Unit 7: Exercise 8

Read the information. Then answer the questions using words from the final part of the article. Write NO MORE THAN TWO WORDS for each answer.

Note that the instruction says, 'Write NO MORE THAN TWO WORDS for each answer'. This means that either one word or two words are acceptable – three words are not acceptable. As a general rule, write just one word if you can, and write two if both are necessary.

Another area in which the internet in general, and social networks in particular, are a cause for concern is addiction. According to an article by O'Keefe and Pearson in the journal *Pediatrics,* 22% of teenagers log on to their favourite social networking site ten or more times a day. At first glance, this may not seem particularly problematic, as these ten or more visits almost certainly aren't going to have an adverse effect on the person's health, as can be the case with other addictive behaviours. And yet, it is now clear that people's relationships frequently suffer damage as a result.

We should also be concerned about the decreasing amount of sleep that heavy users of social media sites find they have time for, which is often inadequate for the body's systems. In other words, this can be detrimental to the well-being of a person. Often, people addicted to social media have a greater propensity to take risks, as compared with the population as a whole.

Essentially, there is no treatment for social media addiction and little understanding of how it can change over time. And how would it respond to therapy? At the moment, we have more questions than answers.

1 What aspect of a social media addict's life can be harmed by their addiction? _____

2 What do many social media addicts not get enough of? _____

3 What are social media addicts more likely to do? _____

LIVEWORKSHEETS