

Social Media and the Teenage Brain

Are you a social media user? Have you ever thought about the effects it may have on your brain? Watch the video and do the following activities.

https://www.youtube.com/watch?v=gPW9_yfGts0

1. Write the most important words you hear (or see) in the video.

2. Watch 0:48 – 2:25. Drag and drop the phrases in the right place.

be encouraged are activated done feel pressured be neglected
are activated your friends to like become

1. A study _____ at UCLA scanned teen brains while using social media.
2. They found that the same brain networks that _____ by eating chocolate and winning money _____ when they receive likes on their photos on social media.
3. Teens may spend so much time on social media that more important tasks may _____
4. Social media can _____ addictive, since it is so easy to post pictures and wait for your post.
5. Teens may _____ to do things their peers show on social media.
6. Bad habits can _____ by social media.

3. Vocabulary: watch 2:25-2:55. What do these expressions mean? Choose the correct option.

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|--------------|-------------------|----------------------|
| 1. Zip it: | share information | don't share too much |
| 2. Block it: | let it enter | don't let it enter |
| 3. Flag it: | highlight it | do not care much |

4. Vocabulary: according to the video, what are the benefits of using social media? Write the words you hear.

5. What is your opinion about this topic? Do you think social media affects your life? Why/why not? Write a paragraph in your notebook.