

## **Recording for Activity 1 – Listening – Level 1 – Social Media**

**SH:** *Good morning and welcome to Big Breakfast. My name is Suzanne Heeley and the time is 7:30.*

*Social media is in the news again and our special guest today is Matthew Wells from State University. Good morning Matthew, welcome to the show.*

**MW:** *Morning Suzanne, thanks for inviting me.*

**SH:** *So Matthew, social media is in the headlines again. What seems to be the issue?*

**MW:** *It's about teenagers and mobile devices. There are concerns that teenagers are spending too much time using media and mobile devices. A recent study showed that teens spend around 5 hours a day on their smartphones or mobile devices: texting, social networking, gaming, and watching videos. Scientists worry it's producing distracted kids who have a hard time focusing.*

*Some parents say anxiety is becoming a problem in kids who spend so much time managing their many online profiles, keeping up with hundreds of digital friends, and picking their way through the sometimes nasty world of social media and online bullying.*

**SH:** *So what can be done about it?*

**MW:** *The University has developed an education programme to help ensure that kids have a healthy online life.*

**SH:** *What they can do Matthew?*

**MW:** *Firstly, they need to get some exercise. All that time spent sat in front of screens is producing a less fit generation. And many studies have documented the value of exercise in reducing depression and anxiety.*

*Next, get face-to-face. Practise conversation skills by making time for person-to-person socialising. Studies show this creates a stronger sense of connection ... the human kind.*

*Finally, they need to balance their lives - like a healthy-balanced diet, a healthy screen-life means moderation.*

**SH:** *Thanks Matthew, where can we find out more?*

**MW:** *There's more information on our education programme plus some hints and tips for internet safety at [www.childmind.ja](http://www.childmind.ja)*

## Questions for candidates

1 What is the social media issue in the headlines?

Teenagers and mobile devices

(accept similar wording)

2 What are scientists concerned about?

Distracted kids who have a hard time focusing

(accept similar wording)

3 What are parents concerned about?

Teenage anxiety

(accept similar wording)

4 Write down **two** of the tips given for a healthy online life.

Two of:

- exercise
- get face-to-face
- balance
- moderation
- practice conversation
- make time for person to person conversation

(accept similar wording)

Answers are in red