

Hooked on Web

Pre- Advanced Kids - Lesson 11

Lesson 11. Hooked on Web



- How often do you use the internet?
- Explain the word addiction in your own words.
- Share your thoughts about the image above.

Lesson 11. Hooked on Web



Listening 11.1: Staying Connected

- 1) Jess checks her e-mail _____ times a day.
- just a few
 - about ten
 - over twenty
- 2) Tom says he is bad at _____.
- replying to people
 - checking his e-mail
 - doing his work
- 3) His friend says he is boring because he never _____.
- takes photos
 - says anything interesting
 - updates his site
- 4) Tom's family knows he prefers _____.
- to write letters on paper
 - get in touch on special occasions
 - to talk on the phone
- 5) Jess likes to use _____ for communication.
- twitter
 - facebook
 - e-mail
1. Halfway through the semester she finally _____ living on very little sleep.
2. At the _____ I'm happy that I decided to move here.
3. _____ I have all the time in the world to clean up after you.
4. You need to make a decision and _____ it.
5. I don't eat a lot of meat _____ chicken.

**it's not like • end of the day • got used to
apart from • stick to**

Lesson 11. Hooked on Web

▶ Discuss the following vocabulary

search engine

kilobyte

e-mail address

blog

e-books

password

social media

WiFi

hacker

hashtag

spam

antivirus software

database

restart

attachment

network

upload vs download

bandwidth

netizen

GIF

PDF

Router



homepage

cyber bullying

online dating

screen name

virus

website

Lesson 11. Internet Addiction

- ▶ **ADDICTED:** Are you dependent on the Internet? Complete this table and show what you wrote to your partner(s)

How often do you...	Answer	Is this a problem?
check your e-mail before doing other things?		
really want to get online?		
say “just a few more minutes” when online?		
lie about how long you spend online?		
choose the Net to going out with friends?		
feel much happier after logging on?		

- ▶ **What do you think are the effects of internet addiction?**

Lesson 11. Hooked on Web

People who are addicted to the internet may experience some of the following effects:



Poor impulse control



Procrastination



Avoiding family and friends



Lower productivity



Time distortion



Escapism and dissociation



Anxiety and Depression

<http://www.internetaddictioncure.com/internet-addiction-effects/>

Lesson 11. Hooked on Web

▶ PRE-READING VOCABULARY TASK

Match the words on the left with the meanings on the right.

- | | |
|----------------|--|
| 1. validation | a. something that exists in the mind, but is untouchable |
| 2. dopamine | b. to get in the way of something |
| 3. interfere | c. a feeling of being not as good |
| 4. incessant | d. an illness (usually not serious) |
| 5. prevalent | e. common |
| 6. distracting | f. repeated |
| 7. ailment | g. a strong urge to do something |
| 8. compulsion | h. a chemical that makes you feel happy for a short time |
| 9. inferior | i. causing a person to take their attention away from where it should be |
| 10. virtual | j. a sense of value |

Lesson 11. Internet Addiction

Fill in the blanks with the words on the previous page.

1. Do you feel a sense of _____ when your online post, link, or photo receives a lot of attention? According to some experts, when you send or receive information on the Internet, you experience a short-term high. The _____ production in your brain is similar to the effects of drugs or alcohol.
2. When a habit or substance _____ with your daily life, it can be defined as an addiction. _____ email checking and online chatting are a few examples of net addictions. Online gaming and shopping are others. The rise of mobile devices has made Internet addiction more _____.
3. Overuse of the Internet can be a source of conflict in relationships. A child or spouse may feel jealous about how much time a loved one spends online. People who socialize online instead of at home or at work risk losing their real-life relationships. On the other hand, some people lose their jobs because their social networks are too _____.
4. Internet addiction can cause mental and physical _____. The _____ to surf the Web may cause people to feel _____ or overwhelmed. This can result in depression and even suicide. Spending too much time in front of a computer can also cause backaches, eye strain, and carpal tunnel syndrome.
5. The Internet has worked its way into many areas of our lives. What can we do to avoid Internet addiction? Some experts suggest having a tech-free zone, such as a dinner table or family room. Leaving a smartphone out of reach while in a car or out with friends is also a good idea. People are less likely to become addicted to _____ living if they are satisfied with their life and relationships in the real world. Maintaining strong ties with real-life friends and family members is key!

Lesson 11. Hooked on Web

Comprehension:

- According to some experts, what do Internet users become addicted to?
- Give a few examples of net addictions.
- Why does the reading mention jealousy?
- How can the Internet cause a person to lose their job?
- What is the final paragraph about?

- **Choose the best word to complete each sentence:** addict(s), addicted, or addictive.
 - My sister is an Internet__.
 - I'm__to Facebook.
 - There are many_____in the chat room.
 - This game is_____. I can't stop playing it!
 - Be careful.You may become_____to that online club if you join it.
 - I don't believe that you can become_____to email.

Lesson 11. Hooked on Web

Post Comprehension:

1. Why do some people spend too much time on the computer and the Internet?
2. Is Internet addiction a real illness? Why/not?
3. Do you think you have an addiction to the Internet? Why/not?
4. What would you do if a family member spent days playing games on the computer?

Do you agree or disagree?

- I use the Internet at least two hours per day.
- I have stayed up all night (or almost all night) to surf the Net or play an online game.
The Internet is a dangerous invention.
- I couldn't live for even one week without the Internet!
- Some people are addicted to the Internet and their computers.

Lesson 11. Hooked on Web

- ▶ **INTERNET:** How can these things be improved? Complete this table with your partner(s).

	Current problems	Solutions
Social networks		
Search engines		
News sites		
Shopping sites		
Streaming sites		
Movie sites		

- ▶ **CRITICAL THINKING:** Do you think Internet addiction should be classified as a medical disorder? If yes, what kind of professional help do Internet addicts need? How does an addiction to the Internet differ from other addictions?

Lesson 11. Hooked on Web



Listening 11.2 : Listen to an article Internet Addiction and identify whether the following are true or false.

1. Most people know about the problem of being addicted to the Internet.
2. A reporter said there are thousands of online addicts.
3. A cyber-psychologist said life is getting to become like a chat room.
4. A researcher found 10% of youngsters are addicted to the Web.
5. The reporter found seven giveaway signs of Internet addiction.
6. One sign is asking for an extra few hours online.
7. Lying about how much time you spend online suggests you're addicted.
8. Another sign is when you feel the need to lift up your laptop.

Lesson 11. Hooked on Web

▶ **Opinions on Computers and Internet:** Which number shows your opinion? Discuss.

1. Going on-line is fun.
2. Children should learn how to use a computer when they are 4 or 5.
3. Chatting on-line is a waste of time.
4. It would be great to work in a computer store.
5. Surfing the Internet is more fun than reading a book.
6. In the future, computers will replace English teachers.
7. The computer is the most important thing that has ever been invented.
8. Using the Internet is a great way to improve your English.
9. The Internet is dangerous.
10. Computers are difficult to use.
11. Computers are smarter than people.
12. Life would be impossible computers.

5	<i>agree completely</i>
4	<i>I mostly agree</i>
3	<i>I'm not sure</i>
2	<i>I mostly disagree</i>
1	<i>I disagree completely</i>

Lesson 10. Myths about Sleep

► Explain the following quotations.

“We may appear to be choosing to use this technology, but in fact we are being dragged to it by the potential of short-term rewards.”

Tony Dokoupil, Newsweek

Getting information from off the internet is like taking a drink from a fire hydrant.

Mitchell Kapor

The internet has been a boon and a curse for teenagers.

J. K. Rowling

► Debate

1. There should be a limit on how long people spend online
2. Internet makes us less social.
3. The Internet service should be free.



Lesson 11. Hooked on Web

Vocabulary exercise "Computer and Internet"

1. What do people do when they change something on a 'document'?

- a) they attach it
- b) they chat
- c) they download it
- d) they edit it

2. A 'font' describes which of the following things?

- a) a kind of computer
- b) an e-mail account
- c) letters
- d) keys

3. In which of the following places can you always find a 'home page'?

- a) at home
- b) in a book
- c) on the World Wide Web
- d) in a printer

4. Which of the following words best describes the word 'icon'?

- a) picture
- b) number
- c) color
- d) size

5. Which of the following things can you find in an 'inbox'?

- a) a blog
- b) an e-mail message
- c) hardware
- d) a monitor

6. What kinds of things can you find on a 'keyboard'?

- a) memory
- b) words
- c) letters
- d) software

7. Which of the following things can a 'link' do?

- a) open an Internet Cafe
- b) close a file
- c) help you save information
- d) bring you to another website

8. Which of the following things can a computer 'mouse' do best?

- a) create a program
- b) buy computer software
- c) move your cursor
- d) eat cheese

9. What should you do before you 'paste' something onto a document?

- a) send an e-mail
- b) copy something
- c) sign out
- d) turn on a printer

Lesson 11. Hooked on Web

Vocabulary exercise “Computer and Internet”

10. Which of the following words best describes ‘password’?

- a) program
- b) memory
- c) technology
- d) secret

11. Which of the following things do you do when you ‘save’ something?

- a) change it
- b) insert it
- c) delete it
- d) keep it

12. Which of the following things can a ‘search engine’ do?

- a) help you find information
- b) shut down your computer
- c) help you sign in
- d) start your computer

12. Which of the following things can a ‘search engine’ do?

- a) help you find information
- b) shut down your computer
- c) help you sign in
- d) start your computer

13. Which of the following words is opposite to ‘shut down’?

- a) start
- b) access
- c) copy
- d) close

14. Which of the following things can a ‘virus’ do?

- a) create an e-mail account
- b) go online
- c) crash your computer
- d) chat with you



Lesson 11. Hooked on Web

- ▶ **Campaign:** You're in charge of starting a program to fight Internet addiction. Work with a partner/group to decide the following points.

title of the program:	
length of the program:	
number of participants:	
activities planned:	
security (in case someone tries to sneak away and go to a gaming center):	
discipline (if necessary):	



Lesson 11. Hooked on Web

- ▶ **Discuss the article below and answer the questions that follow.**



<https://www.youtube.com/watch?v=NpluiONwJLg>

1. Discuss the picture above.
2. Explain what dopamine is.
3. According to Garr, how is attention related to memories?
4. Give examples of self control in relation to internet addiction.

Lesson 11. Hooked on Web

Express Yourself

1. *What aspect of the Internet do you find most addictive?*
2. *How would your life change if you could no longer access the Internet?*
3. *Have you ever felt inferior because of something you saw online?*
4. *Do you go online more on your phone or more on a computer? What are the benefits of each?*
5. *What is your preferred search engine? Why is it the best?*
6. *Do you worry about online security? What are the risks of being online?*
7. *How old should a child be before they are allowed to use the internet?*
8. *Is your internet fast enough? How do you feel when the internet is working slowly?*
9. *When was the last time you had no internet access? What were you doing?*
10. *Which Social Network Services do you use these days? Why?*
11. *There is a lot of information on the internet. How do you know which information is accurate?*
12. *Is the Internet the most important invention ever? Please explain.*
13. *Are you addicted to the Internet? Why do/don't you think so?*

The End