Group 4

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

Part A: Give short answers to the following questions:

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

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

b. Does depression increase social media or vice versa (paragraph 3)?

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c. What is the impact of the blue light on our quality of sleep?

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

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e. What is the conclusion of the text regarding social media use?

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

1. How does the speaker feel about cell phone addiction?

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1. In which context are detox centres mentioned by the speaker?

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1. What is the concept of a tech-free camp? Does the speaker agree with it?

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