



“Vicente León” High School

Topic: Social Media Habits

Objective: Raise awareness about the importance of adopting good habits of the use of technology that improve their lifestyle to promote a culture of prevention and individual responsibility for the procurement of physical and mental health.

Instruction: Please, read and analyze carefully each item and choose true or false according to the multimedia presentation in genially.

If you can watch the information again, click in the following link:

<https://view.genial.ly/6430eab20afac200138e9ed3/video-presentation-video-genial>



1. The article says that social media has not become very important in our lives.

True

False

2. The reading states that people who spend more than 30 minutes on social media every day are happier than those who don't use social media.

True

False

3. Doctors affirm that our phones' screens can cause us to sleep poorly.

True

False

4. The article tells us to pay attention to our phones more than real-life people.

True

False

5. The reading says that we should stop using social media for a few days if it makes us feel sad.

True

False

Recuerda poner en práctica los buenos hábitos del uso de las redes sociales