Internet Advantages

1. On the Internet, you can often easily and quickly find the information you need.

2. The Internet allows you to communicate at a distance.

3. The Internet allows some people to work without leaving home.

4. The Internet accelerates progress.

5. The Internet allows you to study without leaving home.

## Internet Disadvantages

1. Because of the Internet, you may be subject to a cyberattack.

2. You can find things on the Internet that you would never want to see.

3. The Internet stimulates a sedentary lifestyle, which causes diseases and a reduction in life as a result by several percent.

4. Because of the Internet, problems may arise in family communication.

5. The Internet creates Internet addiction.