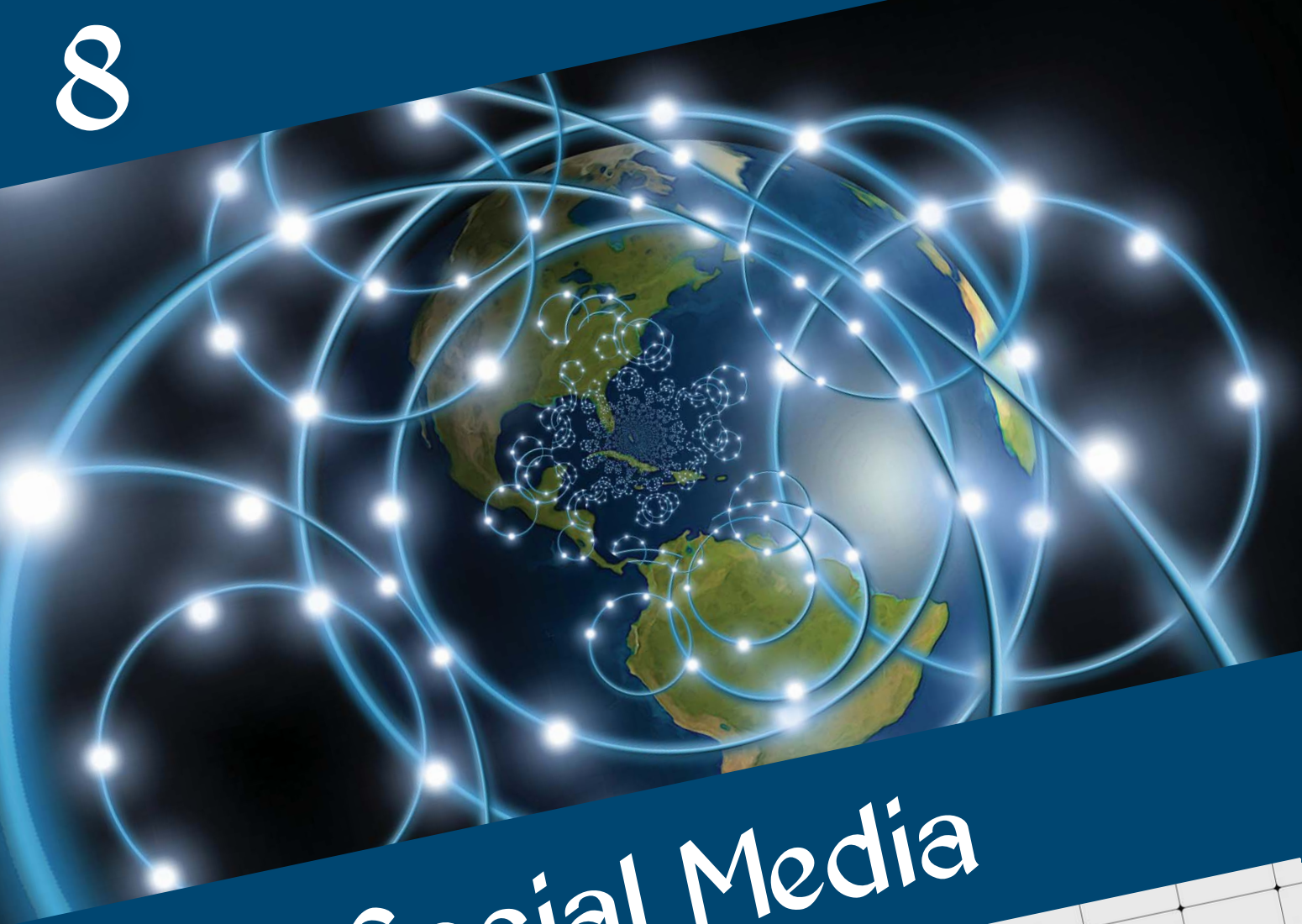
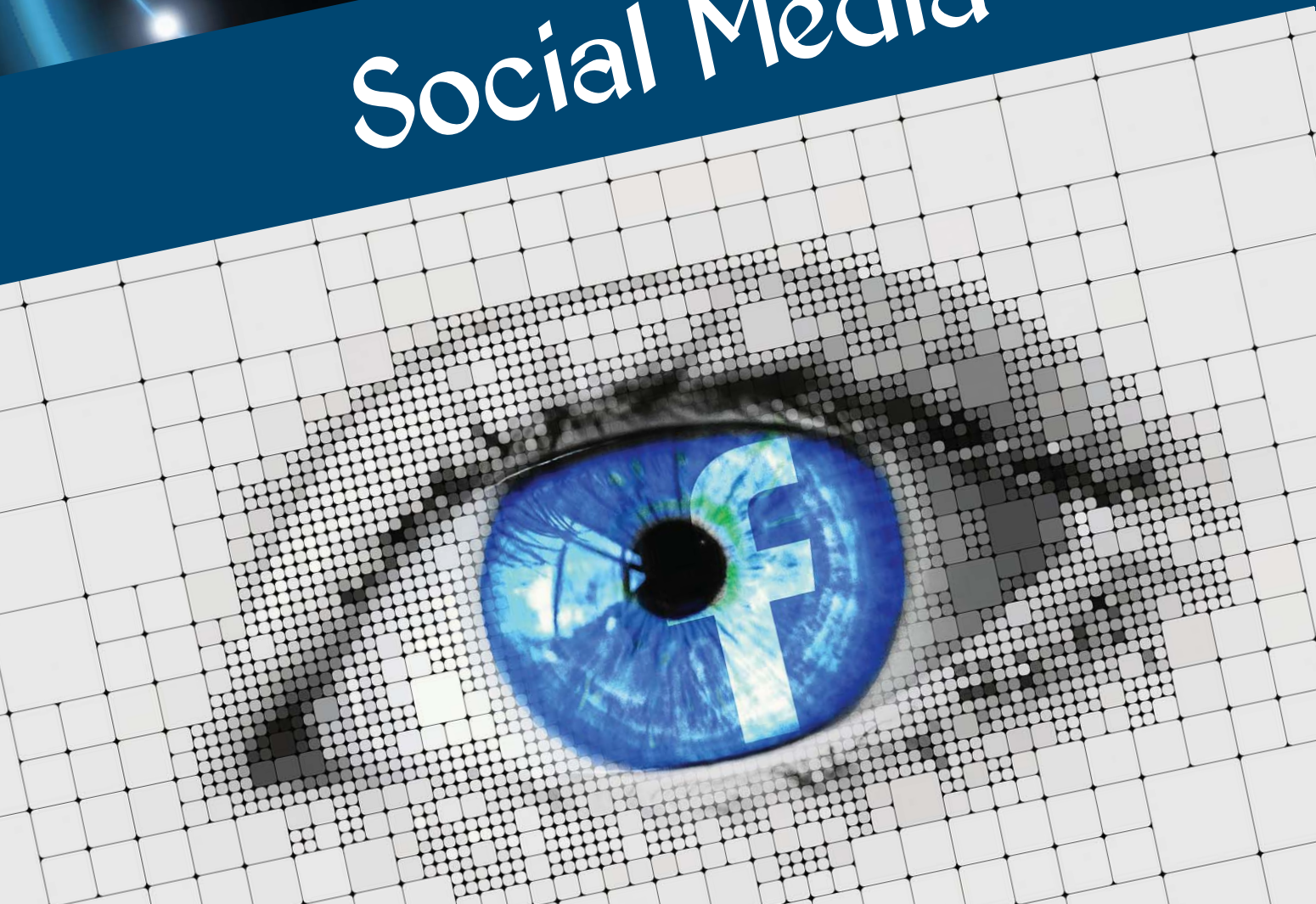


8



# Social Media



# 8 Social Media



◆ Before you read the text discuss the following questions.



1. How many words related to social media can you think of?
2. Do we really need social media? Why?/ Why not?
3. Imagine your life without social media. How would it be different/ better/ worse?



1. Read the adapted article below and then do the tasks that follow.

## The vital time you shouldn't be on social media

**1** Today's teens and tweens have built up an impressive amount of daily screen time. Figures put it at between six to eight hours a day for 11-15 year-olds, and that's not including time spent on a computer for homework. In fact, even the average UK adult spends more time looking at a screen than they do sleeping, according to one analysis.

**2** This trend is now exposing some worrying

results and, staying hot on the heels of social-media's popularity, researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is currently gaining unprecedented attention.

**3** Ever since the meteoric rise of social media, research has been interested in its impact on society examining the relationships between

**Social media is having a worrying impact on sleep and our mental health.**



technology and mental health looking at the good and the bad. What is unclear, however, is the exact causal direction: does increase social media use, or does social media use increase depression? It could be working both ways, making it even more problematic as there's a potential for a vicious circle. The more depressed a person is the more social media they might then use, which worsens their mental health further. Put another way, an increase in social media is associated with an increase in the likelihood of depression, anxiety, and a feeling of social isolation.

**4** But there's another worrying impact. In a 2017 study of over 1,700 young adults, they found that when it comes to social media interaction, time of day plays a fundamental role. Engagement during the last 30 minutes before bed was found to be the strongest indicator of a poor night's sleep being completely independent of the total amount of time of use in the day. Something about keeping those last 30 minutes tech-free, it seems, is crucial to a restful slumber.

**5** There are several factors that could explain this. A now well-told caution is that the blue light emitted from our screens inhibits our melatonin levels – a chemical that effectively tells us that it's time to nod off. It could also be possible that social media use increases a person's anxiety as the day goes on, making it hard to switch off when we finally go to bed. Or a more obvious reason might be that social media is deeply alluring and simply reduces the time we have for sleep.

**6** And so it seems there is a merry-go-round of interrelated issues at play. Social media is linked to increased depression, anxiety and sleep



deprivation. And a lack of sleep can both worsen mental health and be a result of mental health issues.

**7** A lack of sleep has other side-effects. It has been linked to an increased risk of heart diseases, diabetes, obesity, poor academic performance, slower reaction times when driving, risk behaviour, increased substance use... the list goes on.

**8** What's worse is that when it comes to sleep deprivation, it's usually young people who are most adversely affected. That's because adolescence is a time of important biological and social changes that are critical to development.



**9** If social media use is exacerbating anxiety and depression, it could then, in turn, impact sleep. If you lay in bed awake comparing yourself to other people's posts, you might well believe that your life is somewhat drab in comparison, which could make you feel worse and keep you up.

**10** Social media use is growing and changing so

quickly, that it is difficult to keep up. To combat any downsides, it's clear that moderation is the key. We should all ring-fence particular times throughout the day in which we can distance ourselves from our screens. Parents need to have set places in their homes where devices can or cannot be used, so it's not a fluid situation where social media is bleeding into every part of your life without any buffer zones.



<http://www.bbc.com/future/story/20180110-the-vital-time-you-really-shouldnt-be-on-social-media>

**2.** Answer the following questions.

What is the writer's main purpose?

- to give information about social media use
- to raise awareness about the issue

**3.** Read the text again and match the titles to each paragraph.

- Use of media before going to bed leads to bad quality of sleep.
- Social media, emotional disorder and bad sleep are interconnected.
- Absence of sleep brings about a great amount of health problems.
- It is not easy to resist social media.
- The effect of social media on our health.
- The growth of teenagers is strongly affected by lack of sleep.
- Excessive use of social media causes emotional problems.
- Advice on social media usage.
- Both young people and adults allocate more time to screens than sleep.
- Social media cause emotional disorders and, in turn, health problems affect the quality of sleep.


4. Which paragraph are the following issues mentioned in?

1.	Interaction with technology and social media	_____ paragraph
2.	Well-being is affected by lack of sleep	_____ paragraph
3.	Time allotted to a screen	_____ paragraph
4.	Self-control seems to be the best solution	_____ paragraph
5.	Impact of social media use on sleep quality	_____ paragraph
6.	Importance of lack of sleep during puberty	_____ paragraph
7.	Reasons why sleep time is reduced	_____ paragraph
8.	How social media affects our self-esteem	_____ paragraph

5. Choose the answer (a, b, or c) you find most appropriate.

<b>1.</b>	Who is this text addressed to? a. researchers b. parents and teenagers c. counselors	<b>2.</b>	The main theme of the text is concerned with a. the people involved in social media b. the consequences of using social media c. the time people use social media
<b>3.</b>	Why is "lack of sleep" mentioned in the text? a. as an example of bad social media use b. because it is a common adolescent problem c. because of its negative impact on mental health	<b>4.</b>	The roots of the problem lie at a. daily screen time b. technology c. the rise of social media use
<b>5.</b>	The most important factor responsible for sleep deprivation is a. increased anxiety b. low melatonin levels c. the blue light emitted from screens	<b>6.</b>	Which term does the writer use as a possible solution to the problem? a. unprecedented attention b. sleep deprivation c. moderation
<b>7.</b>	What does the word <i>this</i> in the second paragraph refer to? a. time spent on a computer for homework b. social media c. time looking at a screen daily	<b>8.</b>	The writer uses the expression "staying hot on the heels of social-media's popularity" to show a. People cannot avoid social media nowadays. b. It is a burning issue c. Reputation of media is a fragile thing
<b>9.</b>	The writer of the passage apparently a. argues that social media will be used more in the near future. b. states that the overuse of social media is an alarming fact. c. implies that social media can be harmful.	<b>10.</b>	What is the writer's conclusion about the issue? a. Teenagers should limit the time they spend on social media. b. Parents should take action. c. We should act wisely.

6. Fill in the table “5-4-3-2-1” in relation to the text you read.

5	<p><i>Facts you didn't know:</i></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
4	<p><i>Pieces of information you found interesting:</i></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>
3	<p><i>Questions you have / you would like to ask after reading the text:</i></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
2	<p><i>Points you disagree with:</i></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>
1	<p><i>Piece of advice you would give to your friends:</i></p> <ul style="list-style-type: none"><li>•</li></ul>



7. Read the following text and then discuss in groups:

- How does this text differ from the previous text you read about social media?
- Which text did you like most and why?



New technologies always provoke generational panic, which usually has more to do with adult fears than with the lives of teenagers. In the 1930s, parents worried that radio was gaining "an invincible hold of their children". In the 80s, the great danger was the Sony Walkman. When you look at today's digital activity, the facts are much more positive than you might expect.

Indeed, social scientists who study young people have found that their digital use can be inventive and even beneficial. This is true not just in terms of their social lives, but their education too. So if you use a ton of social media, do you become unable, or unwilling to engage in face-to-face contact? Research found that the most avid texters are also the kids most likely to spend time with friends in person. One form of socialising doesn't replace the other. It augments it.

Kids still spend time face to face. Indeed, as they get older and are given more freedom, they often ease up on social networking. Early on, the web is their "third space", but by the

### Teenagers and social networking – it might actually be good for them!

late teens, it's replaced in reaction to greater autonomy. As they gain experience with living online, they begin to adjust their behaviour, wrestling with new communication skills, as they do in the real world.

Parents are wrong to worry that kids don't care about privacy. In fact, they spend hours tweaking Facebook settings or using quick-delete sharing tools, such as Snapchat, to minimise their traces. Or they post a photograph on Instagram, have a pleasant conversation with friends and then delete it so that no traces remain.

This is not to say that kids always use good judgement. Like everyone else, they make mistakes – sometimes serious ones. But working out how to behave online is a new social skill. While there's plenty of drama and messiness online, it is not, for most teens, a cycle of non-stop abuse. The worst-case scenarios of bullying are not, thankfully, a daily occurrence for most kids and teens.

But surely all this short-form writing is eroding literacy? Surveys have found that kids use overly casual language and text speak in writing, and don't have as much patience for long, immersive reading and complex arguments. Yet studies of first year college papers suggest these anxieties may be partly based on misguided nostalgia.

<http://www.theguardian.com/lifeandstyle/2013/oct/05/teens-social-networking-good-for-them>



## CONDITIONAL SENTENCES

8. Continue the sentence:

*If you spend too much time on a computer, .....*

9. Read the following sentence from the text and say what could happen if you suffered from lack of sleep using an if-clause: "A lack of sleep has other side-effects. It has been linked to an increased risk of heart diseases, diabetes, obesity, poor academic performance, slower reaction times when driving, risky behaviour, increased substance use... the list goes on".

*If I suffered from lack of sleep, I .....*

10. How would you feel today, if you had been playing computer games all night?

*If I .....*

11. Complete the following table. The first one is completed to help you:

Type	If-clause/ condition	Main clause/ result	Refers to the	Shows sth ..
0	If + simple present	Simple present	present/future	real/possible
1				
2				
3				



**12.** Put the verbs in brackets in the correct tense.



If/When  
the temperature  
is below 0°, water  
..... (*freeze*).



If he studies hard,  
he ..... (*pass*)  
the exams.



If she didn't have  
health problems,  
she ..... (*not*  
*go*) to the doctor.



If they hadn't  
won the lottery,  
they .....  
(*not go*) on a  
luxurious holiday.

**13.** Complete the sentences below so that they are true for you.

- 1 I would have been happier if .....
- 2 If I didn't trust someone, .....
- 3 If I had taken a course in French, .....
- 4 If I were on a diet, .....
- 5 If I hadn't woken up in time for school today, .....
- 6 If I don't have any homework for the weekend, .....

**14.** Read the following sentences and answer the questions.

*If social media use is exacerbating anxiety and depression, it could then, in turn, impact sleep.*

- a. Does this sentence refer to the Present, the Future or the Past?
- b. What is different about this sentence compared to the types in the previous exercise?

15. Study the following table. What do the sentences express?

Mixed Conditional Sentences			
If-clause		Result	
Type 2	If she wasn't afraid of planes,	she wouldn't have travelled by train.	Type 3
Type 3	If I had worked harder at school,	I would have a better job now.	Type 2

16. Now study the following conditional sentences. Which words or phrases are used instead of "if"?

- 1 As long as we arrive early at the theatre, we can have our own seats.
- 2 Provided/providing that the weather is sunny, we will go on an excursion.
- 3 On condition that you finish your homework early, you will play video games.
- 4 Take your umbrella! What if it starts raining?
- 5 I can't walk unless you help me! I've sprained my ankle.
- 6 In the event of/in case of an accident, call my parents immediately.

17. Choose the right item.

- 1 I can go skiing **unless / if** it is foggy.
- 2 Mary will meet you **provided / unless** she is not busy.
- 3 **When / what if** you lose your job? What will you do?
- 4 **Only if / unless** you like classical music will you enjoy coming to the concert tonight.
- 5 I'll help you **when / on condition that** you give me a lift to the cinema.
- 6 **On condition / in the event** of an earth quake, get under your desks!

18. Here are some more formal conditional sentences. What type of structure is used? Write them again using *if*.

1 Should you come to the party, please don't be late.

.....

2 Were I you, I would stop smoking immediately.

.....

3 Should you require any further information, please contact us at our office.

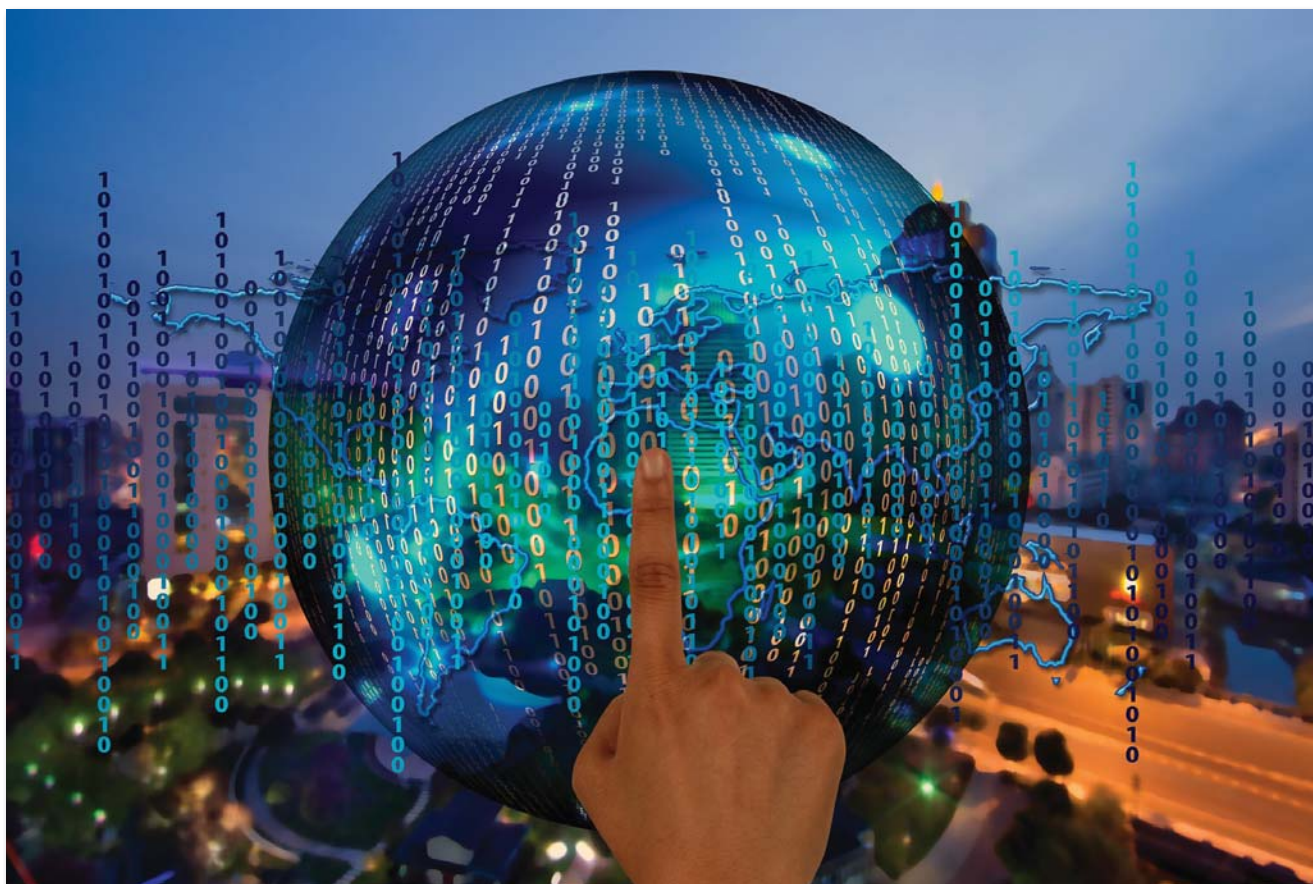
.....

4 Had I known about her behaviour earlier, I would have fired her immediately.

.....

5 Were he to see you here, he would be surprised.

.....



**19.** Rewrite the following sentences using inversion.

1 If she hadn't helped me with my essay, I would have failed the exam.

.....

2 If you decide to sell your car, I will buy it.

.....

3 If Jane was more careful, she would be able to solve the problem.

.....

4 We would have to look for another partner if John decided to invest in another company.

.....

5 If we had known earlier, we would have called the technician immediately.

.....

6 If there are any problems, please contact the building management immediately.

.....

7 The department store will employ extra staff, if the need arises.

.....

8 If he doesn't hurry, he will miss the bus.

.....

9 If I had more money, I would lend you some.

.....

10 If her husband weren't such a difficult person, her life would be easier.

.....



**20.** Use the following prompts to make conditional sentences. More than one type may be correct. Justify your choice.

- 1 What/you/do/ lose/mobile phone?
- 2 What/you/do/not pass/the exam?
- 3 If/I/have/free time/hang out with my friends.
- 4 If/not arrive to school late yesterday/not have to apologize.
- 5 What/happen/book tickets earlier for the rock concert?
- 6 Unless/not be on diet/eat that mouthwatering chocolate ice-cream.
- 7 If/wake up earlier/arrive to school in time.
- 8 Unless/save up/be able to go on holiday.
- 9 Find a purse in the street/report it to the police.
- 10 Email you sooner/my computer not break down.





21. You will hear a BBC radio talk. Then do the tasks below.

<http://www.bbc.co.uk/programmes/b04vdy0y>

- ✓ What is the topic of the talk?
- ✓ Give a title to the talk.
- ✓ Why do people prefer to record details of their love-life on social media?
- ✓ What is the impact on their lives?

22. Discuss the impact of social media on our lives as far as the following areas are concerned:

- Personality shaping
- Time
- Development of conversation skills
- Building communities
- Personal relationships

23. Listen to a TED talk on social media. Which of the above issues are mentioned?

[http://www.ted.com/talks/sherry\\_turkle\\_alone\\_together?referrer=playlist-our\\_digital\\_lives](http://www.ted.com/talks/sherry_turkle_alone_together?referrer=playlist-our_digital_lives)

**24.** Listen again to the TED talk and complete the sentences with a word or a short phrase.

- 1 Those little devices in our pockets are so \_\_\_\_\_ that they don't only change what we do, they change who we are.
- 2 Children complain about not having their parents' full \_\_\_\_\_.
- 3 People text and shop and go on Facebook during classes, during \_\_\_\_\_, actually during all meetings.
- 4 We \_\_\_\_\_ from our grief or from our reverie and we go into our phones.
- 5 We also have trouble in how we relate to ourselves and our capacity for \_\_\_\_\_.
- 6 You can end up hiding from each other, even as we're all \_\_\_\_\_ to each other.
- 7 People can't get enough of each other, if and only if they can have each other \_\_\_\_\_, in amounts they can control.
- 8 Someday, someday, but certainly not now, I'd like to learn how to \_\_\_\_\_.
- 9 Conversation takes place in \_\_\_\_\_ and you can't control what you're going to say.
- 10 One of the things that can happen is that we \_\_\_\_\_ for mere connection.

**25.** Discuss in groups about the following issues:



- ✓ Sherry Turkle, in her talk, says:  
*"We are getting used to a new way of being alone together"*.  
What does she mean?
- ✓ Sherry Turkle, closing her talk, says:  
*"We sacrifice conversation for mere connection"*.  
Do you agree?



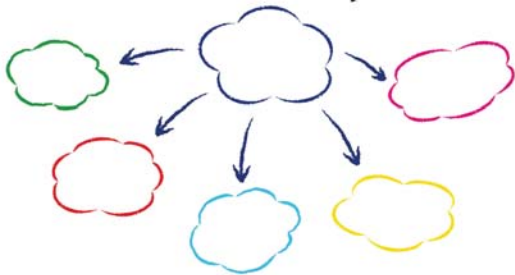
26. Look at the picture and the quote. Then do the tasks below.

*By giving people the power to share,  
we are making the world more transparent.*

Mark Zuckerberg



### Mindmap



- ✓ Brainstorm five reasons why the world is made more transparent with social media.
- ✓ What does Zuckerberg mean by power? Give specific examples in the mind map.

27. Discuss the following topics and then report to the class.

- ✓ Are you an active social networks user?
- ✓ How many social media accounts do you have?
- ✓ Which social network is your favourite?
- ✓ How often do you check your social media accounts?
- ✓ How much time do you spend daily on social networking?
- ✓ Which social media channels would you recommend to a friend?

28. Discuss the following issues.

- ✓ Is networking a big part in your life? Why/why not?
- ✓ How important are the following in your interaction with other people?
  - your mobile phone
  - social networking sites
  - other forms of communication





29. Discuss the following issues.

- ✓ To what extent have social media changed our lives?
- ✓ How can we prevent the negative effects of social media on our life?

30. Organize a debate on the following topic.



**Social networking technology is making us more antisocial.**

Yes, it is making us more antisocial because ...	No, it is not making us more antisocial because ...
•	•
•	•
•	•
•	•
•	•





### 31. Read the rubric and then do the tasks.

*Most people claim that social networking has a huge impact on our interpersonal relationships and has changed the way we communicate with people. Has social networking improved the quality of relationships in society? Discuss the positive as well as the negative aspects giving examples.*

Write an essay (200-240 words) to express your view.

#### Understanding the topic

1. What are the key words in the topic?
2. What register/style will you use?
3. How many paragraphs should you write?
4. What are the main points/ideas you will include in the main body?

POSITIVE aspects of Social Media	NEGATIVE aspects of Social Media
• Connect to other people all over the world	• Sleep deprivation
•	•
•	•
•	•

#### Organizing your essay

PLAN		For and against essay
Introduction	paragraph 1	⇒ introduce the topic to be discussed ⇒ refer to controversial aspects
Main body	paragraph 2	⇒ arguments for & justifications ⇒ with reasons/examples/results
	paragraph 3	⇒ arguments against & justifications ⇒ with reasons/examples/results
Conclusion	paragraph 4	⇒ give balanced consideration of topic ⇒ state your opinion directly or indirectly

☑ Useful language → linking words/phrases

introducing the topic	over the past decade, this raises the issue of whether, nowadays more and more, Nowadays, we are all realising that ..., It is often said/argued that
introducing advantages	the main advantage is... / one of the most significant advantages / people in favor of ... claim that / I could not agree that ... a major asset is
introducing disadvantages	there are a number of opposing reasons why ... / One of the main risks of ... / Another objection is that ... / Another negative aspect of ...
presenting arguments for	One justification often given is that / Advocates of the issue would claim that / According to proponents of the issue
presenting arguments against	Those who object to ... argue that / Those who oppose to ... claim that ... on the grounds that ... / Notwithstanding the ...
listing viewpoints	first, first of all, secondly, moreover, in addition, also, additionally, besides, apart from that, as well as
justifying	due to this fact, this may result in
expressing reasons	for this reason, that's why, as a matter of fact, owing to, because of
giving examples	for instance, for example, since, as, such as,
expressing results/consequences	therefore, in this case, this means that
expressing opposing viewpoints/showing contrast	nevertheless, nonetheless, although, even though, in spite of, despite, however
concluding	The obvious conclusion to be drawn is that, on balance it appears, all in all it seems to me that, we must bear in mind that on the whole, taking everything into account

32. Add the following linking words and phrases in the above list next to the correct categories.

- There are a number of arguments against
- Consequently
- On the other hand
- A serious drawback
- There are a number of benefits for
- Furthermore
- What is more
- Particularly/in particular
- All things considered
- As far as I am concerned
- As a result
- This is due to the fact
- Nonetheless
- Notwithstanding

☑ Writing introductory and concluding paragraphs

Introduction	Conclusion
<ul style="list-style-type: none"> <li>• Inform the reader about the topic</li> <li>• Paraphrase the topic / do not copy the topic</li> <li>• Capture the reader's attention</li> <li>• Provide readers with background information on the topic</li> <li>• Do not include arguments/analysis of the topic</li> <li>• Use rhetoric devices</li> </ul>	<ul style="list-style-type: none"> <li>• Link the conclusion to the previous paragraphs</li> <li>• Begin with the "specific" and move to the "general"</li> <li>• Do not bring up new ideas</li> <li>• Summarise the main points of the essay</li> <li>• Include a provocative insight or quotation</li> </ul>

 Remember!

### Formal Style

#### Writing guide Useful Tips

- Read the rubric carefully
- Brainstorm on the topic
- Organise your ideas
- Develop your ideas in the main body
- Write a suitable topic sentence for each paragraph
- Write the concluding paragraph giving a balanced consideration of the topic
- Justify and clarify your ideas
- Check for grammar /spelling /punctuation mistakes

- sophisticated vocabulary
- long, complex sentences
- impersonal constructions
- linking words/phrases
- passive voice
- inversion
- non-contracted forms
- no colloquial words

- ♦ Write clear topic sentences
- ♦ Organise arguments for/against
- ♦ Write suitable introductions & conclusions