

VOCABULARY MATCHING

Paragraph 1

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| 1. dominating | a. A process or period of time in which one stops doing something or rids the body of toxic or unhealthy substances. |
| 2. addicted | b. Become known. |
| 3. emerge | c. The state of relying on or being controlled by someone or something else. |
| 4. alarming | d. Having power and influence over. |
| 5. dependence | e. A strongly expressed demand or request for action. |
| 6. clarion call | f. Physically and mentally dependent on a particular substance, activity or thing. |
| 7. detox | g. Worrying or disturbing. |

Paragraph 2

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|----------------|---|
| 8. bygone | h. Enough or more than enough; plentiful. |
| 9. conversing | i. A fact or situation whose cause or explanation is in question. |
| 10. catalyst | j. Refuse to take notice of or acknowledge. |
| 11. ample | k. Engaging in conversation. |
| 12. phenomenon | l. Used or took up time. |
| 13. absorbed | m. A person or thing that starts an event. |
| 14. ignore | n. Belonging to an earlier time. |

GAP FILL

From <https://breakingnewsenglish.com/2203/220314-digital-detox.html>

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 body (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 clarion calls for "digital detox" to become (8) _____ of our lives.

image
frequency
dependence
glued
participants
part
dominating
study

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 everyday (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."

stuff
phenomenon
practice
consider
catalyst
absorbed
bygone
aside

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2203/220314-digital-detox.html>

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

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**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

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|----------------------|----------------|
| 1. dominating | a. spark |
| 2. alarming | b. persuasion |
| 3. pressure | c. reliance |
| 4. unaware | d. preoccupied |
| 5. dependence | e. worrying |
| 6. involves | f. disregard |
| 7. bygone | g. ignorant |
| 8. catalyst | h. entails |
| 9. absorbed | i. controlling |
| 10. ignore | j. past |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

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|-------------------------------------|---------------------------|
| 1. Digital devices are increasingly | a. conversing with people |
| 2. most of us are addicted | b. frequency |
| 3. New studies emerge with alarming | c. get ample rest |
| 4. unaware of their smartphone | d. responsibilities |
| 5. clarion | e. dominating our lives |
| 6. the bygone custom of | f. dependence |
| 7. We want detox to be a catalyst | g. of "nomophobia" |
| 8. set aside time to | h. to them |
| 9. avoid the new phenomenon | i. for people |
| 10. If you ignore | j. calls |

Questions about Digital Detox

1. Do you think you might be addicted to your phone?
2. What time of the day do you first look at your phone? What's the first thing you check?
3. How often do you check your phone during the day?
4. How long can you go without checking your phone?
5. If you could "un-invent" anything on the internet, what would you choose and why? (e.g. Twitter, mobile games, etc.)
6. Have you ever tried to cut down on your phone use? Were you successful?
7. Do you waste a lot of time mindlessly checking apps or browsing the Internet on your phone? What's your biggest time-waster?
8. When was the last time you couldn't access your phone, such as when the battery ran out or you forgot it? How did you feel?
9. Where is your phone while you're sleeping?
10. Do you ever look at your phone in dangerous or inappropriate situations, such as driving or when crossing the street?
11. Do you know anyone who needs a digital detox?