



READING TIME

16.

**Answer: How much time do you spend on social media in a day?
Mark the best answer for you.**

- a. I don't engage at all on social media.
- b. Less than an hour in a day.
- c. 1-2 hours.
- d. 3-4 hours.
- e. More than 4 hours per day.



17.

Read the text and write the positive and negative effects of social media.

Social Media

Humans like to remain in some group or another because they are social creatures and they prefer to follow what this group does. Therefore, billions of people use social networking to stay connected, make friends and satisfy their social needs. 72 percent of high school and 78 percent of college students would rather spend time on social media than do different activities. If they use social media too much daily, it will have negative effects on their health. It will also cause antisocial behaviours, anxiety, depression and other psychological problems. It can affect learning negatively, too. Studies show that middle school, high school and college students who check social media at least once during a 15-minute study period get lower grades.

On the other hand, people are free on these sites. They upload photos, songs, poems which they like and talk to people who they prefer. They make new friends and comment on the lives of different people. Young adults share their problems and learn to show empathy to their online friends. Shy teenagers learn how to socialize, too.

Social media definitely affects our lives, so we should use it carefully.

