# Addicted to Gadgets

**A. Proper Nouns:**

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**B. Vocabulary Words:**

abbreviate (to) be grounded (to) be hooked (on) (to) cope demise (to) devise dopamine entitle (to) fiddle with (to) fling gadgets (to) go bananas goggle box innate (to) invoke late media watchdog multitask over-reliant pervasive primal stats tetchy (to) undermine

**C. Phrases from the video which use the vocabulary words. Watch the video. Listen carefully, and fill in the blanks with the correct form of the vocabulary words.**

1. But first though, addicted to _____.

2. There is plenty of evidence to suggest that we are truly _____.

3. The _____ OFCOM reckon that we spend around 7 hours a day on average looking at or _____ some kind of electronic device.

4. All of us staring at the _____.

5. Our ability to focus is being _____ by endless bursts of information that play to an _____ _____ response in all of us.

6. The stimulation _____ excitement, and _____ squirts inside our heads that researchers say can be addictive.

7. And in its absence, we feel bored and _____, we withdraw.

8. ...that sort of autistic spectrum thing, but _____ suggest the gap is closing.

9. ...the withdrawal symptoms I don't think are to a point where I couldn't _____.

10. I mean my _____ father, if he was around, he would have _____!

11. ... decades ago, people were saying television was going to cause the _____ of the nation because people were too addicted.

12. But I read a study last week that says that this "addiction" to gadgets is actually improving our ability to _____.

13. If you have been unlucky enough to lose your television or your phone for a day, you can manage. You know, you're not actually _____ completely mentally.

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14. I do think just because you have something, it doesn't _____ you to use it all the time.

15. The internet is _____, it's everywhere now, it's mobile.

16. But Matthew, they're interacting in an _____ way. The speech is not interactive, it's all online, and that can't be a good thing.

17. But if you go past any school playground at break time, they are still _____ themselves around and shouting at each other, just as we used to do.

18. They are playing games; they're _____ things that are not internet-related.

**D. Vocabulary Exercise. Match the vocabulary words to these definitions/expressions.**

_____ 1. one who serves as a guardian or a protector.

_____ 2. an abbreviated form of *statistics*.

_____ 3. a slang expression for a television set (TV).

_____ 4. dead, especially if only recently deceased.

_____ 5. cross, irritable, touchy, overly sensitive.

_____ 6. electronic devices.

_____ 7. inescapable, universal, everywhere.

_____ 8. the end of existence or activity.

_____ 9. made shorter.

_____ 10. to weaken, injure, or impair.

_____ 11. to elicit; to reawaken.

_____ 12. plan and prepare.

_____ 13. captivated by something.

_____ 14. unable to do what we need to do.

_____ 15. to contend with difficulty; to overcome.

_____ 16. existing naturally, inborn.

_____ 17. to engage whole-heartedly in an activity.

_____ 18. to touch or handle something in a nervous way.

_____ 19. an organic chemical produced by the brain.

_____ 20. engaging in more than one activity at a time.

_____ 21. out of one's mind; crazy.

_____ 22. of primary importance.

_____ 23. to give the right to do something.

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**E. True / False Questions**

1. The media watchdog group has found that we spend around 6 hours per day using some type of electronic devise.

2. Dopamine is the natural chemical released in the brain that causes us to become addicted to something.

3. In the 1960s and 1970s people thought that TV would be the downfall of Britain.

4. When Matthew, the host of the program, was a little boy, he was allowed to read at the table.

5. The fiancée of Ortis would accuse him of spending too much time on his cell phone.

6. According to Dominic, just because you have something, it doesn't entitle you to use it all the time.

7. Ortis says that his personal life suffers if he doesn't have his mobile phone.

8. Children at the dinner table (*à table*) playing video games causes them to miss out on stimulation and interaction with their parents.

9. Young children are losing the ability to converse and interact as a result of gadget addiction.

10. Being tetchy can be a sign of withdrawal.

11. The continual use of electronic gadgets has made it more difficult for us to do several things at once because we are too focused on our gadgets.

**F. More difficult questions**

1. What is the big question? (6 words)

2. What is the average time per day that we use gadgets? (No. + 1 word)

3. What do scientists say can change how people think and behave? (1 word)

4. What do endless bursts of information undermine? (4 words)

5. What do endless bursts of information play to? (7 words)

6. What does the stimulation evoke? (1 word)

7. What chemical is released into the brain when we are excited? (1 word)

8. The phrase "addicted to" means the same as what other two-word phrase?

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9. It was thought that males would be more addicted than females, but what do the statistics suggest? (4 words)

10. The innate ability for the body to physiologically respond to immediate threats and/or opportunities is known as what? (5 words)

11. What suffers when Ortis' gadgets are taken away? (2 words)

12. The popular feeling among people when they don't have their phone is what? (3 words)

13. To become an addict you have to have to _____ (3 words) and _____. (3 words)

14. What two-word phrase does Matthew use that explains why boys tend to be more addicted to technology than girls?

15. In the absence of our addiction, we fell _____, _____, we _____. (1 word each blank)

16. Many years ago, what did people believe would be the downfall of Britain? (1 word)

17. The issue isn't just becoming addicted to gadgets, it's finding what? (6 words)

18. The addiction to gadgets is actually improving people's ability to do what? (1 word)

19. According to Janet, if she leaves home without her cell phone, what will happen? (8 words)

20. Janet said, "And we can't just let it happen to us, we have to _____ (2 words) of it as well."

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