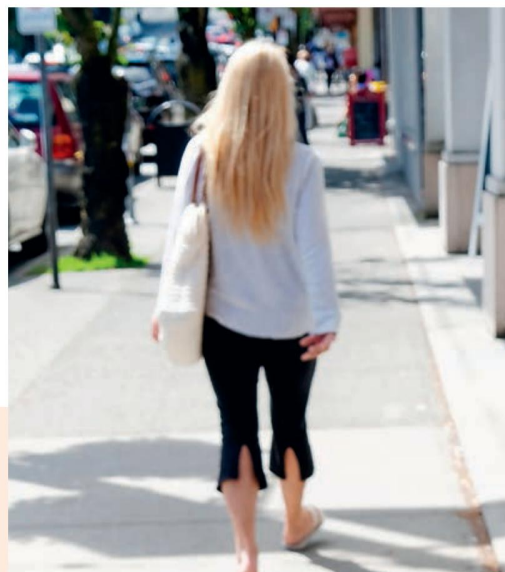


3 Let's Quit!

How can we reconnect with real life?

1 Instagram model quits checking her notifications

- A. Read the title of the activity and imagine why the young model "quits checking her notifications".
 B. Read the text and sum it up in your own words.
 C. **Have your say.** Do you think she made the right choice? Why (not)?



How many hours have you spent waiting for people to like your Instas or watch your Snaps? For Essena O'Neill, an 18-year-old Instagram model with more than a half million followers, it was too many. Last fall, she made headlines for deleting thousands of photos, quitting the social platform, and sharing her struggle with being "addicted to social media, social approval, [and] social status." She made an appeal for a platform where views and likes aren't visible. "Never again will I let a number define me. It suffocated me," she said. [...] In March, *Time* magazine named her among the 30 most influential people on the Internet [...] for having in fact removed her social presence. [...] "checking my likes [...] has messed with my mind. A few months ago, I spent an idyllic day with my dog at the beach where I 'grammed a pic of him running at sunset, fully expecting a slew of likes and "YAAASSS" comments. Instead, I got crickets. [...] I cycled through the stages of grief. Denial: *It's because I posted it during happy hour!* Anger: *What's wrong with my jerk friends? I Like thousands of their pics!* Depression: *Maybe these photos – maybe this whole day – weren't as amazing as I'd thought.* [...]

So to stop tracking my likes, I installed the Facebook Demetricator, a free web add-on that removes like tallies from Facebook. [...] I posted an article I'd written that I was really proud of, and when I checked back later, it didn't say "32 people liked this" but just "People liked this". I opened Facebook two more times during the day, but without an updated tally to track my progress [...] – I actually fell asleep without having checked for hours. [...] It felt more like I was actually posting to share moments with my friends, not to evaluate how good those moments were based on other people's opinions. After all, the best connections are the ones made with people who truly like you, not just "like" you.

Sarah Z. Wexler, *Cosmopolitan*, 3 June 2016

YOUR TURN! 2 Fight social media addiction

Create a leaflet for *Teens Time Magazine* that gives the top ten tips to deal with social media addiction.

YOUR PROJECT

Take part in a TV show for an American or a British news channel to warn people about the dangers of exposing one's life online.

The talk show will include specialists of social networks and social media users who will explain their use of social media.

Turn to **Worksheet n°36** to find more information about the different roles.  

HELP!

Nouns

- cure = treatment
- restriction

Adjectives

- addicted to
- hooked on (fam.)
- self-reliant

Verbs & expressions

- block sb
- delete sth
- detach oneself from sth
- get rid of sth
- seek treatment for sth
- set a limit