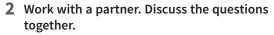
## SOCIAL MEDIA DETOX 11

- 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?



- 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 D 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 <b>(1)</b> , 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 posi  (4) a chemical (dopamine) which makes you feel (5)	tive reply, the brain
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 4checking 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?