

1. First have a look at all the vocabulary (primero dale un vistazo a todo el vocabulario).

- **The worst** (superlative adjective of bad) is the opposite of the best (superlative adjective of good).
- **Data:** information, usually numerical, that are collected through observation.
- **Health:** salud
- **Watermark:**



- **Nosy:** wanting to know about other people's lives or problems.
- **PSHE:** personal, social and health education.
- **Well-being:** bienestar
- **to exacerbate something:** to make something that is already bad even worse

2. Watch the video (mirá el video).

3. El video se trata sobre.....(completá en español)

4. Watch the video again and choose the right option, True or False. (mirá el video nuevamente y elegí la opción correcta, verdadero o falso):

1. The Young Health Movement asked 1,500 young people about their experience of social media and mental well-being.	TRUE	FALSE
2. Boys and girls say that social media can be 50% bad for mental health.	TRUE	FALSE
3. Boys and girls say that the worst social media are "Instagram, Twitter, Snapchat, Facebook and Tinder".	TRUE	FALSE
4. Data shows the best social media is "YouTube".	TRUE	FALSE
5. Instagram is good for people's body image and sleep.	TRUE	FALSE
6. Instagram is good for people's self-expression and self-identity.	TRUE	FALSE
7. The Young Health movement are calling for some changes.	TRUE	FALSE

5. What's the best social media for you?

What's the worst?.....