

## IT

- 1 Complete the sentences with the words in the box.

app comment instant password  
privacy profile social video game

- My parents love social networking sites, but I don't use them anymore.
- I have an \_\_\_\_\_ on my phone that tells me when my bus is coming.
- Don't tell anyone your \_\_\_\_\_. It's a secret.
- \_\_\_\_\_ messaging is my favourite way of communicating with my friends.
- Do you want to come over on Saturday and play my new \_\_\_\_\_?
- I always use the highest \_\_\_\_\_ settings on public websites.
- You can leave a \_\_\_\_\_ in the box below.
- Be careful! Your \_\_\_\_\_ contains all your personal information.

## Technology

- 2 Complete the sentences with technology collocations. Change the pronouns if necessary.

- Oh, no! Sam said he had sent me a message but I forgot to check my phone.
- I wrote a post about a friend but I regret it, so I want to \_\_\_\_\_ it now.
- Do you know how to \_\_\_\_\_ on this site? A friend is being bullied online.
- When I moved schools, I had to \_\_\_\_\_ with my new information.
- If you don't want everyone to see your posts, you should \_\_\_\_\_.
- The quickest way to talk to friends is to \_\_\_\_\_ on your phone.
- I'm going to \_\_\_\_\_ of the delicious cake I made! I want everyone to see it.
- After I got a virus on my laptop, I decided to \_\_\_\_\_ to stop it from happening again.

## Phrasal verbs

- 3 Choose the correct option.

- Don't forget to switch **off/away** your phone before the film starts.
- My mum works **up/out** at the gym most days.
- Do you want to come over later? We're going to hang **out/away** with my sister's friends.
- You should log **off/up** from the computer when you leave the library.
- Let's do nothing and just chill **away/out** in the garden today.
- Running every day helps me get **up/away** from my desk.
- I need to print **out/up** some documents but there isn't any paper.
- My grandma was 60 when she took **out/up** tennis.
- Remember to sign **out/up** when you leave the website.
- Do you want to meet **out/up** with me for a coffee tomorrow?

- 4 Complete the texts with phrasal verbs from exercise 3.

How do you feel about technology and your life? Do you have a good screen-life balance?

I find it hard to relax, but I know it's important to 1 switch off our devices and do something else. To help with stress, I like to exercise so I 2 \_\_\_\_\_ twice a week. *Anne, 15*

I think it's really important to get active, so a friend and I plan to 3 \_\_\_\_\_ running when the weather gets better. *Milly, 15*

School is very busy this year. Sometimes it all feels too much, so at weekends I like to 4 \_\_\_\_\_ and do nothing! I often 5 \_\_\_\_\_ my friends in town, or sometimes we go for a bike ride just to spend time outdoors and 6 \_\_\_\_\_ the noise and pollution in the city! *Douglas, 16*