By Teacher Pahola Peña

FOMO

Reading Comprehension

ARE YOU SUFFERING FROM FOMO – THAT IS, FEAR OF MISSING OUT? RESEARCH SHOWS THAT A GROWING NUMBER OF YOUNG PEOPLE ARE, WITH WORRYING CONSEQUENCES FOR THEIR SLEEP AND SCHOOLWORK. READ THE BLOG POST TO FIND OUT MORE.

I. PREPARATION

CHOOSE THE BEST WORD TO COMPLETE THESE SENTENCES

a. IT IS YOUR IRRESPONSIBILITY / RESPONSIBILITY / RESPONSIBLE TO TAKE THE DOG FOR A WALK.

b. I REMEMBER WHEN THE PHENOMENON / PHENOMENA / PHENOMENAL OF SENDING TEXT MESSAGES STARTED.

c. THIS YEAR'S TRENDING / TRENDY / TREND FOR BIG COLORFUL HANDBAGS APPEALS TO YOUNG AND OLD ALIKE.

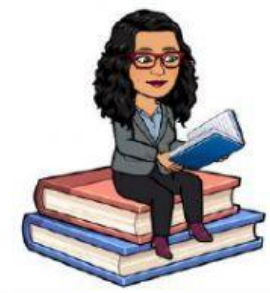
d. SHE SUFFERS FROM DEPRESSED / DEPRESSING / DEPRESSION IN THE WINTER.

e. YOUNG CHILDREN CAN SUFFER FROM ANXIETY / ANXIOUS / ANXIOUSLY WHEN THEY ARE SEPARATED FROM THEIR PARENT.

f. I THINK HE MADE A REASON / REASONING / REASONABLE REQUEST WHEN HE ASKED US TO HELP HIM.

g. IT IS A WORRY / WORRIED / WORRYING BUSINESS BUT I'M SURE IT WILL ALL BE OK.

h. THE FILM IS OK FOR TEENAGERS AND ADULTS BUT INAPPROPRIATE / APPROPRIATE / APPROPRIACY FOR SMALL CHILDREN.



LIVEWORKSHEETS



FOMO

posted 2 hours ago by **Mr Braddock, Sixth Form teacher**

Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate times but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: *FOMO – fear of missing out*!

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

- **23% of 12 to 15-year-olds** wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.
- **One in three students** are constantly tired and unable to function to their full capacity.
- **Students who use social media during the night** are more likely to suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

LIVEWORKSHEETS

II. Checking your understanding

A. Choose the best option to complete these sentences

1. Students won't be able to perform well...
   a. if they have phones in class.
   b. unless they use common sense.
   c. if they don't sleep well.

2. The writer is worried by...
   a. what he has read in the press.
   b. what other teachers have told him.
   c. what he is seeing with his pupils.

3. Research shows that schoolchildren are tired because they...
   a. are going to bed very late.
   b. are waking up in the middle of the night.
   c. are getting up too early in the morning.

4. Fear of missing out is...
   a. anxiety about not having the latest technology.
   b. an irrational need to go out all the time.
   c. a fear of missing opportunities for interaction on social media.

5. Nearly a quarter of 12 to 15-year-olds wake up to use social media...
   a. once a night, on average.
   b. almost every night.
   c. once a week.

LIVEWORKSHEETS

6. Students who use social media during the night...

a. have weaker immune systems.

b. do worse in exams.

c. have a higher incidence of depression and anxiety.

B. Match the two parts of the sentences and write a–h next to the numbers 1–8.

1..... .	Students need	a.	were involved in the study.
2..... .	Experts think	b.	to get a good night's sleep.
3..... .	Getting too little sleep can	c.	an interesting article.
4..... .	A teachers' magazine published	d.	your mobile at night.
5..... .	848 Welsh students	e.	affect your schoolwork.
6..... .	FOMO is	f.	we need eight hours' sleep.
7..... .	Almost a quarter of those tested wake up	g.	a growing trend in teenagers.
8..... .	The author suggests switching off	h.	nearly every night.

C. Write the correct word to fill the gaps.

FOMO means fear of 1_____ out. A recent study in a teachers' 2 _____observed a large group of students in Wales. The 3 _____of the survey were worrying. Although students go to bed and get up at a reasonable time, they are not getting enough 4 _____. Many students wake up in the middle of the night to 5 _____their social media. They are afraid of missing a comment or taking part in a 6 _____. These students are more likely to suffer from depression or 7 _____. It is a good idea to 8 _____off your mobile at night because, of course, the world won't end!

III. Discussion

Do you think FOMO is common where you are?



LIVEWORKSHEETS