**UNIT 8 – SOCIAL MEDIA**

**Glossary pp. 94-96**

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| **The vital time you shouldn’t be on social media p.94-96** | | |
| **Lexical item** | **Synonym/Definition** | **Greek translation** |
| **tween** | “in-between,” refers to that time after early childhood but before adolescence (from 8 to 14) | παιδί προεφηβικής ηλικίας |
| **screen time** | the amount of time spent in front of a screen | ο χρόνος που περνά κάποιος μπροστά σε μια οθόνη |
| **to stay hot on the heels of sth** | to follow closely | παρακολουθώ στενά |
| **to have an impact on sth** | to have an influence/ powerful effect on sth | έχω αντίκτυπο |
| **to gain unprecedented attention** | to receive attention that has never happened before | κερδίζω προσοχή χωρίς προηγούμενο |
| **the meteoric rise** | achieving success/attention etc. very quickly | ραγδαία άνοδος (σαν μετεωρίτης) |
| **causal** | connected with/showing the relationship of cause-effect between two things | αιτιώδης |
| **potential** | possibility for developing | δυνατότητα |
| **a vicious circle** | a set of events in which cause and effect follow each other until this results in a return to the first position and the whole matter begins again | φαύλος κύκλος |
| **mental** | related to the mind | διανοητικός, εδώ: ψυχικός |
| **social isolation** | to be alone or separated by others | κοινωνική απομόνωση |
| **to play a fundamental role** | to have a part of the greatest importance | παίζω πρωταρχικό ρόλο |
| **indicator** | a sign that gives an idea of the quantity or degree of | δείκτης,,ένδειξη |
| **crucial** | critical, of vital /primary importance | ζωτικός, καθοριστικός |
| **slumber (restful ≠ poor slumber)** | a state of sleep | ύπνος |
| **caution** | warning | προσοχή, προειδοποίηση |
| **to emit** | to send out(heat, smell, sound, light) | εκπέμπω |
| **to inhibit** | to hold back from sth | αναστέλλω, εμποδίζω |
| **to nod off** | to fall asleep | αποκοιμιέμαι |
| **to switch off** | to stop listening or feeling | «κλείνω διακόπτες» μτφ |
| **alluring** | very attractive | πολύ ελκυστικός |
| **merry-go-round** | carousel | τα αλογάκια στο λούνα παρκ |
| **interrelated** | related or connected to one another | συσχετιζόμενος, συγγενικός |
| **issues at play** | something that helps produce or influence a result | ζητήματα που επηρεάζουν το αποτέλεσμα |
| **deprivation** | lack or loss | έλλειψη,στέρηση |
| **side-effect** | an effect in addition to the intended one | παρενέργεια |
| **to be linked to sth** | to be connected | συνδέομαι με |
| **obesity** | the state of being extremely fat | παχυσαρκία |
| **substance use** | to take drugs/narcotics | χρήση ουσιών |
| **adversely** | opposing, unfavourably, in a negative way | αρνητικά |
| **to exacerbate** | to make worse (pain, disease) | επιδεινώνω, χειροτερεύω |
| **drab** | dull, uninteresting | βαρετός, ανιαρός |
| **to keep sb up** | prevent sb from going to bed | κρατάω κάποιον ξύπνιο |
| **to keep up** | to progress at the same rate as someone else | συναγωνίζομαι, ακολουθώ |
| **moderation** | keeping sth within reasonable, sensible limits | μέτρο, μεσότητα |
| **to ring-fence** | to protect sth by putting restrictions on it | περιφρουρώ |
| **a fluid situation** | unsettled,not fixed,flowing like a liquid condition | ρευστή κατάσταση |
| **to bleed into** | to lose blood, here: to spread from one area to another | αιμορραγώ, εδώ: διαχέω |
| **buffer zone** | protection area | προστατευόμενη περιοχή/ζώνη |
| **Glossary pp.96-97 Tasks** | | |
| **to raise awareness** |  |  |
| **to resist** | to force or allow oneself not to accept | αντιστέκομαι |
| **excessive** | too much, too great | υπερβολικός |
| **to allocate/to allot** | to give, to devote | αφιερώνω |
| **in turn** | one after the other, in succession | με τη σειρά |
| **puberty** | adolescence | εφηβεία |
| **self-esteem** | one’s good opinion of one’s own worth | αυτοεκτίμηση, αυτοπεποίθηση |
| **councelor** | a person trained to give guidance on personal or psychological problems. | επαγγελματίας σύμβουλος |
| **alarming** | worrying or disturbing | ανησυχητικός |
| **the roots of the problem lie at/in** | (of something abstract) reside or be found | οι ρίζες του προβλήματος βρίσκονται |
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| **Glossary p.99**  **Teenagers and social networking- it might actually be good for them!** | | |
| **Lexical item** | **Synonym/Definition** | **Greek translation** |
| **to provoke** | to cause or force sb into an action | προκαλώ |
| **to gain an invincible hold of sb** | to grasp sb too strongly | κρατάω κάποιον ακατανίκητα |
| **inventive** | showing creativity or original thought | επινοητικός |
| **beneficial** | favourable or advantageous | ωφέλιμος |
| **to engage in** | to make myself busy in/to spend my time in | απασχολούμαι |
| **avid** | eager, keen | αχόρταγος,άπληστος |
| **texter** | a person who sends text messages | αυτός που στέλνει γραπτά μηνύματα |
| **to augment** | to increase | επαυξάνω |
| **to adjust** | to change sth slightly in order to make it better | προσαρμόζω |
| **to wrestle** | to fight | παλεύω |
| **to tweak** | improve (a mechanism or system) by making fine adjustments to it | βελτιώνω |
| **to minimise** | to reduce to the smallest possible amount | ελαχιστοποιώ |
| **to delete** | Remove, erase | σβήνω |
| **trace** | sign that shows sb or sth existed | ίχνος |
| **messiness** | untidiness | ακαταστασία |
| **judgement** | the ability to make good deecisions | κρίση |
| **abuse** | wrong use | κατάχρηση |
| **a daily occurrence** | an every-day event/happening | καθημερινό συμβάν |
| **to erode** | to become worn or rubbed away, to gradually destroy | διαβρώνω, κατατρώγω |
| **literacy** | the state of being able to read and write | αλφαβητισμός |
| **immersive** | the feeling of being completely involved in sth | καθηλωτικός,διεισδυτικός |
| **overly** | excessively | υπερβολικά |
| **casual** | done or acting without sufficient care or thoroughness | καθημερινός, εδώ: μη προσεγμένος, πρόχειρος |
| **text speak** | language typically used in text messages | τρόπος ομιλίας γραπτών μηνυμάτων |
| **yet** | however | εντούτοις |
| **misguided** | showing faulty judgement | παραπλανημένος |
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