

Is technology really ruining your life?

1 What is the main concern about technology ruining our life today?

- a The microwave oven
- b Video games
- c Social media and smartphones
- d The telephone

2 Why do people feel uncomfortable with technology?

- a Because it changes the way we do things
- b Because it makes us feel left out
- c Because it disrupts our lives
- d All of the above

3 What was the first thing people said about the telephone when it was invented?

- a It was viewed as a toy
- b It was viewed as a gimmick
- c It might make people mentally ill or caused them to go deaf
- d All of the above

- 4 What is the UK government currently conducting an inquiry about?**
- a The effects of screen time and social media on young people
 - b The effects of video games on young people
 - c The effects of microwave ovens on young people
 - d The effects of telephones on young people
- 5 What is the biggest concern about social media and smartphones?**
- a They cause cancer
 - b They cause violence
 - c They ruin our lives
 - d They are addictive
- 6 What is the relationship between social media use and mood?**
- a The more you use social media, the happier you are
 - b The less you use social media, the happier you are
 - c There is no relationship between social media use and mood
 - d It depends on the person
- 7 What is problematic about asking people about their social media use?**
- a Correlation does not equal causation
 - b It removes the whole context
 - c People might not be aware of what they're doing
 - d All of the above
- 8 What did research find when asking people how many times they check their smartphone a day?**
- a People check their phone about 40 times a day
 - b People check their phone about 100 times a day
 - c People don't remember how many times they check their phone
 - d None of the above
- 9 What is the difficulty in accessing information about screen time usage?**
- a People might not remember how much they use their devices
 - b People might not be aware of what they're doing
 - c Correlation does not equal causation
 - d All of the above

- 10 What has the lab done to understand the effects of screen time?
- a Conducted a public inquiry
 - b Asked people how much time they spend on Facebook
 - c Started research to understand the effects of screen time
 - d None of the above

Is the sentence true (T) or false (F)

- 1 Technology has always been viewed as a toy or gimmick when first invented.
- 2 The telephone was invented in the 1900s.
- 3 People were worried that the telephone would make them go deaf.
- 4 Microwave ovens can give you cancer.
- 5 There is evidence to suggest that video games cause violence.
- 6 The UK government is currently conducting a public inquiry about the effects of screen time and social media on young people.
- 7 Studies have found a positive relationship between social media use and happiness.
- 8 Correlation always equals causation.
- 9 It's easy for people to accurately remember how much time they spend on their smartphones.
- 10 Research has found that people check their smartphones about 40 times a day.