

Digital Detox

Put these words into the spaces in the paragraph below.

Image frequency dependence glued participants part dominating study

Digital devices are increasingly (1) _____ our lives these days. Many, if not most of us are addicted to them. New studies emerge with alarming (2) _____ about the dangers to our physical and mental health of being (3) _____ to our small screens. Children are not exercising; people are worrying about their bodies (4) _____ because of online pressure from "perfect body" sites, and people are being bullied (or worse) by cyber-criminals. In a (5) _____ of 1,000 adults in Japan, researchers discovered that nearly 50 per cent of the (6) _____ were addicted to their smartphones, but were unaware of their smartphone (7) _____. The study is one of many clarions calls for "digital detox" to become (8) _____ of our lives.

Put these words into the spaces in the paragraph below.

Stuff phenomenon practice consider catalyst absorbed bygone aside

The (9) _____ of digital detox involves switching off from the Internet to enjoy something called "real life". This involves the (10) _____ custom of conversing with people face to face and "doing every day (11) _____". The organisation Digital Detox Japan said: "We want detox to be a (12) _____ for people to rethink their distance from their devices...to set (13) _____ time to get ample rest." People need to rely less on devices to avoid the new (14) _____ of "nomophobia" - NO Mobile PHOBIA. Psychologist Dr Kia-Rai Prewitt warned of the dangers of being too (15) _____ in smartphones. She wrote: "If you ignore responsibilities at home or work because of the amount of time you spend online, then (16) _____ a digital detox."

TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F). Justify the false ones.

1. The article says over 80% of us are addicted to smartphones. **T / F**
2. There is a problem with the glue used to make smartphones. **T / F**
3. A study of 10,000 people found a third of people hated smartphones. **T / F**
4. A study suggested digital detox should be part of our lives. **T / F**
5. Digital detox is switching the Internet off to enjoy real life. **T / F**
6. The article suggests conversation is on the decline. **T / F**
7. There is a phobia whereby people fear having no phone access. **T / F**
8. A psychologist said digital detox is dangerous. **T / F**

Justifications:

DEVICE DANGERS: How dangerous are these things? What advice do you have for people exposed to these dangers? Complete this table with your partner (s)

	How Dangerous?	Advice
Less exercise		
Worsening eyesight		
Less social contact		
Cyber-bullying		
Online pressure		
Shorter attention span		

LISTENING: Youtube: BBC Are you addicted to your smartphone? 6 Minute English

[\(22\) Are you addicted to your smartphone? 6 Minute English - YouTube](#)

1. What is FOMO?
2. What is a phubber?
3. Do you think Catherine is addicted to her smartphone?
4. What has Jean Twenge written about?
5. What does it mean if you do something compulsively?
6. In what year was the word smartphone first used?
7. Can you unscramble this phrase (vocabulary from this listening text): *peke ni octhu ihwt omesoen* _____

ADDICTIONS: Rank these with your partner. Put the worst addictions at the top. Change partners often and share your rankings.

- Smartphones
- Shopping
- TV
- Chocolate
- Coffee
- Love
- Social media
- Gambling

SYNONYM MATCH: Match the following synonyms from the article.

1. **dominating**
2. **alarming**
3. **pressure**
4. **unaware**
5. **dependence**
6. **involves**
7. **bygone**
8. **catalyst**
9. **absorbed**
10. **ignore**

- a. spark
- b. persuasion
- c. reliance
- d. preoccupied
- e. worrying
- f. disregard
- g. ignorant
- h. entails
- i. controlling
- j. past