ARE YOU ADDICTED TO TECHNOLOGY?

TIME TO READ

Technology is a big part of our daily lives. We use phones, computers, and tablets to work, study, and talk to others. But sometimes, people use technology too much. This is called technology addiction.

People who are addicted may check their phones many times a day, scroll on social media for hours, or feel anxious without their devices. This can affect their sleep, their focus at school or work, and even their mood.

Experts recommend taking short breaks, turning off notifications, and trying a digital detox—a day or weekend with no screens. These small actions can help us stay healthy and balanced.



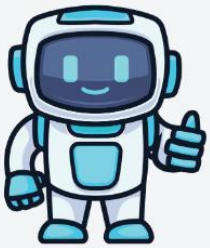
ARE YOU READY TO PRACTICE?



1. Technology addiction means:
2. A. Using devices in class
3. B. Using technology too much
4. C. Playing video games
5.

One sign of addiction is:

A. Feeling relaxed without your phone
B. Using screens for only one hour
C. Feeling anxious without your device



TRUE OR FALSE?

- Technology addiction can affect sleep.
- Experts say you should never stop using your phone.
- A digital detox means using more apps.

MATCH THE WORD TO THE MEANING

1.DIGITAL DETOX	A. Short messages or alerts
2. SCROLL	B. A break from all screens
3. NOTIFICATIONS	C. Move content up/down



a) What are two negative effects of using technology too much?

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b) What can you do to reduce screen time?

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LIVEWORKSHEETS