

NAME:

**1. Listen to a man talking about how technology has changed children's lifestyles.  
Answer the questions below.**

1. What was the child obesity rate in 2012?  
.....
2. How different was that rate from the 1980's rate?  
.....
3. What do screens from digital devices emit?  
.....
4. What problems may be caused by looking at smartphones' or tablets' screens?  
.....
5. What can be disturbed when children are exposed to screen time at night?  
.....

**2. Listen again. Fill in the blank with a missing word.**

Technology also changes the way kids (1)..... and (2)..... with others. This can have huge impacts on their mental and emotional (3)..... High levels of social media use can lower (4)..... and create negative moods. More importantly, it lowers children's frequency of interacting with their peers. This makes it more difficult for them to pick up on social cues and develop meaningful relationships with others.

This isn't to say that all technology is bad. In fact, it provides tons of positive opportunities for learning, entertaining, and socializing, but it should be (5)..... and used appropriately.