



Discussing my life online

LEVEL

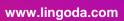
Intermediate (B1)

NUMBER

EN_B1_1043X

LANGUAGE

English







Learning outcomes

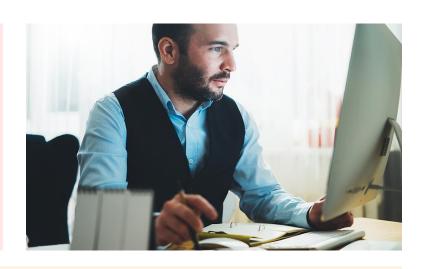
 I can hold a conversation about what I do online.

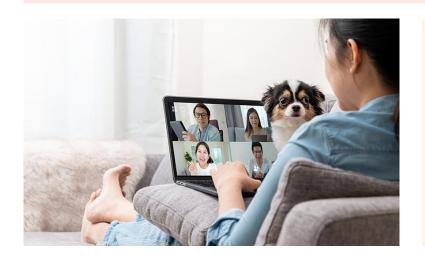
 I can discuss the positives and negatives of the internet.



Warm-up

Do you prefer to shop online or in person?





What kind of things do you buy online? What kind of things do you buy in shops?





Mara's story

Mara Peterson is the owner of Twinkle Toes: a small company based in Seattle, Washington. **Read about her story** and **answer the questions** below.

Back in 2016, I posted some photos of my ring designs on social media. A few weeks later, my inbox was full of people asking where they could buy my jewellery. I didn't think much of it, but kept on uploading different designs. More and more people kept contacting me.

So I asked a friend of mine, Julie - who's much more techsavvy than I am - to help me. We set up a simple online shop and put a link to it on my social media. Soon, we were getting lots of orders and a photo of one of my designs even spread all across social media. It was crazy! People really loved my work and the internet meant thousands of people were able to see it!



- 1. Why did Mara ask Julie to help her?
- 2. What are some social media platforms that Mara could have posted images of her ring designs on? Do you use these platforms?



She's much more techsavvy than I am!

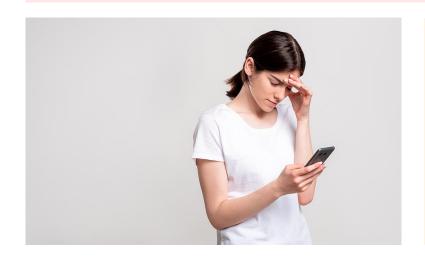


What does this mean? Do you know anyone who you would describe this way?

Discuss

How did the internet help Mara and her business?





Can you think of any other benefits of the internet for small business owners?





Phrase check

Match the beginning of the sentence on the left with the ending on the right.

1	l often upload photos of myself	a	on that new networking site yet?
2	He posts a new video	b	in my inbox.
3	Information can spread	С	on his channel every week.
4	I have hundreds of emails	d	across social media very quickly.
5	Have you created a profile	е	to my social media.





Vocabulary check

Read the examples taken from the text below. Can you create your own sentence for each of the words in blue?





I posted some photos of my designs on social media.

2



My inbox was full of people asking me where to buy my rings.

3



I kept on uploading different designs to my profiles.

4



My photos started to spread all across social media.





Discuss



In pairs, choose two questions to answer. Then, share your answers with the rest of the group.

How many social media profiles do you have?

How regularly do you check your inbox?

How careful are you about what you post on social media?

Do you know someone who uploads a lot of photos?





Antony's story

Read the text about Antony's experience with the internet, then **answer the questions** below.

I was a very chubby kid and rarely got any attention at school. Then, in my twenties, I lost a lot of weight: over 40 kilograms, in total. I started sharing photos of my weight loss journey online. My photos began getting lots of likes and comments. One of my photos even went viral!

Pretty soon, I was glued to my phone all day: always staring at the screen and watching the number of likes going up. I realised I was totally hooked on social media, and got help. I didn't want to be known as "that guy online who lost a lot of weight". There are more important things in life than your weight and being a trending topic or not!



- 1. Were Antony's photos popular?
- 2. Was Antony on his phone a lot? What verb does he use to describe his phone activity?
- 3. What does Antony mean when he says he was *totally hooked* on social media?





Why do you think it's easy to get hooked on social media?

Share your ideas with the rest of the class!





Adverbs of frequency

Read the sentences below and then complete the blue boxes.

She was always staring at her phone.

He rarely got any attention at school.

Sometimes I forget how lucky I am to have the internet.

- Can you identify the adverbs of frequency in the examples above?
- Which other adverbs of frequency do you know?

Adverbs of frequency describe **how**_____ we do something.



Multiple choice

1	I check my social media before bed. I do it every single night!			
	a. sometimes	b. always	c. occasionally	d. rarely
2	l've	thought of creating a d	ating profile. Online datin	g's just not for me.
	a. never	b. sometimes	c. rarely	d. normally
3	He	_ checks his emails. So, do	n't expect to hear from hi	m anytime soon.
	a. always	b. frequently	c. hardly ever	d. often
4	She	_ stays up late watching t	v series online. That's why	she always looks so tired!
	a. hardly ever	b. never	c. rarely	d. often



Ask and answer

How often do you check your phone each day?

In what situation should you never use your phone?

Do you know anyone who is always glued to their phone?

Is it important to you if you get lots of likes on a photo?





The positives and negatives of the internet

The internet can be your best friend and your own worst enemy.

What do you think this means?

What is your relationship with the internet like?

What are the good and bad points of living so much of our lives online?





Let's reflect!

Can you hold a conversation about what you do online?

Can you discuss the pros and cons of the internet?

Your teacher will now make one suggestion for improvement for each student.



End of the lesson

Idiom

It's a (bit of a) grey area

Meaning: a topic that is not clearly one thing or another, and can be interpreted in different ways







Additional practice



Fill in the gaps



Complete the sentences using the words on the right.

1	I see just as many benefits as to having a profile on social networks.
2	She's absolutely to her smartphone screen all the time!
3	I wouldn't trust that email sender. It looks like a!
4	What are you usually on the internet?
5	Are you sure that this is a? I've never heard of this website before.

drawbacks

up to

glued

scam

reliable source





Fill in the gaps



Complete the sentences using vocabulary from today's lesson.

1	I prefer to date online – it feels like having the world at my
2	Are you familiar with this website? Is it?
3	That gossip website loves to have headlines to attract readers.
4	is so important for career growth. It's all about who you know!
5	I feel like we take for granted and forget the value of it since we have access to it all the time.



Form the sentences



Put the words into the correct order to form sentences.

1	online – shops – never – he
	ormic strops frever fre















Role play



Have a discussion with a partner about the positives and negatives of social networks. One is of the opinion that social networks are bad, the other person believes social networks have many benefits. Try to use the key words in the box below.





Social networks are everything that's wrong with society.

What? Why? In my opinion, social networks can be very useful.

- reliable sources
- legitimate source
- scam
- networking

- the world at your fingertips
- internet access





Multiple Choice



- I cannot live without social media. I'm _____ online, because I'm scared I might miss out on something.
 - a. always

- b. usually
- 2 I _____ stay up-to-date on current affairs. I just prefer spending my time doing something else.
 - a. often

- b. hardly ever
- 3 I don't have an online bank account it's not safe! I _____ do online banking.
 - a. never

b. rarely





Transform the sentences



Rewrite the sentences using the following adverbs of frequency: hardly ever, usually, always, never, often.

1	0%: I do online shopping.	>
2	70%: He chats with his friends on the weekend.	>
3	100%: I read the news online.	>
4	75%: I try to stay in contact with my family via social networks.	>
5	10%: I stay up to date with what's going on online.	>



Role play



Have a discussion with a partner about online security. One person takes the position that the internet is safe enough to store private information, and the other person believes that it is not. Try to convince your partner that you are right.



Role #1

You believe that the internet is a safe space to store private information. I do online shopping and banking all the time, and I've never had any issues!



Role #2

You do not believe that the internet is a safe space to store private information. I would never feel safe giving my credit card information to a website!

- reliable sources legitimat
- legitimate source
- scam

- internet access
- networking drawbacks







Which steps can people take to protect their online privacy?

Which steps do you take?

Answer key

P.4 1. Mara asked Julie to help her because Julie is more tech-savvy than she is. 2. Instagram, Facebook, Twitter.

P.7: 1. (e) 2. (c) 3. (d) 4. (b) 5. (a)

P. 10: 1. yes 2. yes – glued 3. He was addicted

P. 12: often

P. 13: 1. (b) 2. (a) 3. (c) 4. (d)

Additional practice

P. 19: 1. drawbacks 2. glued 3. scam 4. up to 5. reliable source

P. 20: 1. fingertips 2. legit 3. scandalous 4. networking 5. internet access

P. 21:

1. He never shops online. 2. He sometimes chats with his family on Sunday.

3. During the week she always reads the news online. 4. They usually do their banking online.

5. You rarely believe the stories you read online.

P. 23: 1. (a) 2. (b) 3. (a)

P. 24: 1. I never do online shopping. 2. He often chats with his friends on the weekend. 3. I always read the news online. 4. I usually try to stay in contact with my family via social networks. 5. I hardly ever stay up to date with what's going on online.



Summary

Key vocabulary:

- tech-savvy; to post (on social media); to spread; profile
- to go viral; to be glued (to your phone); trending topic

Adverbs of frequency:

- Used to describe **how often** we do something
- For example: *I rarely* use social media



Vocabulary

to set up	to be hooked on (social media)
tech-savvy	trending topic
inbox	never
to upload	rarely
profile	seldom
to spread	sometimes
to end up	usually
to go viral	always
to stare (at a screen)	
to be glued to (your phone)	





Notes

