

**Video Zone: A day in the digital life of a teenager – exercises**

How many hours of screen-time do you have each day? This video takes a look into the digital lives of two teenagers from the USA. See what you think about their digital lives.

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

**Preparation**

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                          |   |
|--------------------------|---|
| 1..... to veg out        | a. boys or girls who are 11 or 12 years old (US English)  |
| 2..... a buzz            | b. happening every day  |
| 3..... intermittently    | c. online communities to share information, personal messages, ideas and videos                           |
| 4..... social media      | d. a piece of rope or chain that is tied to an animal to take it for a walk ('a lead' in British English) |
| 5..... tweens            | e. a vibrating sound  |
| 6..... to get distracted | f. to relax and spend time not doing a lot  |
| 7..... on a daily basis  | g. to be unable to concentrate  |
| 8..... a leash           | h. starting, stopping and starting again  |

**1. Check your understanding: true or false**

Circle *True* or *False* for these sentences.

- |  |             |              |
|--|-------------|--------------|
| 1. Alejandra is 14.  | <i>True</i> | <i>False</i> |
| 2. Alejandra checks her social media channels every morning before she goes to school. | <i>True</i> | <i>False</i> |
| 3. After school Alejandra listens to music and plays games.                            | <i>True</i> | <i>False</i> |
| 4. Alejandra has between five and six hours of screen-time every day.                  | <i>True</i> | <i>False</i> |
| 5. Teenage girls spend an average of one hour and 32 minutes on social media daily.    | <i>True</i> | <i>False</i> |
| 6. Alejandra thinks she's addicted to her phone.                                       | <i>True</i> | <i>False</i> |
| 7. Sasha doesn't like gaming.  | <i>True</i> | <i>False</i> |

**Video Zone: A day in the digital life of a teenager – exercises**

- |     |  |             |              |
|-----|--|-------------|--------------|
| 8.  | Sasha mainly likes one type of video game.   | <i>True</i> | <i>False</i> |
| 9.  | Most teenagers who multitask as they do their homework think it isn't a problem, and it doesn't affect their work. | <i>True</i> | <i>False</i> |
| 10. | Sasha used to be able to go for a long time without using any media but now he finds it difficult.                 | <i>True</i> | <i>False</i> |

**Discussion**

How much screen-time do you have on an average day?

What do you do in your online time?

**Vocabulary Box**

Write any new words you have learnt in this lesson.