

### The smartphone problem

#### **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.

#### **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.

#### **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.

#### **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 of 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?





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# 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
- o sending and reading emails
- searching for information
- taking pictures
- checking the weather
- o researching products and services
- searching for a store
- sharing and posting photos
- o 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





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- 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: <a href="https://insightswest.com/news/your-insights-on-smartphones-many-british-columbians-are-addicted/">https://insightswest.com/news/your-insights-on-smartphones-many-british-columbians-are-addicted/</a>



