

Part 4

Questions 16–20

Five sentences have been removed from the text below.

For each question, choose the correct answer.

There are three extra sentences which you do not need to use.

Is too much messaging bad for us?

I've just read some interesting research in a magazine article about the amount of messaging that teenagers do. It seems that we send an average of 100 messages a day – that's 3,400 every month! The researchers say that this is very likely to have some big effects on parts of our lives. **16** As we grow up, we start to rely less on them. But the research says that some teenagers message their parents up to 15 times a day. Some people might say that means that we depend on them too much. **17**

One thing did worry me a bit about the research though. It seems that for many of us, messaging doesn't end when the lights go out for the night. **18** That's because if, like me, you keep the phone on after going to bed, the light shows when a new message comes in. This disturbs our sleep, and even though we're not completely awake, we'll often read the message and even reply. As a result, we might end up being rather bad-tempered in the morning. **19**

Of course, despite the fact that some of what I read in the article was rather negative, it's not all bad news. **20** One advantage is that if you're feeling a bit shy, or just tired, and you don't want to communicate face-to-face, messaging is a great alternative. I think the main thing is that messaging can be a fantastic way to stay in touch as long as we don't do it too much. What do you think? Message me and let me know!!

- A That surely isn't the best way to start the day!
- B And, surprisingly, we often forget that it didn't!
- C Despite this difficulty, messaging can be much quicker than a conversation.
- D However, I think it's just nice to stay in touch.
- E Another reason is that often we just can't wait to see our friends.
- F There are plenty of good things about messaging too.
- G One of these, they say, is our connection with our parents.
- H Many of us message while we're doing other things, like homework.