

# Life online

## UNIT 1

### LANGUAGE

**Vocabulary:** Social media and the internet; Apps and what they do  
**Grammar:** Present tense review; Gerunds and infinitives

### SKILLS

**Reading:** A 'Q&A' about social media

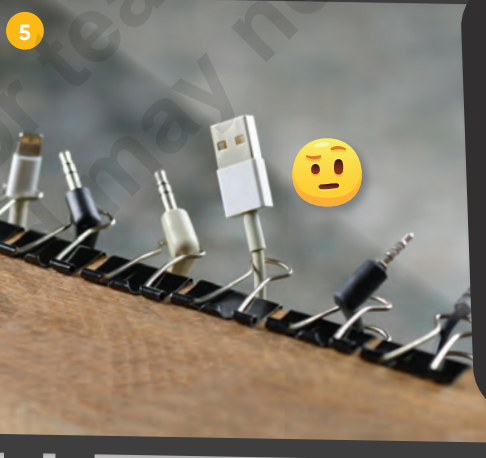
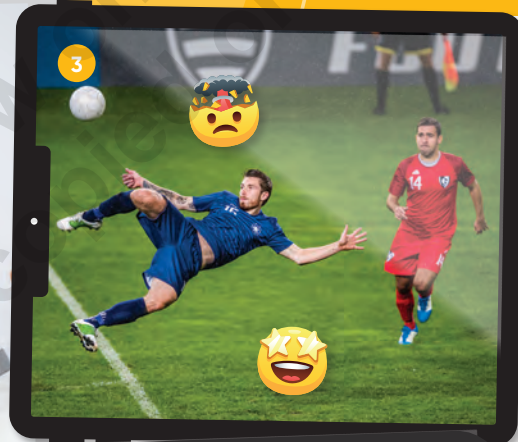
**Speaking:** Describing a photo (1)

**Listening:** A podcast about apps

**Writing:** A 'for and against' essay

### GLOBAL GOALS

**Video:** The social media detox



**1** Look at the video stills above. What kind of videos do you enjoy watching most on social media? Choose your favourites from the list below.

- Music videos
- Dance routines
- Sports clips
- Make-up tutorials
- Tricks and pranks
- Pet videos
- Gaming walkthroughs
- Life hacks
- Cookery tutorials
- Other ...

**2** Compare your answers with a partner and explain your choices.

I like watching cat videos. Cats are so cute and the videos make me laugh.

**3** Work in pairs. Discuss the questions.

- 1 Which social media platforms do you use? What do you use them for?
- 2 How much time do you spend on social media each day?
- 3 In general, do you think social media is a good thing or a bad thing? Why?
- 4 Do you play games with friends online? Is online gaming a good way for young people to spend their time? Why / Why not?
- 5 What other things do you use your phone or computer for?
- 6 Do you ever try to have social media-free days? If so, how does it make you feel?

## READING A 'Q&A' about social media

- 1 Read the title of the article. What information do you think social media platforms know about you?
- 2 Study the **READING EXPERT** box. Then read the article. Match questions A–H with 1–6. There are two extra questions that you don't need.

### READING EXPERT Matching

To match questions or headings with paragraphs in an article, first read the text to get the main idea. Then read each paragraph and decide which question or heading goes with it. When you have finished, read the text again to check your answers.

- A What information does social media have about me?
- B Why do we need algorithms?
- C How much time do people spend on social media?
- D What's an algorithm?
- E What else do social media companies use algorithms for?
- F Can I beat the algorithms?
- G How do I stop getting adverts on my feed?
- H Why are algorithms controversial?

## HOW MUCH DOES SOCIAL MEDIA KNOW ABOUT YOU?

You're scrolling through your social media. Yesterday, you shared a video of your new puppy. Today, your feed is full of videos of cute baby animals. Later, you're browsing another network when an advert for trainers appears – the exact pair that you've dreamed of buying for weeks. 'What's going on?' you ask yourself. 'How does social media know so much about me?' The answer is all to do with algorithms.

Q: 1 ...

A: An algorithm is a set of instructions that tells a computer what to do. Social media platforms use algorithms to decide what posts you see and in what order, based on your interests and past interactions. For example, if you watch and like a video about paragliding, you can expect to find more videos about extreme sports the next time you visit the platform.

Q: 2 ...

A: There is a massive amount of content on social media. On Instagram alone, over 95 million photos and videos are uploaded every day. Without algorithms, it would be impossible to sort through all of this content. So algorithms identify the content that they think will be of interest to you, and they filter out the content that is unlikely to appeal.

Q: 3 ...

A: Every time you visit social media sites, the platforms collect data about what you watch, click on and share. They know where you live, how old you are and what your interests are. They also know what other people your age are watching and sharing. These platforms use all of that data to predict the type of content you'll like.

Q: 4 ...

A: Social networks don't only exist to show you content and let you connect with friends. They also make huge amounts of money by selling advertising. Their goal is to keep you on their platform for as long as possible and find out all they can about you, so that their algorithms can target you with personalized adverts.

Q: 5 ...

A: We tend to follow people with the same interests and views as ourselves. If algorithms only show us posts from people with similar beliefs, then we can become trapped in an 'echo chamber', where we only hear opinions that reinforce our own. We may, for example, only hear one side of the argument about a current event, which makes it hard to reach a balanced judgement.

Q: 6 ...

A: Some social media platforms let you change the way you sort your feed from 'most relevant' to 'most recent'. One way to avoid echo chambers is to follow people with different views and interests. Do some research and see what else is out there. It isn't easy to escape the algorithm, but you can have fun trying!



- 3 **1.1** Read and listen to the article. Then complete the summary. Use one word from the text in each space.

Social networks use <sup>1</sup>... to make decisions about what we see in our <sup>2</sup>... . Because there is so much <sup>3</sup>... available, they are a way for networks to identify posts we might like. Companies <sup>4</sup>... information about us every time we use their platforms, for example, the videos we watch and <sup>5</sup>... with others. They use this information to deliver personalized content and <sup>6</sup>... . However, we can end up in an echo chamber, full of people whose <sup>7</sup>... are the same as ours. To avoid this, the article suggests that we <sup>8</sup>... a variety of accounts.



#### WORD EXPERT *what and that*

The relative pronouns *what* and *that* are often confused. We use *what* to mean 'the thing(s) that'.

*The platform collects data about what you watch.*

*It knows what other people are sharing.*

*It identifies content that will appeal to you.*

*It's the exact pair that you've dreamed of buying.*

Workbook, p.6

- 4 **CRITICAL THINKING** What do you think about the amount of information social media has about you? Is it a good thing or a bad thing?

I think it's good because I don't waste time looking at things I'm not interested in.

I don't agree! For me it feels like manipulation.

## VOCABULARY Social media and the internet

- 5 **1.2** Choose the correct options to complete the text. Then listen and check.

### All you need to know about TikTok

TikTok is a social media platform where users can <sup>1</sup>post / click short videos from their phones.

More than three billion people have <sup>2</sup>followed / downloaded the app since it was launched in 2017.

The biggest reason that people give for why they <sup>3</sup>log on / log off to TikTok is to 'lift their spirits'.

On TikTok's 'For You' page, you can <sup>4</sup>share / scroll through an endless selection of videos. Every user's 'For You' page is unique, depending on what they <sup>5</sup>type / view, like and <sup>6</sup>log on / share.

To 'like' a video, simply <sup>7</sup>tap / browse on the heart icon. It will turn red, and the video will <sup>8</sup>save / scroll to your liked videos.

If you <sup>9</sup>trend / swipe to the right on a video, you can see the TikToker's profile. You can <sup>10</sup>click / scroll on the plus (+) symbol to <sup>11</sup>access / follow them.

With the 'Discover' button, you can <sup>12</sup>view / search for specific TikTokers or topics. Just <sup>13</sup>post / type in a name or word. You can also <sup>14</sup>browse / upload videos that are currently <sup>15</sup>tapping / trending.

To create a video, you need to allow the app to <sup>16</sup>access / save your camera. You can also <sup>17</sup>download / upload videos from your gallery.



Vocabulary bank, WB p.117

- 6 Complete the questions with the correct form of a verb from Exercise 5. Then ask and answer in pairs.

- How many times a day do you ... on to social media?
- Do you ever ... any of your photos or videos?
- Once you start, do you find it hard to stop ... through your feed?
- Do you ever ... right to look at a TikToker's profile?
- Have your friends ... any funny videos with you recently?
- Do you ... any famous people? If so, who?
- What stories or topics are currently ... on social media?
- What was the last app that you ... to your phone?

How many times a day do you log on to social media?

Usually twice - once when I wake up, and again when I get home from school.

## GRAMMAR Present tense review

👁 Watch the Grammar video

### Present tense review

We use the present simple to talk about habits and routines, permanent situations, facts and things that are always or generally true.

*Every time you **visit** a social media site, the company **collects** data.*

*We don't **tend** to follow people with different views.*

*How does an algorithm **work**?*

We use the present continuous to talk about actions that are happening now or around now, changing situations and temporary actions.

*They know what other people **are watching**.*

*Is social media **starting** to have a negative effect on you?*

*I usually write travel blogs, but at the moment I'm*

*writing a sports blog.*

Grammar bank, WB p.108

- 1 Study the Grammar box above. Then complete the text with the correct form of the verbs in brackets.


## SCROLL FREE SEPTEMBER

We <sup>1</sup>... (use) social media to share information, to find out what <sup>2</sup>... (happen) in the world at any time, and to stay in touch with friends that we <sup>3</sup>... (not see) very often. But <sup>4</sup>... (it / start) to dominate our lives and have a negative effect?

Scroll Free September is a campaign which <sup>5</sup>... (challenge) people every year to take a break from social media for 30 days or more. Lisa, 17, from Washington, <sup>6</sup>... (currently / try) it and she is on Day 10 of her challenge.

'I normally <sup>7</sup>... (check) my social media as soon as I <sup>8</sup>... (wake up), and then several times during the day, so right now I <sup>9</sup>... (not / find) it easy to be without it! I have a lot more time though, so instead of scrolling, this month, I <sup>10</sup>... (spend) more time with my friends. Some of them <sup>11</sup>... (do) the challenge, too, which is great! <sup>12</sup>... (I / recommend) Scroll Free September? For sure!'



- 2  **SOCIAL-EMOTIONAL AWARENESS** What advice would you give someone who thinks that social media is starting to dominate their life?

### State verbs

We don't normally use the present continuous form with state verbs. State verbs include:

- Verbs of thinking: *know, believe, think, remember, understand*, etc.

*Social media companies **know** a lot about you.*

- Verbs of liking: *want, prefer, hate*, etc.

*They know what you **like**.*

- Verbs of the senses: *hear, seem, taste*, etc.

*This video **seems** interesting.*

- Verbs of possession: *own, belong, have*, etc.

*Do you **own** a laptop?*

We can use some of these verbs in the continuous form, but they have a different meaning.

*I **think** it's a good idea. (= it's my opinion)*

*I'm **thinking** of going to the beach. (= I'm considering)*

Grammar bank, WB p.108

- 3 Study the Grammar box above. Then complete the sentences with the correct form of the verbs.

belong get learn look not remember  
not seem not use want

- 1 That dance routine ... amazing!
- 2 He told me his address, but I ... it now.
- 3 You ... very happy at the moment. What's wrong?
- 4 I ... really hungry. Let's have something to eat.
- 5 ... (you) to borrow my laptop? I ... it right now.
- 6 We ... about the Arctic at the moment.
- 7 I think this phone ... to Anna.

- 4 Look at the prompts. Are these questions in the present simple (PS) or present continuous (PC) form?

- 1 How much time / usually / spend on your phone? **PS**
- 2 you / have / a break from social media / at the moment?
- 3 Which subjects / you / like the most?
- 4 How often / you / see your friends / during the week?
- 5 you / think / you / have enough free time?
- 6 you / watch / any good programmes / at the moment?

- 5 Work in pairs. Interview your partner using the questions in Exercise 4. Ask follow-up questions to find out more information.

How much time do you usually spend on your phone?

About two hours a day.

Do you spend more time on it at the weekend?



## SPEAKING Describing a photo (1)

### Key expressions 1.3

#### Comparing

Both photos show ...  
 The photos are similar in that they both show ...  
 In both photos we can see ...  
 One thing the photos have in common is that they both ...  
 Another similarity is that ...

#### Contrasting

One obvious difference between the photos is that ...  
 In the first photo, ..., whereas/while in the second photo, ...  
 Another difference is ...  
 A further difference is ...

#### Speculating

Everyone seems happy.  
 She could be (playing with a friend).  
 It looks as if (she's talking to someone).

#### Concluding

On the whole, ...  
 To sum up, ...

- 1 Work in pairs. Look at the two photos. How are they similar? How are they different?



- 4 Work in pairs. Talk about the two photos below. Follow the steps in the **SPEAKING GUIDE** and use the **Key expressions** box to help you.



- 2 1.4 Listen to a boy describing the two photos. Which of your ideas does he mention? What question (a–c) does he then answer?

- What are the advantages and disadvantages of each activity?
- Which of the activities do you enjoy the most?
- Which of the activities is better for families?

- 3 1.4 Study the **SPEAKING EXPERT** box. Then listen again. Which of the buying time techniques and **Key expressions** do you hear?

#### SPEAKING EXPERT Buying time

Sometimes when we speak, we need to 'buy time' to think of what to say next. To buy time, you can:

- repeat the question you were asked.
- use a 'filler phrase', e.g. *Let me see; Let me think for a moment; I'm not really sure; Er, basically ...*

#### SPEAKING GUIDE

- PLAN** what you are going to say.  
 Make a list of the main similarities and differences between the two photos.
- SPEAK** together
  - Talk about your ideas.
  - Listen. When Student A has finished talking, ask one of the questions 1–3 below.

- Which of these two ways of learning do you prefer, and why?
- What are the advantages and disadvantages of these two ways of learning?
- What other types of technology do you use to help you to learn?

Then swap roles.



**Fast finisher** Write about the advantages of using technology for learning.

## LISTENING A podcast about apps

### 1 Work in pairs. Discuss the questions.

- Do you sometimes listen to podcasts on your phone? What type of podcasts do you listen to?
- Read the podcast guide below and look at the photos. What is the podcast about?

#### PODCAST OF THE WEEK

## TECHNOLOGY TODAY

In this week's podcast, Chloe and Alex look at five smartphone apps with a difference.



### 2 1.5 Listen to the podcast. What do the five apps have in common?

### 3 1.5 Study the LISTENING EXPERT box. Then listen again. For each question, choose the correct answer.

#### LISTENING EXPERT Multiple choice

You may hear words on the recording that exactly match words in one of the options. That doesn't mean it is the correct answer. Try to understand what is said and then choose your answer.

- The purpose of *My Life as a Refugee* is to
  - help refugees to find their families.
  - educate people about the challenges that refugees face.
  - encourage people to give money to the UN Refugee Agency.
- Charity Miles* is an app that
  - organizes marathons and other events for charity.
  - finds someone to walk your dog when you are too busy.
  - allows people to raise money for charity by doing exercise.
- Good on You* is an app that
  - helps people to be ethical shoppers.
  - sells sustainable fashion from famous brands.
  - is a platform for selling second-hand clothes.
- Olio* helps to avoid food waste by
  - encouraging neighbours to share food they don't need or can't use.
  - offering out-of-date food from supermarkets at cheaper prices.
  - listing the food you have at home, so that you know what to eat first.
- The purpose of *Brightest* is to
  - help people to learn a foreign language.
  - put people in touch with other people who need help.
  - fight climate change by planting trees.

#### WORD EXPERT Suffixes

To change a verb to a noun, we often add a suffix. There are lots of different suffixes, but some common ones are *-ing*, *-tion*, *-sion* and *-ment*.

*understand* – **understanding**

*organize* – **organization**

*decide* – **decision**

*encourage* – **encouragement**

Workbook, p.10

### 4 COLLABORATION Work in small groups. Think of an app that would make a positive impact on your neighbourhood.

5 Choose the correct options to complete the review of an app.

APP OF THE WEEK

# AILUNA



Do you want to do more to help the planet but don't know <sup>1</sup>when / where to start? Then *Ailuna* is the app for you! *Ailuna* means 'aim high' in Hawaiian, and that's the idea <sup>2</sup>behind / before the app. If we all aim high and make positive changes in <sup>3</sup>our / us lives, we can build a better future for ourselves and for the planet.

So, how does it work? The app encourages you to try out challenges, <sup>4</sup>by / for example to remove plastic from your daily routine, to walk or cycle more, or simply to switch <sup>5</sup>out / off the lights when you leave a room. It then gives you tips on <sup>6</sup>how / who to succeed.

If you manage to complete the challenge <sup>7</sup>every / all day for a week, the app suggests a new challenge. What's more, you can invite your friends and family to <sup>8</sup>have / take part in the challenges with you. There's nothing <sup>9</sup>as / like a bit of competition to inspire and motivate you!

To sum up, this is a fantastic app, <sup>10</sup>what / which I definitely recommend!



6 Work in pairs. Think of more challenges for the *Ailuna* app. Then compare your ideas with another pair. Which challenges would you like to try?

*Buy nothing new for a month.*

## VOCABULARY Apps and what they do

7 Match the different types of app with icons A–J.

- art and design
- dating
- food and drink
- health and fitness
- mobile banking
- music
- navigation
- photography
- productivity
- reference

Vocabulary bank, WB p.117



8 What do the apps in Exercise 7 help you to do? Match 1–10 with a–j. Then match the expressions with the types of app.

- |                   |                        |
|-------------------|------------------------|
| 1 Check your bank | a playlists.           |
| 2 Draw            | b workouts.            |
| 3 Add             | c sketches.            |
| 4 Look up a       | d takeaway.            |
| 5 Meet a          | e deadline.            |
| 6 Order a         | f definition.          |
| 7 Reach your      | g destination.         |
| 8 Start a new     | h effects and filters. |
| 9 Stream          | i relationship.        |
| 10 Track your     | j balance.             |

Vocabulary bank, WB p.117

1–j *Check your bank balance. (mobile banking)*

9 Work in pairs. Tell your partner about apps that you use regularly, and what you use them for.

I use a mobile banking app to check my bank balance and to pay for things in shops.

With my music app, I can find all my favourite songs and get great suggestions. I can stream my friends' playlists, too.

10 **RESEARCH** Think of two areas in your life that you'd like to improve this year (e.g. being more organized). Look online and find apps that can help you.

## GRAMMAR Gerunds and infinitives

👁 Watch the Grammar video

### Gerunds and infinitives

We use the gerund form of the verb (verb + -ing):

- after certain verbs, e.g. *avoid, consider, enjoy, imagine, like, prefer, risk, start, stop, suggest.*

*We all **enjoy using** apps.*

*Have you **considered downloading** a fitness app?*

- after a preposition.

*You can **raise money by walking** your dog.*

- as the subject of a sentence.

***Doing exercise** is not my favourite activity.*

We use the infinitive form of the verb (to + verb):

- after certain verbs, e.g. *agree, choose, decide, forget, help, hope, learn, manage, try.*

*You can **choose to run, walk or cycle.***

*The app **aims to match** volunteers with people who need help.*

- after an adjective.

*It's **easy to use.***

- to say why somebody does something.

*We use apps **to make** our lives easier.*

Grammar bank, WB p.108

- 1 Study the Grammar box above. Then complete the questionnaire with the correct form of the verbs in brackets.

## TECHNOLOGY AND YOU

1

Can you imagine ... (live) without your phone?  
Have you ever considered ... (quit) social media for a period of time?

2

Do you use a diary app to help ... (organize) your schoolwork? Do you usually manage ... (meet) your deadlines?

3

Do you enjoy ... (stream) playlists while you study? Do you prefer ... (listen) on headphones or through a speaker?

4

Do you like ... (add) effects and filters to your photos, or do you avoid ... (use) them altogether?

5

With so much technology available to us, do we risk ... (lose) the ability to think for ourselves? Or are we learning ... (use) our brains in different ways?



- 2 Work in pairs. Ask and answer the questions in Exercise 1. Explain your answers.

- 3 **PRONUNCIATION** 1.6 Complete the table with the words in the box. Then listen and check.

apps decision effects filters measure  
photos save sugar unusual

/s/	/z/	/ʃ/	/ʒ/
stream scroll	music choose	sure	usually revision

- 4 Complete the revision tips with the correct form of an appropriate verb.

## TOP 10 EXAM REVISION TIPS

- Start <sup>1</sup>revising early. Don't wait until the night before!
- Make a revision timetable <sup>2</sup>... your time.
- Try <sup>3</sup>... a quiet place to study away from distractions.
- Organize your notes but avoid <sup>4</sup>... lots of time on making them look pretty.
- Don't just read your notes. <sup>5</sup>... things down is really important.
- Don't forget <sup>6</sup>... regular breaks.
- Consider <sup>7</sup>... for a short walk if you're stressed and need to calm down.
- Go to bed early! <sup>8</sup>... a good night's sleep will help your memory.
- <sup>9</sup>... healthy food can also boost your concentration.
- On exam day, be sure <sup>10</sup>... in plenty of time!

**GOOD LUCK!**

- 5 Work in pairs. How do you usually revise? Discuss the revision tips in Exercise 4 and any other things you find useful. Use the ideas below to help you.

*I think it's useful to ... I've never considered ...*

*I usually avoid ... I don't always manage to ...*

*I sometimes forget to ... For my next exam, I've decided to ...*

I think it's useful to make a revision timetable.

Really? I've never considered doing that.

- 6 **CREATIVITY** Work in pairs. Imagine you are writing advice for a language learning app. Write your Top 10 Tips on how to learn and improve your English.





## WRITING A 'for and against' essay

**1** Look at the title of the essay and the photo. Read sentences 1–6 below. Are they arguments for (F) or against (A) the essay question?

- |  |   |
|--|---|
| 1 Video gaming doesn't require any athletic ability.       | 4 eSports is very popular with young people.            |
| 2 To succeed, players train hard, just like real athletes. | 5 eSports isn't inclusive because most gamers are male. |
| 3 Video gaming can be unhealthy.                           | 6 eSports encourages teamwork and collaboration.        |

**2** Read the essay. Which of the arguments (1–6) does it mention? Do you agree with the writer's opinion?

# SHOULD ESPORTS BE AN OLYMPIC SPORT?

Video games are not only exciting to play. With high-quality graphics and non-stop action, they can also be fun to watch. This has led to a big increase in competitive video gaming, or eSports, where players compete against each other in front of spectators. With the rise in popularity, many people are calling for eSports to be included in the Olympics. The question is: should it be?

First of all, some people say that eSports is not a real sport. The definition of a sport is an activity that requires physical effort and skill. Scrolling a mouse and tapping buttons on a keyboard doesn't seem to match with this. In addition, the goal of the Olympics is to encourage healthy lifestyles and physical activity, whereas gaming can result in a lack of exercise and social disconnection.

On the other hand, an important part of any sport is the competition between athletes. eSports is highly competitive, and top players practise for hours every day to improve their skills. Furthermore, part of the role of the Olympics is to make the Games more attractive to a younger audience. eSports has millions of young fans, who regularly fill stadiums to watch their heroes.

In conclusion, there are arguments for and against the question of whether eSports should be an Olympic sport. On balance, my opinion is that it should be. It's true that it isn't a traditional sport, but it definitely requires skill. Players train extremely hard, and being part of the Olympics will allow them to compete and show off their talents to a much wider audience.

**3** Read the essay again. What is the purpose of each paragraph? Write a one- or two-word description.

*Paragraph 1: Introduction*



**4** Complete the **WRITING EXPERT** box with words and phrases from the essay.

### WRITING EXPERT Linkers

Sequencing: <sup>1</sup>..., *Firstly, Secondly,*

Adding arguments: <sup>2</sup>..., *Furthermore,*

Expressing contrast: *On the one hand,* <sup>3</sup>..., *However, whereas*

Concluding: <sup>4</sup>..., *To sum up, On balance,*

**5** Write a 'for and against' essay on the question: *Should there be stronger age restrictions on social media?* Follow the steps in the **WRITING GUIDE**.

### WRITING GUIDE

**1 PLAN** your essay.

- Make a list of points for and against the question.
- Decide whether on balance you are for or against the question.

**2 WRITE** four paragraphs.

- 1 Write a short introduction to the topic.
- 2 Write a paragraph for the question.
- 3 Write a paragraph against the question.
- 4 Write your conclusion. State which side you agree with and why.

**3 CHECK** your work.

- ✓ Linkers
- ✓ Present simple and continuous
- ✓ Gerund and infinitive
- ✓ Vocabulary for social media and the internet
- ✓ Four paragraphs



**Fast finisher** Write arguments for and against using mobile phones in schools.

# The power of connection

## GLOBAL GOALS

### 1 Read the infographic and answer the questions.

- Who connects with others online the most and where do they live?
- In what ways is using social media helpful for young people's relationships?
- How can connecting online improve opportunities for business owners, schoolchildren and people who are sick?
- In what other ways can connecting digitally help to reduce inequality in the world?

## CONNECTING WITH OTHERS

### PERCENTAGE WHO USE THE INTERNET TO CONNECT

Developed countries: young people (15–24 years) 99%

Developed countries: rest of the population 87%

Developing countries: young people (15–24 years) 67%

Developing countries: rest of the population 51%



There are twice as many internet users in urban areas as in rural areas.

### WHY DO YOUNG PEOPLE CONNECT ONLINE?

**60%** have made a new friend online

**70%** feel more connected to their friends' feelings thanks to social media

**68%** have been supported through difficult times by friends on social media

### HOW CAN DIGITAL CONNECTIONS REDUCE INEQUALITIES?

**e-commerce:** small businesses can sell direct via e-commerce

**telehealth:** people can get healthcare and advice from a distance

**education:** rural regions can access digital courses

**digital ID:** people can prove who they are to access banking or vote online

### 2 CULTURAL AWARENESS Discuss the questions in groups.

- There's a difference between how many people connect online in developing and developed countries. Does this surprise you? Why / Why not?
- How similar is your own experience to the findings in the second section of the infographic?
- Which of the opportunities in the last section of the infographic do you think are most important in trying to reduce inequalities? Why?





**3** Work in pairs. Look at the photos above from the video 'The social media detox'. What do you think the video is going to be about?

**4** **V.1.1** Watch the video and check your answers to Exercise 3.

**5** **V.1.1** Watch the video again. Complete the sentences with up to three words in each space.

- 1 The internet was officially 'born' on ...
- 2 *Six Degrees* was the first ..., but it wasn't very successful.
- 3 On the day when they went skiing, Mon didn't feel the ... social media.
- 4 One of the benefits of the internet is making friends all across ...
- 5 For her embroidery, Mon sometimes uses social media to get ...
- 6 At the end of the social media detox, Mon can't wait to ...

**6** Work in pairs. Discuss the questions.

- 1 How does Mon feel at the end of the social media detox?
- 2 Would a social media detox be good for you?
- 3 Mon particularly uses social media to connect with family and friends. How else can you do this? Is it as good as social media? Why / Why not?

## PROJECT Unit 1

**7** **PROBLEM-SOLVING** Work in pairs. Prepare a short presentation about one of the ways that connecting digitally can reduce inequality. Research the answers to some of the questions below.

- How does this specific use of digital technology improve connection and reduce inequality?
- Where in the world would this be important?
- What are the problems with providing it?
- What projects already exist to provide this?

Give your presentation in class.

Look back at the infographic on page 18. Research more information for your area.

# 1 Challenge!

## Are you addicted to tech?

- 1 Work in groups. Ask your classmates questions to complete the survey.



### FIND SOMEONE WHO ...

### NAME

- 1 spends more than five hours a day on social media.
- 2 enjoys using a fitness app.
- 3 has met a good friend on a social media site.
- 4 knows why social media platforms use algorithms.
- 5 finds navigation apps easy to use when walking in a big city.
- 6 prefers watching films on TV to streaming online.
- 7 can recommend a good podcast.
- 8 would consider spending less time on their phone.
- 9 raises money for an online charity.
- 10 can think of an idea for a new app.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



- 2 Tell the class about the people in your group.

*Sasha spends more time on his phone than I do. He spends two more hours a day using it!*

## Challenge your memory!

Describe what happens every day at school and what is or isn't happening now.

Think of four types of apps and mime them. Can your partner guess the type of app?

Mime three actions you do when using your phone or computer. Can your partner guess the action?

Make four sentences using state verbs – two true and two false.

Say two positive and two negative things about social media. Use gerunds.

Name four verbs to describe what you do with videos on a social media platform.

Describe three things an app can help you do in your everyday life.

Ask questions using three different present tenses about today and recently.