

SOCIAL MEDIA DETOX 11

1 Work with a partner. Ask and answer the questions.

- 1 Do you use social media apps? Which ones?
- 2 Do you think you spend a lot of time on social media? How long do you think you spend on social media a day? A week?
- 3 If you post something, do you then *check for likes* or *wait for the ping*?

2 Work with a partner. Discuss the questions together.

- 1 What does social media detox mean?
- 2 What would be the consequences?
- 3 Do you think it is easy to stop using social media?



3 11 Watch the video and check your answers to Exercise 2.

4 11 Watch the video again and complete the notes with ONE word in each space.

What is social media used for?

For (1) _____, _____ and _____

Studies show a break from social media can improve your (2) _____, _____ and _____

Why is it hard to stop using social media?

After you post something, your body (3) _____ for a reply. When you receive a positive reply, the brain (4) _____ a chemical (dopamine) which makes you feel (5) _____

Steps for a social media detox

(6) Number 1 _____ all social media accounts.

(7) Number 2 _____ all social media apps from your devices.

(8) Number 3 _____ all social media sites from your web browser.

(9) Number 4 _____ checking social media with other activities.

(10) _____ an old-fashioned alarm clock.

5 Work in groups. Discuss the questions.

- 1 How easy would you find a social media detox?
- 2 Which app would you miss the most? Why?
- 3 Do you think a social media detox is a good idea? Why? / Why not?