Group 3

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

Part A: Give short answers to the following questions:

1. How much is the average time spent in front of a screen today-

by teenagers?.......................by UK adults?.......................

1. How is depression linked to social media (paragraph 3)?

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1. Why should we keep off our phones at least 30 minutes before sleep?

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1. What are the side effects of lack of sleep?

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1. What does the text suggest regarding social media use?

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Part B: Watch the video and give short answers to the following questions:

1. What does the speaker mean when he speaks of nomophobia?

……………………………………………………………………………………….

b. How does the speaker link cell phones to sleep deprivation?

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c. is the speaker in favour of tech-free camps? Why/not?

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