

Today, many teenagers are addicted to the Internet. They use it too often and for too long. Once they are on the net, they can't turn it off.

In fact, the Internet is very interesting and useful. When online, you can read the news, find information, connect and share things with friends, shopping, playing games, etc. There are good reasons to spend time online.

However, teenagers with an Internet addiction are online too much. They don't just go online to find information, have fun, or study. Sometimes, they go online because they want to escape the stress and problems in their lives. Many Internet addicts stop caring about their real lives, and concentrate only on their online lives. This has a bad effect on their health, some even have a mental disorder, and their study also has to suffer.

One way Internet addicts can get help is by using special software. This software controls how much time someone can spend online. It tells the computer to turn off the internet after a certain amount of time. This helps people focus on the important things in their real life. The software's goal is to teach people to use the Internet for good reasons and not just as an escape.

28. What does the passage say about Internet addiction?

- A. It is often interesting and useful.
- B. All Internet users are Internet addicts.
- C. Most teenagers have Internet addiction
- D. Once online, addicts can't turn it off.

29. The underlined word escape in the passage probably means _____.

A. focus on

B. run away from

C. cut down on

D. carry out

30. According to the passage, teenagers are likely to become Internet addicts if _____.

A. their life is stressful and has problems

B. their study is too hard

C. they enjoy online shopping

D. they have a lot of online friends

31. According to the passage, one way of helping people stop their Internet addiction is _____.

A. watching TV with friends

- B. using special software
- C. spending more hours studying
- D. concentrating on their real life

32. Which of the following is True, according to the passage?

- A. People should not spend time on the Internet.
- B. The Internet is very good for addicts.
- C. Spending too much time online is not good.
- D. The new software teaches addicts to use the Internet.