

# SMARTPHONE AND INTERNET ADDICTION



How do you think smartphone and internet use has changed over the last decade?

Read the article, listen to the first part of the recording and write figures and dates in the gaps.

## The Guardian

August 2018



### Britons spend average of 24 hours a week online

The average Briton now checks a mobile phone every \_\_\_\_\_ minutes and is online for 24 hours a week, finds an Ofcom study revealing the extent to which people now rely on the internet.

Ofcom also found that, for the first time, the time spent making phone calls from mobile phones fell, as users instead used messaging services such as WhatsApp and Facebook Messenger.

The media regulator's annual Communications Market Report found that \_\_\_\_\_ of people say the internet is an essential part of their lives, while for the first time ever women were spending more time online than men.

The report also showed the rapid growth of addiction to technology. According to Ofcom, just 12% of British adults said they never used the internet.

The total amount of time spent online by Britons has also doubled over the last 10 years, with a quarter of adults saying they spent more than 40 hours a week on the internet – a move driven by the uptake of smartphones. Over three quarters of people now have a smartphone with that figure rising to \_\_\_\_\_ percent for young people.

The internet has seeped into many aspects of our lives; two in \_\_\_\_\_ British adults – rising to 65% of those aged under 35 – said they looked at their phone within five minutes of waking up. A third of adults checked their phones up until the moment they went to sleep, a figure which rose to 60% for the under-35s.

The prevalence of mobile phones has also meant that attitudes to their use in public

have changed. While 83% of Britons aged over 55 said they thought it unacceptable to check a phone during a meal, this figure almost halved among people under \_\_\_\_\_ who were more comfortable with looking at notifications while eating with other people.

Ofcom said the “seismic shifts” in the ways Britons consumed media could be traced back to the June \_\_\_\_\_ launch of Apple's iPhone and the appearance of the first android smartphone in \_\_\_\_\_.

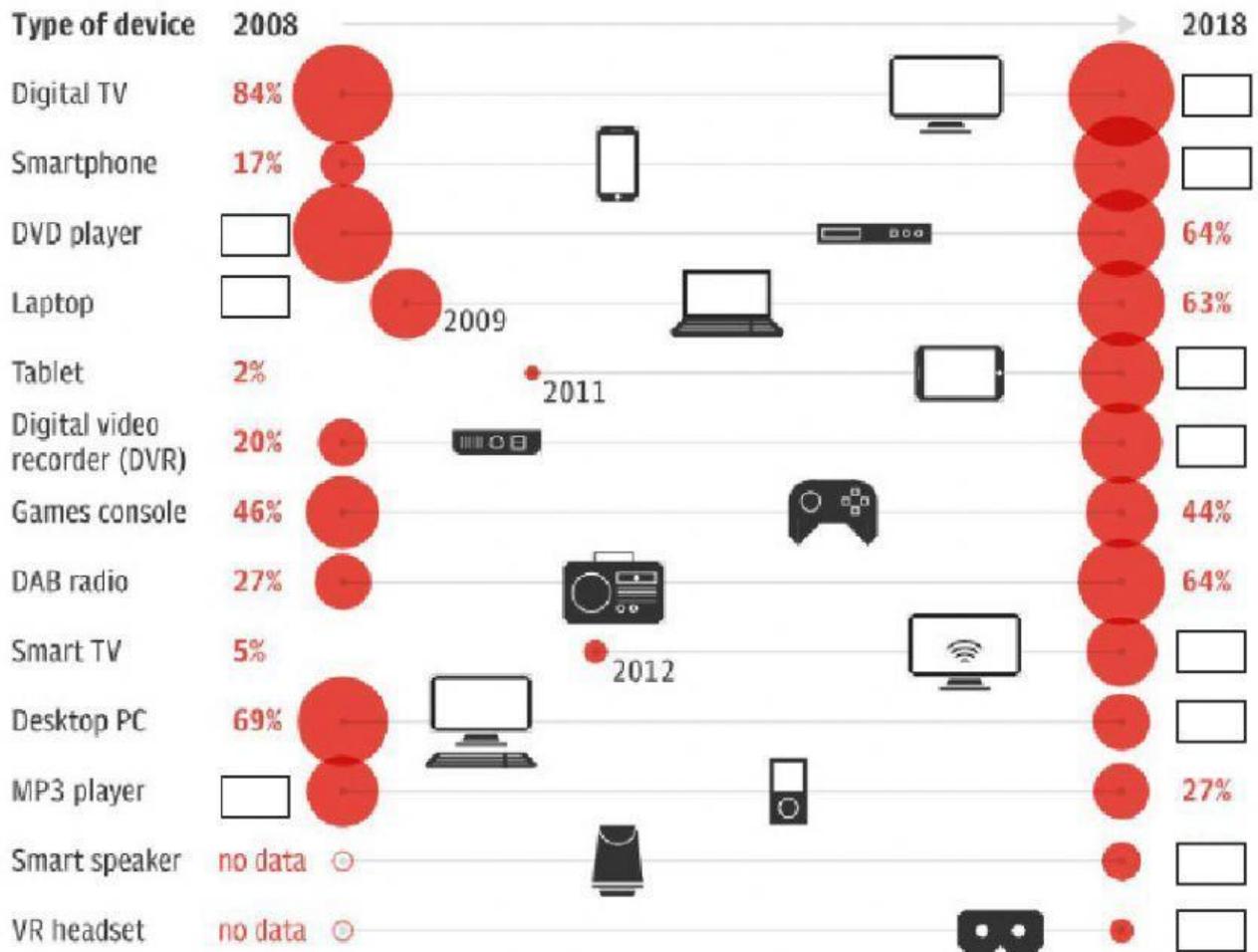
\_\_\_\_\_ percent of Britons say that we spend too much time online, with people spending on average \_\_\_\_\_ hours a day on the internet on their smartphones.



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📎 Complete this graphic from the article with the correct percentages.

How ownership of digital devices has changed over the last decade among people in Britain



📎 Choose five words from the article that you would like to learn and write a definition and example sentence for each one.

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❗ What does the highlighted phrasal verb in this extract from the article mean?

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...they **looked at** their phone within five minutes of waking up.

🏠 There are a number of phrasal verbs with **look**. Complete the gaps with the appropriate prepositions to make the verb combinations defined. If you need help, the prepositions are at the bottom of the page.

- |                    |  |
|--------------------|--|
| 1 look _____       | take care of                                     |
| 2 look _____ _____ | regard with contempt or a feeling of superiority |
| 3 look _____ _____ | await (an expected event) eagerly                |
| 4 look _____       | be vigilant or prepared                          |
| 5 look _____       | inspect or examine (a document, etc.)            |
| 6 look _____       | search for                                       |
| 7 look _____ _____ | respect  |
| 8 look _____       | turn one's thoughts to (something past)          |

🏠 Complete these sentences with the phrasal verbs above:

- 1 "Can you take care of the children when I'm out?" "Yes, I will \_\_\_\_\_ them."
- 2 "I can't wait to go on holiday next week." "I am \_\_\_\_\_ going away too."
- 3 "I don't think my boss respects me." "I doubt he \_\_\_\_\_ you given all the work you do."
- 4 "What are you \_\_\_\_\_?" "My mobile phone, I can't find it anywhere."
- 5 \_\_\_\_\_! There's a dog crossing the road.
- 6 Can you \_\_\_\_\_ this application letter I wrote and tell me what you think of it?
- 7 He \_\_\_\_\_ on his time as president with pride.
- 8 I really \_\_\_\_\_ nurses. It's a hard job and not well-paid.

🏠 Write sentences about yourself with the phrasal verbs.

*e.g. I often look after my brother's children when he is away on business.*



after back down for forward on out over to (x2) up