

LESSON 6

HUMAN-TECH DEPENDENCY



Technology connects us, but balance empowers us. Use it wisely, live fully.



Section 1. Getting Started: Vocabulary and Pronunciation

Digital Disconnection



Digital detox



Disconnecting



Unplugging from devices



Technology-free moments



Reconnecting

Mental Health Impact



Impact on mental well-being



Digital stress



Technology-induced anxiety



Mental health challenges



Coping with digital overwhelm

Technology Addiction



Device dependency



Smartphone addiction



Internet dependency



Gaming addiction



Overcoming technology addiction

Verbs and Phrasal Verbs:



Adapt to



Cope with



Disconnect



Embrace offline moments



Navigate digital challenges

Phrasal Verbs:



Log off



Opt out (of)



Phase out

Tune out

Idioms



Out of the loop



Off the grid



Screen time overload



The straw that broke the camel's back

LESSON 6

Human-Tech Dependency

Exploring how technology shapes our daily lives and decisions.



WARM UP

Look at the images below.

Match each situation (1–6) with the best title (a–f).

Then, discuss the questions with a partner.



a. Always connected

b. Digital fatigue

c. Constant notifications

d. Relying on navigation

e. Screen time overload

f. Escaping into games

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____



DISCUSS WITH A PARTNER

- 1 Which of the situations above do you see most often in your life?
.....
- 2 How do you think technology makes our lives easier?
.....
- 3 When does technology become a problem or something we depend on too much?
.....
- 4 What are some healthy ways to balance our lives and technology?
.....

LESSON 6

SPEAKING

Real-life Stories of Tech Addiction



Section 2: Speaking

Exercise 3: "Real-life Stories of Tech Addiction"

In groups, analyze the case studies, discussing the causes, effects, and potential solutions. Each group presents their case study and findings to the class.



THE SOCIAL MEDIA INFLUENCER

A popular social media influencer finds herself spending an increasing amount of time online, leading to sleep deprivation and anxiety. She struggles to disconnect, fearing she'll lose followers and engagement.



THE REMOTE WORKER

A remote worker finds it difficult to separate work from personal life due to constant connectivity. He experiences burnout and feels overwhelmed by the inability to "switch off".



THE FITNESS FANATIC

A fitness enthusiast becomes obsessed with tracking every aspect of his health and fitness through wearable technology. He develops an unhealthy fixation on the data, leading to stress and body image issues.



THE GAMING ENTHUSIAST

A teenager becomes increasingly absorbed in online gaming, to the point where it interferes with his schoolwork and social life. His grades drop, and he becomes isolated from friends.



THE FEARFUL PARENT

A parent is constantly checking her phone for updates about her children's whereabouts and activities. Her constant worry and screen time lead to tension, headaches and strained family relationships.



THE CONSTANT SCROLLER

A woman finds herself mindlessly scrolling through news feeds and digital content during her free time. She realizes she's missing out on hobbies and activities she used to enjoy.



Think about:



What are the main causes?



What are the effects?



What solutions could help?

LIVEWORKSHEETS

LESSON 6

THE IMPACT OF TECHNOLOGY ON Mental Health



SPEAKING ACTIVITY

B2 YOUNG LEARNERS



1. WARM-UP

Work with a partner. Discuss the questions.

1. How much time do you spend on your phone, computer or other devices every day?
2. What are the best things about technology?
3. What are some negative effects technology can have on mental health?
4. Do you think people your age are more stressed now than in the past? Why?



2. ROLE PLAY – TWO SIDES OF THE SCREEN

Work in pairs. You will discuss the topic from two different perspectives.

First, read your role card. Then, have a conversation and try to convince your partner.



ROLE A – TECH SUPPORTER

You believe technology has more positive than negative effects on mental health.

Think about these ideas:

- Technology helps people stay connected.
- It gives access to useful information and support.
- Apps can improve sleep, mood and organization.
- Online communities can reduce feelings of loneliness.
- The problem is not technology, but how we use it.

Your goal:

Explain why technology can improve mental well-being when used in a healthy way.



ROLE B – TECH SKEPTIC

You believe technology has more negative than positive effects on mental health.

Think about these ideas:

- Too much screen time increases stress and anxiety.
- Social media causes comparison and low self-esteem.
- Notifications and constant connection are exhausting.
- It can affect sleep, concentration and real-life relationships.
- People are becoming addicted to their devices.

Your goal:

Explain why we need to reduce our use of technology to protect our mental health.

VS.



3. SWITCH ROLES!

Now, switch roles. Defend the opposite side.
Do you still agree with your new position?



4. DISCUSSION EXTENSION

Discuss the questions as a group.

1. What changes would you like to see in how technology is used by young people?
2. What responsibilities do tech companies have for users' mental health?
3. What habits can help us have a healthier relationship with technology?
4. Do you think schools should educate students about digital well-being? Why or why not?



5. REFLECTION

What did you learn from this activity?
Did your opinion change? Why or why not?

LESSON 6

HUMAN TECH DEPENDENCY

Let's Talk!



SPEAKING ACTIVITY

B2 YOUNG LEARNERS



WARM UP – QUICK CHAT

Work with a partner. Discuss the questions.

- How often do you check your phone during the day?
- What is one app or device you couldn't live without? Why?



CONVERSATION QUESTIONS

Discuss the questions with your partner or in small groups.

1



What does "tech dependency" mean to you?

2



Do you think people are more dependent on technology now than 10 years ago? Why or why not?

3



What are some signs that someone might be too dependent on technology?

4



How does being constantly connected affect our relationships with others?

5



Can technology improve our lives while also causing problems? Give examples.

6



How does social media contribute to tech dependency?

7



What activities or hobbies could help people reduce their dependence on technology?

8



Do you think schools should teach digital balance and healthy tech habits? Why or why not?

9



How does tech dependency affect our mental health and well-being?

10



Is it harder for teenagers to disconnect from technology than for adults? Why?

11



What rules or limits do you think are healthy for using technology?

12



What changes would you like to see in society to reduce tech dependency?



EXTRA CHALLENGE

Share one small change you can make this week to use technology in a healthier way.

LESSON 6

SPEAKING

HUMAN TECH DEPENDENCY

We use technology every day, but who is in control?

Let's talk about it!



WARM-UP: THE 30-SECOND TECH TEST

Work in pairs. You have **30 seconds** to write at least 5 things that would be difficult for you to do if you couldn't use your phone for one entire day.



My 5 things:

1. _____
2. _____
3. _____
4. _____
5. _____

- ▶ Which one would be the hardest? _____
- ▶ Could you live without it? _____
- ▶ Is it a real need or just a habit? _____



WHAT WOULD YOU DO?

Work in pairs. Read the situations and decide what you would do. Explain your choice and listen to your partner's ideas.

A LOW BATTERY



Your phone battery is at 2%, but you're going out with friends for six hours.

What would you do?

B AI HOMEWORK



Your school introduces an AI app that can help students with homework.

Would you use it? Why or why not?

C NO INTERNET



Your internet stops working the night before an important exam.

What would you do?

D ONLINE GAME



Your best friend spends almost every free minute playing online games.

Would you tell them to stop? Why or why not?

E RECORD OR ENJOY?



You're at a concert having fun, but everyone is recording the moment instead of enjoying it.

Would you record too? Why or why not?

3 MOVE IF YOU AGREE

Stand on the position that shows your opinion. Then, talk to someone near you and explain. (Choose this position because...)



4 SAVE YOUR PHONE!

You have only 10% battery. You will be without electricity and internet for 48 hours. You can choose **ONLY FIVE** things to keep. Discuss with your group and explain your choices.



Smartphone



Headphones



Streaming



Video games



Books



Camera



Messaging apps



AI assistant



Radio



Alarm clock



Laptop

Statements

1. I could live without my smartphone for a week.
2. Teenagers spend too much time online.
3. AI will make students less intelligent.
4. Social media makes people more connected.
5. Technology makes our lives easier, but not necessarily better.
6. We are becoming too dependent on technology.
7. Phones should be banned during classes.
8. I would rather be with my phone than with my friends sometimes.



Our top five choices:

1. _____
2. _____
3. _____
4. _____
5. _____



LESSON 6

WIRED MINDS

TECHNOLOGY: A BLESSING OR A BURDEN?



SECTION 3: LISTENING



EXERCISE 1: WIRED MINDS

Listen to the following discussion and then answer the questions.

1

According to Emma, how does technology enrich our lives?

- a) By causing digital fatigue
- b) By disconnecting relationships
- c) By advocating for digital detox
- d) By making life more convenient and connected



2

What is Alex's main concern regarding excessive technology use?

- a) Rediscovering joys
- b) Digital detox benefits
- c) Enriching experiences
- d) Impact on mental health



3

What does David advocate for in terms of technology use?

- a) Excessive use
- b) Slavery to devices
- c) Periods of digital detox
- d) Continuous connection



DISCUSS THE FOLLOWING QUESTIONS

1

Reflecting on Emma's view, discuss instances where technology has significantly enriched your experiences or made life more convenient.

2

Considering Alex's concern about mental health implications, share personal experiences or observations of how excessive technology use may impact mental well-being.

3

Discuss David's call for digital detox. How do you personally feel about the idea of disconnecting from technology periodically, and what benefits do you think it might bring?



LESSON 6

Digital Harmony Chronicles

Listening • Understanding • Discussing

How do we stay well in a world that's always online?



PRE-LISTENING

Discuss with a partner or small group.

1. Quick Poll

Which of these do you think has the biggest impact on teenagers' mental well-being today?

Rank from 1 (biggest impact) to 5 (smallest impact).

- ☐ Spending too much time on social media
- ☐ Pressure to look perfect online
- ☐ Constant notifications and distractions
- ☐ Comparing your life with others
- ☐ Not enough face-to-face time



2. Think-Pair-Share

Answer the questions below. Then share your ideas with your partner.

- How do you think being a social media influencer affects a person's daily life?
- Have you ever felt overwhelmed by being online too much? When and why?
- What helps you keep a healthy balance between your digital and real life?



3. Predict the Listening

Look at the three questions in the listening task. Which speaker do you think will talk about each topic? Why? Discuss your predictions.

Example: I think Sophie will talk about challenges because influencers often face...



EXTENSION IDEA

Before listening, write one question you would like to ask the speakers about digital well-being. Swap with a partner and see if your question is answered in the audio.



LISTENING

Listen to the following speakers and then answer the questions.

1 What does Sophie highlight as a challenge of being a social media influencer?

- a) Anxiety
- b) Digital addiction
- c) A flawless image
- d) Diminished self-worth



2 According to Daniel, what took a toll on his mental well-being?

- a) Being a social media influencer
- b) Maintaining a positive online presence
- c) Pursuit of technological advancements
- d) The constant urge to check notifications



3 What does Dr. Harper emphasize as crucial for overall mental health?

- a) Psychological insights
- b) Excessive technology use
- c) Navigating the digital realm
- d) Striking a balance between the digital and real worlds



DISCUSS THE FOLLOWING QUESTIONS

- 1 Reflecting on Sophie's experience, discuss the challenges and responsibilities associated with maintaining a positive online presence. How do these challenges differ from or relate to your own online experiences?
- 2 Considering Daniel's struggle with digital addiction, share personal experiences or observations regarding the impact of constant connectivity on mental well-being. What strategies can be employed to address digital addiction?
- 3 Discuss Dr. Harper's insights on the psychological impact of excessive technology use. In your opinion, how can individuals strike a balance between the digital and real worlds to enhance overall mental health?



REAL-WORLD CONNECTION

What is one small change you will make this week to improve your digital well-being?

“Balance is not something you find. It's something you create.”

LESSON 6

Unplugged Realities

Listening • Understanding • Discussing

Is disconnecting the key to reconnecting with life?



PRE-LISTENING

Discuss with a partner or small group.

1. Quick Poll

How often do you intentionally disconnect from technology?

Choose one option.

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often



2. Think–Pair–Share

Look at the picture and answer the questions.

- What activities can you enjoy without using technology?
- How do you think taking a break from devices might change the way we think and feel?
- Do you think people today are more connected or more distracted? Why?



3. Predict the Listening

Read the questions. What do you think each speaker will say? Why?

Example: I think Olivia will say that disconnecting helped her appreciate simpler things...



EXTENSION IDEA

Before listening, write one benefit and one challenge of disconnecting from technology. Compare your ideas after the listening.



LISTENING

Listen to the following conversation and then answer the questions.

1 According to Olivia, what did “disconnecting from technology for a day” reveal to her?

- a) The beauty of the analog world
- b) The importance of global progress
- c) The challenges of being plugged in
- d) The necessity of constant connectivity



2 How does Liam view constant connectivity in the digital age?

- a) As a personal choice
- b) As a hindrance to innovation
- c) As a challenge to collaboration
- d) As a necessity for global progress



3 What does Professor Clarke find fascinating in the evolution of digital dependence?

- a) The rise of smartphones
- b) The decline of the internet
- c) The stagnation of progress
- d) The limitations of technology



DISCUSS THE FOLLOWING QUESTIONS

- 1 Reflecting on Olivia's experience, discuss moments where you have intentionally disconnected from technology and the impact it had on your perspective or well-being.
- 2 Considering Liam's perspective, share thoughts on constant connectivity. Is it a necessity for progress, or does it pose challenges to personal well-being and collaboration?
- 3 Discuss Professor Clarke's insights into the historical evolution of digital dependence. How has the rise of technology influenced our perceptions and interactions with the world, both positively and negatively?



REAL-WORLD CONNECTION

What is one small change you could make this week to build a healthier relationship with technology?

“ Sometimes the most productive thing you can do is unplug. ”

LESSON 6

ROUND TABLE ACTIVITY

AI at Work and Studies

Share your ideas, listen to others and explore different perspectives.



LET'S TALK

AI is changing the way we work and study. It brings new opportunities, but also new challenges. In this activity, you will discuss different ideas, share your opinions and learn from your classmates.



Real conversations. New perspectives.



GUIDELINES

- 1 Work in pairs.
- 2 Choose **ONE** topic from the list (you can also choose a different one if you have an idea).
- 3 Discuss the questions and share your opinions, experiences and examples.
- 4 Take turns speaking and listen to your partner.
- 5 Be respectful and open-minded.
- 6 Use B2 vocabulary and expressions to give your ideas clearly.



DISCUSSION QUESTIONS

Choose one of the topics below and discuss the questions with your partner.

1

AI in the Workplace

How do you think AI is changing different jobs? Which ones do you think will be most affected?



2

AI and Creativity

Can AI be creative? Do you think it can replace human creativity in areas like design, music or writing?



3

AI in Education

How do you think AI can help students learn? What are the possible risks?



4

Online Safety and AI

What are the biggest privacy concerns with AI? How can we protect our data?



5

AI and Critical Thinking

Do you think AI makes us think less? How can we use it without losing our critical thinking skills?



6

The Future of Work

What new skills will be important in the future? How can AI help us prepare for those changes?



7

AI in Everyday Life

How do you use AI in your daily life? Do you think it makes your life easier or more complicated?



8

Ethics and AI

What ethical issues do you think AI brings? How can we make sure it is used responsibly?



9

AI and the Environment

Can AI help solve environmental problems? What are some examples of its positive impact?



10

AI and Human Connection

How do you think AI will affect our relationships with other people? Will it bring us closer or create distance?



Better ideas. A brighter future.



LIVEWORKSHEETS