

**Read the texts below.**

**Match choices A-H to the texts 1-4. There are three choices you do not need to use.**

### Phone addiction



Last week we went to the cinema. Just as the film began, little windows of light started to open around us: people were checking their phones.

On my way home I realised my mobile is the first thing I reach for when I wake up, I thought I should deal with this problem.

When I noticed that I had become addicted to my phone, I told my kids that from then on we'd have another rule: no technology at the table.

So they also noticed. I was shocked. It is teenagers with their electronic devices in their hands that are called rude by older generations.

Everywhere you can see grown-ups with their phones: Mums sitting in cafés, shopping online, with their babies playing with tablets; Dads reading emails during their kids' football matches.

We need to put down the phones and start talking IRL (In Real Life).