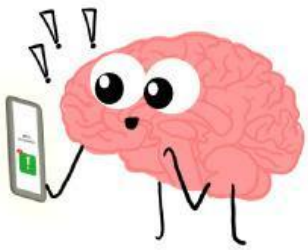
DOPAMINE, SMARTPHONES AND YOU: A BATTLE FOR YOUR TIME

ACTIVITY 1: Read these parts of the BLOG and write TRUE or FALSE in the following statements.



Dopamine, Smartphones & You: A battle for your time

Never Alone

The Levers in Our Brains – Dopamine and social reward

1. Platforms like Facebook, Snapchat, and Instagram activate the same neural circuitry as slot machines and cocaine to keep us using their products as much as possible. _____
2. About half the people experience a mild state of panic if they think they have lost their phone. _____
3. Human societies tend to have about 2 billion individuals. _____
4. Dopamine motivates behaviour and it gets released when we eat something delicious., for example. _____
5. Every notification of social media has the same effect as a bite of chocolate. _____

ACTIVITY 2: Match the words in the text with their synonyms.

INVOLVEMENT		NEVERENDING CYCLE
LOOP		BELOW
BONA FIDE		PARTICIPATION
UNDERLYING		HUMMING SOUND
BUZZ		IN GOOD FAITH

LIVEWORKSHEETS

ACTIVITY 3: Complete the following quiz. To each question answer:

NEVER - RARELY - SOMETIMES - OFTEN - VERY OFTEN

1. Do you find yourself looking at your phone or using it more than you realize?
   _____
2. Do you try to cut down on your phone use without much success?
   _____
3. Do you ever feel that you lose large amounts of time mindlessly checking apps or browsing the Internet on your phone?
   _____
4. Do you ever feel anxious or restless when you cannot access your phone, such as when the battery has run out or you've forgotten it?
   _____
5. Do you sleep with your phone and / or lose sleep due to phone use?
   _____
6. Has your phone use ever interfered with your productivity at school?
   _____
7. Do you ever look at your phone in dangerous or inappropriate situations, such as driving or when crossing the street?
   _____
8. Has your phone use negatively affected your relationships?
   _____
9. Do you struggle to wait to check your phone when you receive an alert?
   _____
10. Do you ever feel guilty, sad, or anxious about your phone use?
    _____

ACTIVITY 4: Analyse your results.

LIVEWORKSHEETS