Group 1

Names:……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

Part A: Are the statements below true or false? Note which paragraph you find your data in (for all statements) and correct the statements that do not agree with the text.

1. Teens only spend a couple of hours per day looking at a screen. T/F

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1. The blue light emitted from our screens helps us fall asleep. T/F

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1. Social media is linked to increased depression and anxiety. T/F

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1. Sleep is particularly important when you are a teenager. T/F

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1. We should definitely stop using social media. T/F

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Part B: Watch the video and give short answers (key words) to the following questions:

1. Does the speaker think *he* is also addicted to his cell phone?

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1. What does he describe as *nomophobia*?

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1. What happens on a typical *date* today, according to the speaker?

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