

VOCABULARY

1. Complete sentences with correct forms of words given below.

ADDICT

- a) Some people claim that jogging can be highly **addictive**.
- b) He admitted he was **addicted** to cigarettes.
- c) There is a growing problem of an **addiction** to drugs in our cities.

OBSESS

- a) Food has become an **obsession** for many people.
- b) She had an **obsessive** interest in him and his life.
- c) I believe that she was **obsessed** with her work.

HARM

- a) Looking at a computer monitor for a long time can be **harmful** to the eyes.
- b) We need to use natural resources without **harming** the environment.
- c) Anyone who has ever met him will tell you he is completely **harmless**.

BORE

- a) They started quarrelling out of sheer **boredom**.
- b) I can't continue listening to this **boring** speech.
- c) I'm really **bored** with his endless complaining.

2. Discuss:

- What are you addicted to? Have you tried to quit it?
- What are kids and teens obsessed with nowadays?
- What are modern addictions?
- To what extent do you think you are addicted to your smartphone?

VIDEO

3. Watch the video and answer the questions.

- a) In what occasions do people use their cell phones? **before and after sleep; during church service; in the middle of an intimate moment with a partner**
- b) What consequences does the use of smartphones have? **creates a dysfunctional relationship; not paying attention = communication breakdown; disrupted sleep; people feel agitated and moody, cell phones keep people awake**
- c) What does the digital detox involve? **one hour with the entire family of turning off the cell phones – to five hours on the weekend**
- d) What are the benefits of the digital detox? **sleep better, less stressed, enjoy a day, the nature, the surroundings and people**
- e) Could you do such a detox?
- f) Should we be concerned about the issue?

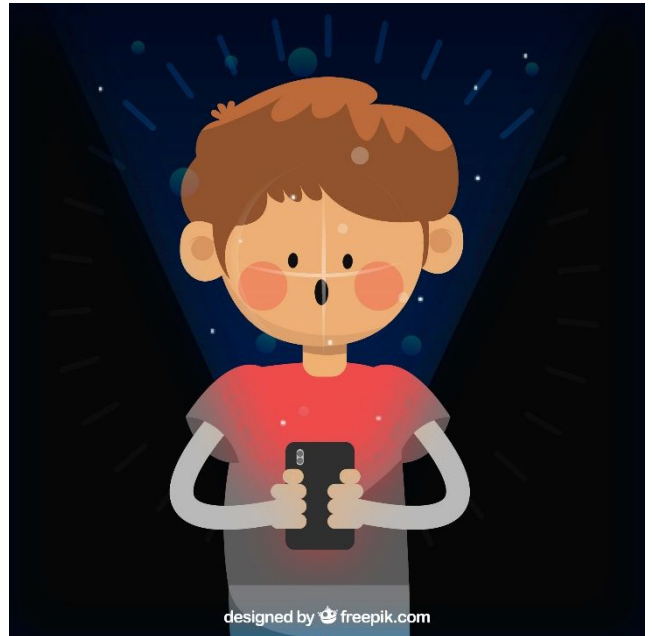
4. Look at the activities below and tell how often you do them with your phone?

multiple times a day

multiple times a week

at least weekly

- making calls
- texting
- sending and reading emails
- searching for information
- taking pictures
- checking the weather
- researching products and services
- searching for a store
- sharing and posting photos
- using maps
- using social media sites



GRAMMAR

5. There are a few expressions in English to talk about preferences. See the example sentences below and complete the grammar structure forms:

- I prefer to do some sport rather than watch TV all day long.
- We prefer chatting with people online to calling them.
- She would rather call somebody than text.
- They prefer coffee to tea.
- I would prefer to finish work at 3 p.m. on Fridays.

- would rather + **do + than + do**
- would prefer + **to do**
- prefer + **noun + to + noun**
- prefer + **doing sth + to + doing sth**
- prefer + **to do sth + rather than + do sth**

The smartphone problem

6. Work in pairs and discuss what you would choose in the situations below and give reasons. Use the expressions from exercise 5 (*would rather/would prefer/prefer*).

- meet online **vs** meet in real life
- call **vs** text
- smartphone **vs** laptop
- lose a wallet **vs** lose a phone
- shop online on your mobile **vs** on a computer
- stop watching TV **vs** stop watching YouTube
- iPhone **vs** Android phone
- give up the phone **vs** lose some friends

EXTRA TASK:

After ex. 4, give your students this graph so that they can compare their answers with research results from Canada (2013).

Source: <https://insightswest.com/news/your-insights-on-smartphones-many-british-columbians-are-addicted/>

