Tips and Tricks for Teens: How to Use the Internet for Good

The Internet has become a huge part of our lives. Most teenagers spend several hours online every day — chatting with friends, watching videos, or doing homework. But not everything online is safe or useful. The key is to use the Internet wisely.

One of the best things about the Internet is that it can help you learn new skills. You can find free courses, tutorials, or educational channels on YouTube. For example, you can learn how to play the guitar, cook healthy food, or improve your English. Many teenagers also watch their favourite teen programmes online, such as Stranger Things, Heartstopper, or Wednesday. These shows are not only entertaining, but they can also help you understand different cultures and values.

However, spending too much time online can be unhealthy. It's easy to lose track of time while scrolling on social media. To avoid this, you can set time limits, turn off notifications, or spend part of your day offline — for example, by reading a book or going for a walk.

It's also important to protect your privacy. Don't share personal information like your address, phone number, or school name with strangers. Think before you post or comment — the Internet never forgets.

Finally, remember that the Internet can be a place to make a positive impact. You can join online communities that support good causes, share inspiring stories, or create your own content that helps others learn and grow.

If you use the Internet wisely, it can be your best friend — not your biggest distraction.

LIVEWORKSHEETS

Comprehension Check

1. What can teenagers learn online? _____
2. What are some examples of popular teen programmes? _____
3. Why should you set time limits for using the Internet? _____
4. What kind of information should you never share online? _____
5. What does “the Internet never forgets” mean? _____

Complete the sentences with the correct phrase:

(use wisely / lose track of time / make a positive impact / protect your privacy / set time limits)

If you want to stay safe online, always _____.
I always _____ when I start watching funny videos.
Teenagers should learn to _____ their screen time.
You can _____ by posting positive comments.
Try to _____ your online time — study first, then relax.

Match the words to their meanings:

tutorial	a. information or media you post online
notifications	b. messages or alerts from an app
content	c. when you want to be alone or keep personal things secret
privacy	d. something that takes your attention away from important things
distraction	e. an online lesson or video that teaches you something

LIVEWORKSHEETS

Write about your Internet habits (80–100 words).

I use the Internet every day, mostly for .....

I often do .....

My favourite programme is .....

Sometimes I watch ..... .

I try to use the Internet wisely. I set time limits for .....

I never share personal information, and I always .....

The Internet can be very useful if we use it responsibly.

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QUIZLET



LIVEWORKSHEETS