

## THE SOCIAL MEDIA BREAK

**I** Maya is a 16-year-old student from Haifa who loves social media. Every day, she spends hours on Instagram and TikTok. She posts photos of her daily life and watches videos that her friends share. Last year, Maya noticed that she was checking her phone more than 50 times a day. She also felt stressed when her posts did not get many likes.

**II** Maya's mother became concerned\* about her behavior. She read an article about teenagers and social media that worried her. The article explained that spending too much time on these apps can affect sleep and mental health. Maya's mother talked to her about taking a break from social media. At first, Maya refused because she was afraid of missing important updates from her friends.

**III** After thinking about it, Maya decided to try a two-week challenge. She deleted Instagram and TikTok from her phone. The first few days were difficult, and she felt bored. However, she soon discovered that she had more free time. She started reading books again and spent more time talking face-to-face with her family. She also slept better at night.

**IV** After two weeks, Maya downloaded the apps again. But now she uses them differently. She set a limit\* of one hour per day on her phone. She also stopped comparing herself to other people online. Maya says that the break helped her understand that real life is more important than getting likes. She encourages other teenagers to try taking a break too.

\**concerned*- מודאגת

\**limit*- מגבלה

### QUESTIONS (53 points)

Answer questions 1–8 in English according to Text 1. In questions 1, 3, and 8, circle the number of the correct answer. In the other questions, follow the instructions.

1. What do we learn about Maya from paragraph I?

- i. How many friends she has.
- ii. How old she is.
- iii. What games she plays.

(6 points)

2. How many times did Maya check her phone every day? (paragraph I)

ANSWER: \_\_\_\_\_

(7 points)

3. What do we learn from paragraph II?

- i. What Maya's mother was worried about.
- ii. Where Maya's mother works.
- iii. How many apps Maya has.

(6 points)

4. Why did Maya refuse to take a break at first? (paragraph II)

ANSWER: \_\_\_\_\_

(7 points)

5. What did Maya do during her break? Give ONE example. (paragraph III)

ANSWER: \_\_\_\_\_

(7 points)

6. How long was Maya's social media break? (paragraph III)

ANSWER: \_\_\_\_\_

(7 points)

7. How does Maya use social media now? (paragraph IV)

ANSWER: \_\_\_\_\_

(7 points)

8. What do we learn about Maya from paragraph IV?

- i. She deleted all her social media accounts.
- ii. She learned that real life is more important.
- iii. She wants to become a social media influencer.

(6 points)