

Elena's Social Media Insights

1 Choose the best option!

00:00 - 02:50

<https://youtu.be/DnKpnojwz2M>



1 What is the main reason Elena asks about the benefits of social media?

- a She wants to know how social media affects people's health.
- b She is curious about the negative aspects of social media.
- c She is interested in the positive impact social media has had.
- d She wants to criticize social media companies.

2 How does Elena describe her job at the BBC?

- a She is a technology expert.
- b She is a social media influencer.
- c She is a cyber security reporter.
- d She is a news anchor.

3 According to Elena, how has social media changed communication?

- a People communicate more through phone calls.
- b People are more isolated and lonely.
- c People can connect with others worldwide.
- d People have less understanding of each other.

4 What example does Elena give to show the positive impact of social media?

- a Climate change protests.
- b Political corruption.
- c Economic inequality.
- d Social media addiction.

5 How does Elena suggest that the next generation can improve social media?

- a By creating more negative content.
- b By ignoring social media altogether.
- c By addressing the negative effects.
- d By avoiding social media platforms.

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Pick the Right Summary!



00:00 - 02:50

<https://youtu.be/DnKpnojwz2M>



- 1 In the video, Elena explores the benefits of social media and how it has positively impacted our lives. She discusses how social media has connected people globally and allowed for greater communication and understanding. Elena also highlights the role of social media in driving real change, such as the climate strike movement. Lastly, she mentions the direct benefits of social media, including tools that encourage positive actions like blood donation.
- 2 In the video, Elena emphasizes the negative aspects of social media and how it has led to increased isolation and loneliness. She subtly suggests that social media is mainly used for superficial interactions rather than meaningful connections. Elena implies that social media has hindered face-to-face communication and made people more reliant on technology. However, she acknowledges that some people have found communities online that offer support and understanding.
- 3 In the video, the focus is on the impact of social media on mental health and well-being. It explores how excessive use of social media can lead to feelings of inadequacy and comparison with others. The video also discusses the importance of setting boundaries and taking breaks from social media to maintain a healthy balance in life. However, it concludes with a hopeful note, suggesting that with proper awareness and self-care practices, individuals can navigate the digital world more mindfully.

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