ACTIVITY 1

A. Listen to the audio carefully. Fill in the blanks based on the audio. The missing words have been provided in the box.

Losing contact	Neck pain	Physical consequences	Anxiety	Isolation
Take breaks	Important information	Stomachaches	Aware	Rely

Mrs. Vina : Let's arrange positive activities for your long holiday.
Bryan : Yes, Mom.
Mrs. Vina : I think having a camp without smartphones is a good idea.
Bryan : What do you mean?
Mrs. Vina : While camping, we don't use smartphones. We try to free ourselves from them.
Bryan : Are you sure? It might be hard to do, Mom. I'm afraid of **(1)** _____ with my friends and missing **(2)** _____. Smartphones have been parts of our lives.
Mrs. Vina : That's the symptom of nomophobia.
Bryan : What's that, Mom?
Mrs. Vina : Nomophobia is fear of being without a smartphone or not having network coverage.
Bryan : Please tell me more.
Mrs. Vina : Nomophobia is the bad side of gadgets, especially smartphones. It has psychological and **(3)** _____. Psychologically, nomophobia can lead to **(4)** _____, depression, or **(5)** _____. And physically, it may cause headaches, **(6)** _____, eye discomfort due to overexposure to the screen, or wrist and **(7)** _____ due to improper positioning.
Bryan : Then, what's your opinion about it, Mom?
Mrs. Vina : It's understandable that people feel that way, given how much we **(8)** _____ on our phones these days. However, I think we should **(9)** _____ from technology every now and then. It's O.K. to use our phones for certain things, but we shouldn't let them take over our lives.
Bryan : I get the point, Mom. So, what should we do with the smartphones?
Mrs. Vina : I think we should be **(10)** _____ of how much time we're spending on our phones and make a conscious effort to disconnect from time to time. It's good for our mental health and overall wellbeing.

B. Answer the questions based on the dialog above.

1. What are Bryan and Mrs. Vina going to do on the long holiday?
2. Why does Mrs. Vina have such plan?
3. Why does Bryan hesitate to do it?
4. When is a person called to have nomophobia?
5. What can we conclude from the dialog?

LIVEWORKSHEETS