

LESSON 95: Take Care• Theme: *Health and Environment*

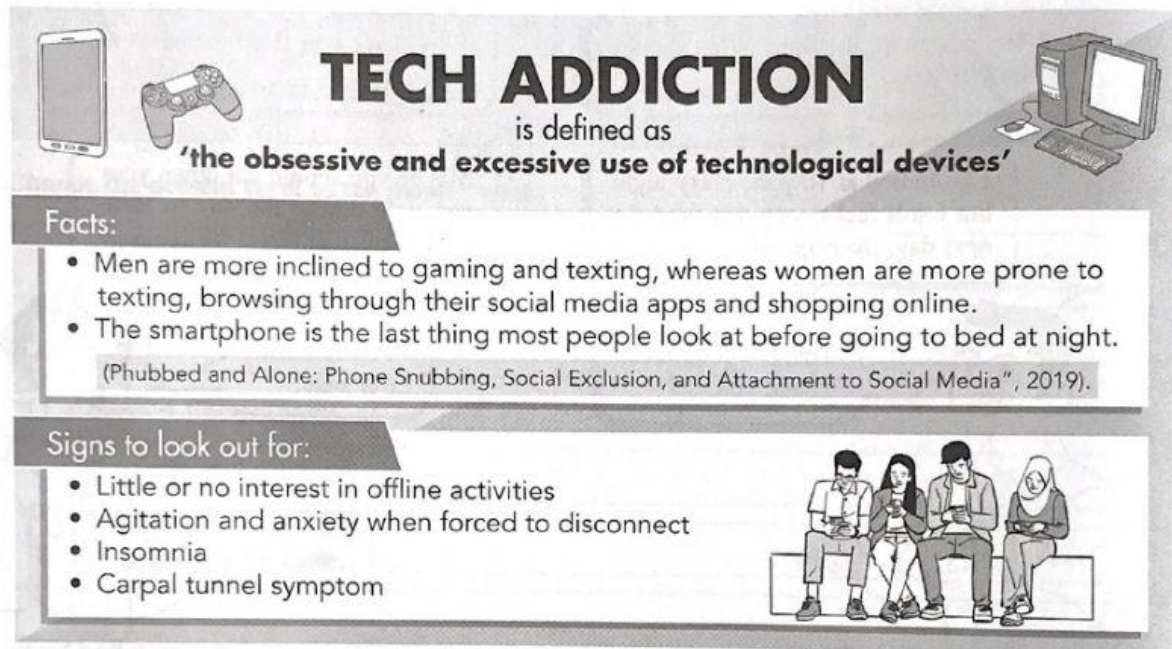
Performance Level

1	2	3	4	5	6
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PBD Reading

Student's Book: Unit 9, p. 95

A. Study the infographic below.



TECH ADDICTION
is defined as
'the obsessive and excessive use of technological devices'

Facts:

- Men are more inclined to gaming and texting, whereas women are more prone to texting, browsing through their social media apps and shopping online.
- The smartphone is the last thing most people look at before going to bed at night.
(Phubbed and Alone: Phone Snubbing, Social Exclusion, and Attachment to Social Media", 2019).

Signs to look out for:

- Little or no interest in offline activities
- Agitation and anxiety when forced to disconnect
- Insomnia
- Carpal tunnel symptom



B. Write 'True' or 'False' for these statements. DSKP: LS3.1.1

1 People who use tech devices excessively are likely addicted to them.	
2 Technological devices include tablets, computer, smartphones and gaming consoles.	
3 Among some of the things men do on the internet are shopping and checking the social media apps for updates.	
4 A majority of people listen to the radio before bedtime.	

C. Discuss and answer the questions below. DSKP: LS3.1.2

1 List a physical and emotional symptom of tech addictions.

(a) Physical:

(b) Emotional:

2 Suggest **two** ways to break technology addiction.

(a)

(b)

HOTS Creation