

How often do you check your phone? How much is too much? This video gives us some important findings about technology addiction.

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a–f next to the numbers 1–6.

- | | |
|------------------------|---|
| 1..... a mobile device | a. to reply |
| 2..... to respond | b. a portable computing device such as a smartphone or tablet computer |
| 3..... a buzz | c. every day |
| 4..... daily | d. enjoying a certain activity a lot and spending as much time as possible doing it |
| 5..... addicted | e. a way in which two or more people behave towards each other |
| 6..... a relationship | f. a low humming or murmuring sound |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | |
|--|-------------|--------------|
| 1. Alejandra is fourteen. | <i>True</i> | <i>False</i> |
| 2. She checks her phone in the morning. | <i>True</i> | <i>False</i> |
| 3. She gets depressed checking her phone. | <i>True</i> | <i>False</i> |
| 4. When she hears a buzz it makes her feel like she has friends. | <i>True</i> | <i>False</i> |
| 5. Alejandra's mother has rules about Alejandra using her phone. | <i>True</i> | <i>False</i> |
| 6. Alejandra thinks she has checking her phone under control. | <i>True</i> | <i>False</i> |

2. Check your understanding: gap fill

Complete the sentences with a number from the box.

one in two	one in three	three-quarters
Seventy-eight per cent		Eighty-five per cent

1. _____ of teens check their mobile devices at least hourly.
2. Almost _____ feel the need to immediately respond to messages.
3. And _____ feel like they are addicted.
4. _____ of parents feel their teens' device use has not harmed their relationship.
5. Yet _____ teens argue with their parents daily about it.

Discussion

How often do you check your phone? Do you think phone addiction is a serious problem?