

Read the texts below.

Match choices A-H to the texts 1-4. There are three choices you do not need to use.

Phone addiction



Last week we went to the cinema. Just as the film began, little windows of light started to open around us: people were checking their phones.

On my way home I realised my mobile is the first thing I reach for when I wake up, I thought I should deal with this problem.

When I noticed that I had become addicted to my phone, I told my kids that from then on we'd have another rule: no technology at the table.

So they also noticed. I was shocked. It is teenagers with their electronic devices in their hands that are called rude by older generations.

Everywhere you can see grown-ups with their phones: Mums sitting in cafés, shopping online, with their babies playing with tablets; Dads reading emails during their kids' football matches.

We need to put down the phones and start talking IRL (In Real Life).