Listening C1: Tech addiction – preparation

Match the words with the definitions.

to exacerbate | to class | vulnerable | to drop by | baby boomers | to scroll | a rush | greyscale

to visit informally for a short time	
to move information on a screen to see a different part of it	
a chemical reaction in your brain that makes things feel good	
black and white and the shades in between	
the generation currently in their late adulthood	
easily damaged or harmed; at risk	
to categorise; to name	
to make something worse	

LIVEWORKSHEETS

Listening C1: Tech addiction – 1

Are the sentences true or false?

1. Millennials spend more time on smartphones than any other generation.	True	False
2. Some people who work in the tech industry are fighting against smartphone addiction.	True	False
3. The presenter thinks most adults' behaviour towards their phones and apps is under control.	True	False
4. Babies' brain development is delayed because they're looking at screens.	True	False
5. We're likely to see a rise in teenage mental health problems because of social media addiction.	True	False
6. Changing the colour settings on your phone may make you spend less time on it.	True	False

LIVEWORKSHEETS

Listening C1: Tech addiction – 2

Match the expressions with their meanings.

A lot of people are waiting.

We need to do something about this now.

It keeps getting worse and we can't break the pattern.

They experience emotions deeply.

It's not a sensible way to behave.

I confess that's something I do too.

I'll hold my hands up to being one of those people.

They're not in their right mind.

It's a vicious circle.

Time to stage an intervention!

There are queues round the block.

They're sensitive to highs and lows.

LIVEWORKSHEETS