

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

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 |

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.