

How Social Media Affects Our Lives

1. Watch the part of the video (0:00 – 1:04) and fill in the gaps.

Hey guys I'm Maggie. Today I'm going to _____ about how social media affects our _____. Everybody knows that _____ media is used to keep in _____ with friends and families. Many people will use _____ social media applications to share their thoughts, _____ and feelings and even _____ new friends with across the _____. Social media has _____ such an influential part of our lives while it has a _____ side with fakes. We must _____ how to use it properly. Do you _____ several hours per day browsing through social media? I think the _____ is "yes". Social media use is exploding according to a _____ roughly 45 percent of the world's population use social media with an average of _____ hours and _____ minutes. Spending too long sitting at a _____ may causes some problems like a _____ strains and some back _____.



2. Watch the video till the end and mark the sentences True or False.

- Spending too much time on social networking site couldn't be adversely affecting your mood.
- Because of social media you start comparing bright lives shown in them with your "gloomy" life.
- Countless celebrities post unphotoshopped images of themselves.
- Some celebrity followers want to be like their role models and that's why they are ready to imitate everything they do.

3. Complete the table with three advantages and three disadvantages of using social media based on the video.

| advantages | disadvantages |
|------------|---------------|
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4. What are three tips on how we can use social media properly based on the video?

3 tips
