

School life wasn't great last year. I was stressed about problems with friends, so I started spending more time online. It was a way of getting away from my problems, I guess, but after a few months I realised I was completely addicted \_\_\_\_\_ social media. It ruled my life and I never got bored \_\_\_\_\_ it. I didn't make plans for anything because I was worried \_\_\_\_\_ missing something online. I decided I needed to become more confident and stop being frightened of doing things \_\_\_\_\_ my own. So I joined a local dance group. I never thought I was brilliant \_\_\_\_\_ dancing and I wasn't keen \_\_\_\_\_ dancing in front \_\_\_\_\_ a mirror. But it turns out I'm quite good \_\_\_\_\_ it, especially remembering the routines! I learnt that I'm capable \_\_\_\_\_ changing negative things in my life, and I'm really happy about that!

Most teens with an exam timetable neither stop nor reduce their social media use. \_\_\_\_\_ fact, a study shows that during a six-week revision period, teenagers spend an additional forty-three hours keeping up \_\_\_\_\_ their friends online. Apps like Snapchat work in two ways: they prevent teens \_\_\_\_\_ starting their revision and distract them if they have already been working \_\_\_\_\_ a while. And no one loses concentration more easily than exam-stressed teens! \_\_\_\_\_ average, they spend little more than half an hour revising before they get distracted. They also have a number of creative ways to avoid studying - reorganising their books, cleaning the house, even dressing up their pets!