

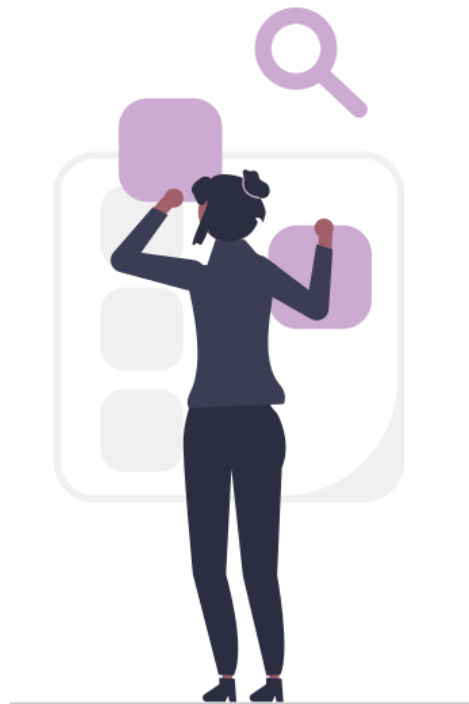
SMARTPHONE ADDICTION

Watch the [video](#) titled "It's Not You. Phones are Designed to be Addicting" by VOX

1 WARM UP

Task 1: What 10 apps do you use the most? Rank them in order of use frequency below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Task 2: Answer the following questions.

- a) What are the benefits of using each app?
- b) Do you think you are addicted to any of those apps?
- c) Do you know what your average daily screen time is?
- d) Do you want to reduce your screen time? How could that be possible?



2 VIDEO VOCABULARY EXERCISES

Task 1: Match the phrases from the box to their definitions.

keep (one) hooked grab attention puppet master curb (one's) addiction

1. to stop an activity you are obsessed with.
2. to enable someone to continue with their addiction
3. to get noticed by doing something special.
4. a person or group that controls another.



Task 2: Complete the sentences. Each sentence is missing one word from the phrases.

- a. Social media apps are designed to grab your _____ with endless notifications and addictive content.
- b. To curb one's _____ to smartphones, setting daily usage limits and engaging in offline activities can be helpful.
- c. With every notification, the smartphone acts as a puppet _____, pulling its user back into the addictive cycle of constantly checking for updates.
- d. Smartphone app developers are experts at using psychological tactics to keep users _____ on their platforms.

Task 3: Practice using the words by answering the following questions.

1. Do you believe smartphones are designed to **keep you hooked**? Explain.
2. How are new apps purposely designed to **grab your attention**?
3. Do you think that some apps act like **puppet masters**? How?
4. Is it possible for people to curb **their addiction** to smartphones? Explain.



3 VIDEO VOCABULARY EXERCISES

Task 1: Match each word from the box to the correct synonyms.

frictionless	interruptive	pagination	advocate	leveraging
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1. disruptive, disturbing, intrusive
2. smooth, seamless, effortless
3. champion, supporter, proponent
4. exploiting, utilising, capitalising on.
5. page numbering



Task 2: Practice using the words by answering the following questions.

- How does a **frictionless** user-experience increase a person's screen time?
- Has the **interruptive** nature of smartphones ruined our attention span?
- How does **pagination** prevent people from spending endless hours on their phones?
- How do social media companies **leverage** people's social desires against them?
- Would you **advocate** for more regulations against tech-companies purposely making their products addictive? Explain.

Task 3: Create a sentence using each word, then share your sentences with the class. Take some time to prepare your sentences, and have fun!



4 HOW TO BREAK THE ADDICTION

Task: According to the [video](#), the three points in the boxes below can help people break their smartphone addiction. Read the quotes, then answer the questions.

Turn off non-human notifications.

“When you get a call, a text, or a message, it's usually because another person wants to communicate with you, but a lot of today's apps simulate the feeling of that kind of social interaction, to get you to spend more time on their platform.”

“But today, you can get notifications from any app on your phone. So, every time you check it, you get this grab bag of notifications that can make you feel a broad variety of emotions. If it wasn't random, if it was predictably bad or predictably good, then you would not get addicted. The predictability would take out the addictiveness.”

- Explain how notifications make you spend more time on your phone.
- Can you explain why unpredictability causes addictiveness?
- The video compares smartphones with slot machines. What are the similarities?

Grayscale your screen.

“When you make everything black and white, your brain isn't tricked into thinking that this is any more important to you than this. I mean, there's a reason why slot machines are bright and colour and have flashing lights”

- Why have so many apps been redesigned to be brighter and bolder?
- How can grayscaling one's screen prevent smartphone addiction?
- Have you ever thought about changing your screen to greyscale? Would it work?

Restrict home screen to everyday tools.

“Make sure that your home screen, when you unlock it, doesn't have anything except for the in-the-moment tools that help you live your life.”

“It helps to filter out apps that use infinite scrolling. Unlike pagination, where users have to click to load new content on another page, infinite scrolling continuously loads new material, so there's no built-in endpoint.”

- What would you define as in-the-moment tools?
- Do you believe all social media pages should have an in-built endpoint?
- Do you often find yourself mindlessly scrolling on social media?

5 THE BENEFITS OF SMARTPHONES

Task 1: Read the article, then complete the exercises on the following page.

Smartphones have become an indispensable part of modern life, providing numerous benefits that have transformed the way we communicate, access information, and conduct daily activities. In this fast-paced digital age, the advantages of smartphones are vast.

First and foremost, smartphones have revolutionised communication. They enable instant connectivity with people from around the world through various channels like calls, texts, social media platforms, and video calls. This constant connectivity promotes collaboration, strengthens relationships, and fosters a sense of community.

Moreover, smartphones serve as powerful tools for accessing information and knowledge. With internet connectivity at our fingertips, we can browse the web, access e-books, online courses, and educational apps. This democratisation of information has made learning more accessible to people regardless of their geographic location or socioeconomic status.

Smartphones have also streamlined productivity by integrating various functionalities into a single device. From emails and calendars to note-taking and task management apps, they help individuals stay organised, manage their time efficiently, and increase overall productivity.

Entertainment is another area where smartphones excel. They serve as portable media centres, offering access to music, movies, games, and streaming platforms. This entertainment-on-the-go has made commuting more enjoyable and helped people unwind during their free time.

Health and fitness have also benefited from smartphone technology. Numerous health apps and wearables track physical activity, heart rate, sleep patterns, and provide valuable insights for users to monitor and improve their well-being. Additionally, telemedicine and health-related resources have become more accessible through smartphone applications, making healthcare more convenient and efficient.

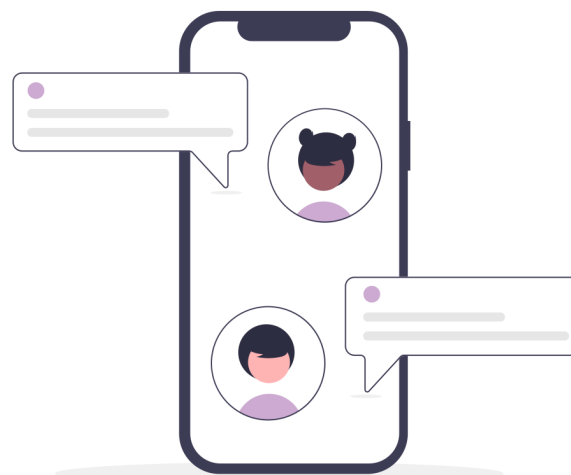
For businesses, smartphones have opened up new avenues for marketing and sales. Companies can reach their target audience through mobile advertising, and customers can conveniently shop online, further boosting e-commerce growth.

Lastly, smartphones play a crucial role in disaster management and emergency situations. Their real-time communication capabilities and GPS tracking aid in coordinating relief efforts, providing critical information, and ensuring the safety of individuals during crises.



Task 2: Research different synonyms for the following words.

1. indispensable
2. revolutionised
3. democratisation
4. streamlined
5. unwind
6. efficient
7. boosting
8. crucial



Task 3: Discuss the information in the article using the following questions.

- a. Do you think smartphones have impacted traditional communication methods and face-to-face interactions?
- b. How has constant connectivity through smartphones impacted the way we collaborate and build communities?
- c. In what ways have smartphones democratised access to information and learning opportunities?
- d. What are the benefits of using smartphones to improve productivity? Describe how you use your smartphone to improve productivity.
- e. How have smartphones changed entertainment and leisure activities?
- f. Discuss the role of health apps and wearables in promoting well-being and fitness through smartphone technology.
- g. How have smartphones changed marketing and sales for businesses?
- h. How often do you see adverts while using your smartphones?
- i. What is the role of smartphones in disaster management and emergency situations?



6 SPEAKING TASK

Task 1: As a class, complete the following speaking task. Begin with the question:

1. How does smartphone addiction affect people in the following situations?



Task 2: Describe how a smartphone would help you in the following situations, then say what people would have had to do before the invention of the smartphone.

1. You are lost in a new city.
2. You want restaurant recommendations.
3. You need to buy train tickets.
4. You want to check the weather forecast.
5. You want to transfer money to a friend.
6. You want to check the football score.
7. You want to apply for a job.
8. You want to listen to music at the gym.



7 QUOTES

Task: Discuss the quotes below, use the questions to guide your answer.

1. Discuss the meaning of each quote.
2. How could you apply the meaning of each quote to your life?
3. To what extent do you agree / disagree with each quote?
4. Can you think of any real-life example where you have seen the meaning of each quote in practice?

Quotes:

"Smartphones have become the primary gateway to explore the vast universe of human knowledge."

"The best smartphone is the one that enhances your life without becoming your life."

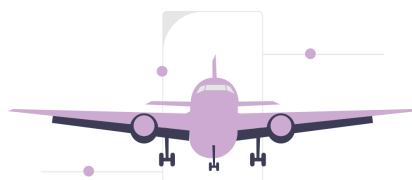
"Smartphones have made us smarter, but they've also made us more dependent."

"We are all connected by the web of smartphones, yet paradoxically, we may be more disconnected than ever."

8 WOULD YOU RATHER?

Task: Have fun while discussing the following questions. Would you rather...

lose your smartphone for a week	or	lose all the contacts saved in it permanently?
give up all social media apps permanently.	or	lose the ability to take photos or videos with your smartphone?
have unlimited battery life	or	unlimited storage space?



HOMework

1 SMARTPHONE ADDICTION

Task 1: Read the article, then write answers for the questions below.

Smartphones have revolutionised the way we communicate, work, and access information. However, their widespread adoption has also brought about various problems that impact individuals and society as a whole.

One of the primary issues with smartphones is addiction. The constant connectivity and access to social media, games, and entertainment can lead to compulsive usage and a dependency on these devices. Excessive smartphone use has been linked to sleep disturbances, anxiety, and reduced attention spans, particularly among young users.

Another problem is privacy and security concerns. Smartphones store a wealth of personal data, from contacts and messages to location information and financial details. With the increasing prevalence of cyber threats, users face the risk of data breaches, identity theft, and unauthorised access to their private information.

Furthermore, the digital divide is exacerbated by smartphones. While these devices have become more affordable, not everyone can afford or access them, creating a technological disparity between the haves and have-nots. This disparity can limit opportunities for education, employment, and social advancement for those without smartphone access.

Smartphones also contribute to social issues like distracted driving and "phubbing" (phone snubbing), where individuals prioritise their phones over face-to-face interactions. This behaviour can harm relationships, diminish empathy, and lead to social isolation.

Health concerns related to smartphone use are on the rise as well. Prolonged screen time can strain eyesight, cause headaches, and disrupt sleep patterns due to the blue light emitted by screens. Additionally, excessive smartphone use is associated with poor posture, leading to musculoskeletal problems like "text neck."

Environmental impact is another growing concern. The production, disposal, and constant upgrades of smartphones contribute to electronic waste, which poses a threat to the environment and human health.

Addressing these problems requires a multi-faceted approach with individuals, manufacturers, and policymakers. It is also important to promote digital literacy as responsible smartphone use can help combat addiction and privacy issues. Smartphone manufacturers should prioritise user privacy and create devices that are more durable and sustainable. Policymakers can play a crucial role in regulating the industry, ensuring better e-waste management and addressing accessibility issues.

Task 2: Research different synonyms for the following words.

1. widespread.
2. compulsive.
3. prevalence.
4. exacerbated.
5. prolonged.
6. durable.



Task 3: Write a series of sentences of a short story using each word listed above.

Task 4: Discuss the information in the article using the following questions.

- a. How has the widespread use of smartphones affected the way we communicate, work, and access information?
- b. What are the health concerns with excessive smartphone use, and how can individuals lessen these issues?
- c. In what ways do smartphones contribute to social problems like distracted driving and "phubbing," and what are the consequences of these behaviours?
- d. How does the digital divide impact society, and what steps can be taken to bridge this technological gap?
- e. What are the privacy and security concerns associated with smartphone usage, and how can users protect their personal data?
- f. How can promoting digital literacy help combat smartphone addiction and privacy issues?
- g. What role can smartphone manufacturers play in addressing the environmental impact of electronic waste?
- h. How might excessive smartphone use impact young users' attention spans and overall mental well-being?
- i. What strategies can policymakers use to regulate the smartphone industry and ensure better e-waste management?
- j. Discuss the potential benefits and drawbacks of smartphones in education, considering their impact on students' learning and social interactions.