

Matura bez problemu – zadania tekstowe 5

Przeczytaj tekst. Po każdym akapicie zdecyduj, czy zdania podane poniżej wyrażają prawdę - 'true', czy fałsz - 'false'.

Many teens enjoy keeping in touch with their friends on social networking sites like Facebook and Twitter, but researchers say that using such sites to excess can be unhealthy and has even been linked to depression.

- a) **Researchers are sure that spending too much time on Facebook or Twitter can be the direct cause of depression in many users.**

A new report describes a phenomenon known as Facebook depression in which children and teenagers spend an exaggerated amount of time on social networking sites, and then develop symptoms of depression. The phenomenon is not common, and most children benefit from the site because they are able to maintain ties with friends and feel a connection with their society.

- b) **Facebook depression does not occur very often as most users know how to take a proper advantage of the site.**

But heavy use of Facebook, as well as other risks of the online world can have serious effects, so it's critical for parents to stay involved in their children's lives. As kids have increasingly open lines of communication with their peers online, it is extremely important that parents maintain control over their kids so they can have a sense of what is going on in their social lives, both online and offline.

- c) **It is parents' role to supervise the activities that their children get involved in while on the Internet.**

Relationships with friends become critical in adolescent years. While Facebook allows teens to engage with friends, that interaction could also turn to envy. Kids become very competitive and want to be chosen. Facebook allows adolescents to see their friends' successes, as well as the number of friendships those friends have, which sets up a jealousy thing where kids might feel worse because their friends seem to have a better time and more attractive life than they do.

- d) **Facebook opens a good opportunity for teenagers to compete about their achievements and the competition makes their contacts easier.**

For the most part, depression and loneliness are associated with those extremely heavy users of the Internet who let the amount of time they spend online interfere with their offline connections. One way to potentially prevent children from entering this type of depression is to make sure they engage in a variety of activities. Kids who have a balanced life, who do schoolwork and afterschool activities, who are in teams or clubs, have a lower chance of becoming depressed.

- e) **Children who spend too much time on offline activities are as likely to develop depression as extreme Internet users.**