



Multiple Choice Questions

Answer the following multiple choice questions about the reading.

1. Where did the digital detox challenge take place?

- A. An online forum for teenagers
- B. Highfield Secondary School in England
- C. A summer camp in the United States
- D. A technology conference in Germany

2. How long did the digital detox challenge last?

- A. A weekend
- B. Seven days
- C. Thirty days
- D. A fortnight

3. What was the main idea behind the digital detox challenge?

- A. To show students new apps.
- B. To stop students from using technology.
- C. To fix the school's technology problems.
- D. To help students use technology in a balanced way.

4. Who is Brent Hamilton?

- A. The headteacher of Highfield Secondary School
- B. A technology expert who advised the school
- C. A parent who supported the challenge
- D. A student who participated in the digital detox challenge

5. What did Brent Hamilton say about technology use and teenagers?

- A. It can hurt their grades and friendships.
- B. It can help them do many things at once.
- C. It can make them know more about what's happening.
- D. It can help them learn tech skills.

6. According to Brent Hamilton, what is one possible negative effect of using technology too much?

- A. It might make people worse at talking to others.
- B. It might make people do better in school.
- C. It might make people feel closer to the world.
- D. It might make people move around more.

7. What happened to Brian on the first day of the challenge?

- A. He liked not having technology.
- B. He started a new hobby.
- C. It was easy for him to stop using his devices.
- D. He felt worried and wanted his phone.

8. What did Jane do during the challenge?

- A. She read, biked, and painted.
- B. She learned how to code.
- C. She watched more TV.
- D. She used social media more.

9. What did Jane discover after a few days without her phone?

- A. She couldn't live without her phone.
- B. She found new activities to do.
- C. She missed getting messages.
- D. She needed social media to have fun.

10. According to the passage, what did Leslie and her friends do more of after putting their phones aside?

- A. Attend school events
- B. Talk more and have more fun
- C. Study for exams
- D. Play video games together

11. What did the students find out from the challenge?

- A. They should use their phones more.
- B. Technology is needed for homework.
- C. They should use technology for fun.
- D. It's okay to not use technology sometimes.