

C- Read Lizz's opinion. Choose the correct option. Then, label the pictures.

Lizz, 16.

I don't usually take my **mobile phone / tablet** to school, my parents don't let me because they say it's distracting.

So when I come home I **switch it off/ switch it on** to check out Instagram, Tiktok, and Facebook for an hour or so. But I also like using other **gadgets/equipment**. I use my computer/ tablet to watch videos on Youtube and listen to music on the mobile phone/ headphones while I **chat with friends / write with friends**.

Then I switch on my computer to do my homework. I often have to **search the web / check the web** or look for information on Wikipedia to complete it.

I think you can't live today without technology! But I try not to use it any more than necessary because it's addictive!



#HealthAndTechnology

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