

For the Teacher:

Addiction to Social Media Listening Task

Functional Language <i>Students will need</i>	<ul style="list-style-type: none">• <i>It seems like everyone...</i>• <i>Do we use it too much?</i>• <i>Are we addicted to it?</i>• <i>To decide, listen to this list of signs that...</i>• <i>This is a very serious sign.</i>• <i>This is a sign you are addicted.</i>• <i>In other words...</i>
Vocabulary <i>Students will need</i>	<ul style="list-style-type: none">• vocabulary: <i>social media, friends, family, talk, news, share, pictures, addiction, addict, list, sign, complete, work, school work, post, happy, excited, successful, sad, bored, unlucky, lose sleep, stay up, instead of, use, complain, serious</i>
Grammar <i>Students will need</i>	<ul style="list-style-type: none">• too + adjective <i>too + late</i> = so late that it is a problem, it is a bad thing• too + amount <i>too + much</i> = there is so much that it is a problem, it is a bad thing

<p>Assessment</p> <p><i>Teachers can check for success by</i></p>	<ul style="list-style-type: none"> • ask students, “Do you use social media too much?” and “What are the six signs of addiction to social media?” • have students in pairs talk about their use of social media using the six signs of addiction. Which ones do they have? Which ones do they not have? • have students discuss in groups what people can do who are addicted to social media.
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Communication and Technology | Addiction to Social Media

Do you use social media too much?

It seems like everyone uses Twitter...

Facebook... Whatsapp... and Instagram. We use social media to talk with our friends and family.

We use it to follow the news. We use it to share pictures of ourselves. Do we use it too much? Are we addicted to it? To decide, listen to this list of signs that you might be using social media too much. First, if you use social media more than one hour per day, you are likely using it too much. Second, do you use social media when you are with other people? In other words, do you use social media instead of talking with the people who are around you? If so, you might be addicted. Third, have any of your friends or family complained that you use social media too much? This is a very serious sign that you are.

Fourth, if you have trouble completing your school work or your other work because you are using social media, this could mean that you are addicted. Fifth, do you ever post messages that make you seem happy, or excited or successful when you actually feel sad or bored or unlucky? If you don't show who you really are on social media, this is a sign that you are addicted to it. Finally, do you lose sleep to use social media? In other words, do you stay up too late at night on Instagram instead of sleeping as you should? Choosing social media instead of sleep is a very bad sign.

So, there are six signs that you can use to decide whether or not you have an addiction.

Do you use social media too much?