Technology

Nowadays, we spend hours online but is it good for us? *Sally Evans* investigates.

1 Kevin McDonald checks his emails when he is having breakfast. He uses his smart phone on the train to work and gets nervous in tunnels where there is no internet connection. At his office, he uses two computers and his phone and checks his messages every minute. _c_ In the evening, he plays computer games and goes to sleep with his net book on the bed. When the family are on holiday, Kevin uses his smart phone to check his emails on the beach.

2 Kevin's wife, Janet, does not like his internet use but she spends four hours online every day, too. _____ Their son, Jonathan, has got two computers in his bedroom and plays online computer games, sends messages and does his homework at the same time until late at night. _____ He sometimes stays at home and plays games on the computer when his friends have parties.

3 Psychologists think some people are 'internet addicts'. _____ Some experts also think 'normal' use causes concentration problems and stress. People also have more online friends than in the real world.

4 If you are worried about your internet use, count the hours you spend online and reduce them. Take a break every hour when you are online. _____ The internet is useful and you can have fun online but it can be bad for you, too.

3 SKILLS BUILDER 14 **Use the strategies in the Skills Builder to match the sentences (a-f) with the gaps in the article (1-5). There is one extra sentence.**

a Between five and ten percent of users have problems because of their internet use.
b She sometimes forgets to do things because she is busy on Facebook.
c Because of that he does not concentrate and has problems at work. *1*
d Once, he arrived late for work because of this.
e Go out with friends and join clubs to meet new people.
f Because of that, he is often tired and has problems at school.

LIVEWORKSHEETS