a. Anyone who is older than 18.
- b. Anyone who knows how to photoshop a photo.
- c. Anyone who uses computers or cell phones.

18 A "fake profile" is _____ profile.

- a. an original
- b. an invented
- c. a special

19 Which sentence is TRUE?

- a. Cyberbullying is always done in group.
- b. Cyberbullying only happens to teenagers.
- c. Cyberbullying can happen at any moment.

20 According to the text, it is easy to...

- a. delete cyberbullying messages.
- b. post cyberbullying messages anonymously.
- c. determine the origin of cyberbullying messages.

21 Which sentence is TRUE?

- a. Victims don't tell anyone because they don't want to be humiliated.
- b. Victims tell they are cyberbullied to keep their privileges.
- c. Victims only tell their teachers they are cyberbullied.

22 It is important to...

- a. keep evidence of cyberbullying.
- b. send emails only to your friends.
- c. respond to angry messages.

READING COMPREHENSION: TASK 1

23 If you are cyberbullied, you should...

- a. delete all the nasty messages in your inbox.
- b. answer the nasty messages that are untrue.
- c. block the bully* and call the police.

24 According to the text, what should you do about offensive messages?

- a. Post them on Facebook.
- b. Email them to your best friend.
- c. Save and print screenshots of the messages.

25 The third paragraph "The victims of cyberbullying (...) anxiety and other stress-related disorders."...

- a. gives some tips to prevent cyberbullying.
- b. informs you about the effects of cyberbullying.
- c. explains the differences between bullying and cyberbullying.

26 The fourth paragraph "According to recent studies (...) their computer or mobile phone." tells the reader about the...

- a. reasons why victims don't tell anyone they are cyberbullied.
- b. rules to prevent cyberbullying.
- c. different types of bullying.

27 Put the following information in the correct order as it appears in the text:

A.
Effects of cyberbullying.

B.
Characteristics of cyberbullying.

C.
Tips to prevent cyberbullying.

- a. B → A → C
- b. A → B → C
- c. B → C → A

28 This text is addressed to...

- a. teachers.
- b. teenagers.
- c. the police.

GLOSSARY:

* bully: asseurjador.

READING COMPREHENSION: TASK 2

Read this text carefully and answer the questions according to the text.

SCREEN-FREE WEEK

Screen-Free Week is an annual, international event that traditionally takes place in April. Each year people from around the world decide to turn off screens of all kinds for the week. It's described as a time to "**unplug**" and play, read, day-dream, create, explore nature, and spend time with family and friends, instead of watching TV, surfing the web, or playing video games.

When in 1994 Henry Labalme, director of TV-Free America in Washington, came up with the idea of a national organisation to reduce the screen-time habit, most Americans didn't believe it was a problem at all. Television was considered inoffensive and a great babysitter. Perhaps improving some of the programs was a good idea, but reducing television time? Ridiculous! Nowadays, kids under 18 spend an average of seven hours and thirty-eight minutes on media devices each day.

You don't have to stop using your computer for work or school—but if screens of any kind are interfering with your family time (including meals), think carefully about how you're using them.

Screen media dominates our lives, displacing all sorts of other activities. Thousands of studies indicate that excessive screen time is associated with poor school performance, childhood obesity, and attention problems.

Screen-Free Week is a fun and innovative opportunity to reduce our dependence on computers, television, video games, and hand-held devices. It's a chance for children and adults to rediscover the joys of life beyond the screen.

Guide to a great Screen-Free Week:

- Decide what "screen-free" means to your family. Does it include email and text messaging?
- Make plans together for the week. Suggest other activities. Instead of spending your time in front of a screen, do other activities, such as reading, playing a sport, helping with cooking...
- Don't eat in front of the TV. The habit also encourages mindless munching*, which can lead to weight gain. Reclaim the family meal as a time for talking together and/or sharing stories. Think of different ways to spice up** the evening... maybe a discussion about a book everyone in the family has agreed to read?
- Include friends, relatives, and neighbours in what you are doing. Get together with other families at a park, play organised games or just hang out!

Adapted from: <http://www.screenfree.org/> and <http://www.redorbit.com/news/technology>

GLOSSARY:

* **mindless munching**: to eat something, especially noisily and without giving much attention. En català vol dir 'mastegar mecànicament, sense posar-hi atenció'.

** **spice up**: to make more interesting. En català vol dir 'fer més divertit, animar'.

READING COMPREHENSION: TASK 2

29 Screen-Free Week takes place in...

- a. spring.
- b. summer.
- c. winter.

30 On Screen-Free Week, people _____ for seven days.

- a. only watch TV
- b. only use mobile phones
- c. don't use any kind of screen devices

31 What does "unplug" mean?

- a. Disconnect an electrical device.
- b. Turn on an electrical device.
- c. Change TV channels.

32 Being "unplugged" may give you more time to...

- a. chat with your friends online.
- b. enjoy your free time with your friends.
- c. watch your favourite football team on television.

33 In 1994, Henry Labalme started the idea of Screen-Free Week because...

- a. Americans considered watching TV a social problem.
- b. he thought people spent too much time in front of the TV.
- c. TV-Free America wanted to improve the quality of TV programmes.

34 On Screen-Free Week you must stop using your media devices at...

- a. work.
- b. home.
- c. school.

READING COMPREHENSION: TASK 2

35 An example of a hand-held device is a...

- a. computer.
- b. television set.
- c. mobile phone.

36 According to the text, one of the effects on children of using media devices too much is that...

- a. their eyes become sore.
- b. they may become obese.
- c. they will get better results at school.

37 Reducing our dependence on screen media is an opportunity to...

- a. find other kinds of entertainment.
- b. see films at the cinema.
- c. start a diet.

38 Screen-Free Week is for...

- a. children only.
- b. children and teenagers only.
- c. people of all ages.

39 On Screen-Free Week, your family can...

- a. take some family photos with the mobile phone.
- b. look for some recipes on the Internet.
- c. prepare dinner together.

40 The text recommends you to _____ on Screen-Free Week.

- a. go outdoors and play games
- b. post comments about a book on a literary blog
- c. write about this event on the school website