

1) Listen to Jack and Lizz's messages to the magazine. Do they have healthy digital habits? Why? Why not?

2) A- Listen and read Jack's message again. Complete the text with the words in the box.

check - following - switch / off - texting - charge

Are you a technology addict?

Jack, 15.
I use my phone from the minute I wake up. I don't mind talking to people face-to-face but I prefer 1- _____ friends. I also enjoy 2- _____ my favourite sports stars on Twitter. But I would like to spend less time on my phone. I don't know why I need to 3- _____ my Facebook page every few minutes. I try to 4- _____ it sometimes. But I notice that I can't stand being without my phone - for example, when I forget to 5- _____ it and the battery dies. I think I'm probably addicted to my phone.

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B- Match the words and phrases with their definitions.

- | | |
|-------------------------------------|---|
| 1. Follow somebody | A. you do this when you want to see if your friends posted something new. |
| 2. Charge your battery | B. you do this when your battery is 1%. |
| 3. Turn your mobile phone off | C. when you want to read somebody's opinion on Twitter you do this. |
| 4. Text friends | D. when you are in the cinema you have to do this with your phone. |
| 5. Check Instagram/Facebook/Twitter | E. to send instant messages to friends. |