



ICT and the Internet

Before watching

1 How often do you do these things? Write your answer (e.g. *never, sometimes, a lot, as often as I can*).

- 1 Send emails.
- 2 Check messages on your phone.
- 3 Check messages on your phone in class or during a conversation.
- 4 Change your password for online sites.
- 5 Leave yourself logged on to Internet sites.
- 6 Post photos or videos of yourself on social media sites.
- 7 Post photos or videos of other people without their permission.
- 8 Post comments online that anyone can see.
- 9 Share things you've seen online with friends.
- 10 Ignore the age limit for using a site or online service.

While watching

2a **65 VIDEO SKILLS** Read the video skills box. You're going to watch four people giving advice for using social networks sensibly. Before you watch, guess what their advice will be. (They give five main pieces of advice.) Then watch and write the main advice they give.

My guesses	What they actually say
1
2
3
4
5

VIDEO SKILLS: Using prediction to help you understand

Before you watch a video, think about what the speakers are going to say. Ask yourself: *What's the topic? Why are they talking about it? What words and ideas do I expect to hear?* This will help you understand things.

2b **65** Read these phrases from the video.

Which piece of advice in 2a are they connected to? Watch again and check your answers.

- a you don't know who they are
- b is there to protect you
- c you wouldn't like it
- d people forget the importance
- e by then it's too late



3a **65** Watch again. According to the speakers ... ?

- 1 what can happen if you don't respect age limits
- 2 why do people post things they later regret
- 3 how do other people make the situation worse
- 4 why do people attack others online
- 5 what advice should people who attack others follow
- 6 why is your password like the key to your house

3b Which piece of advice in the video do you think is most important to follow? Why?

After watching

4a Think about your online habits. After watching the video, do you think you need to make any changes to them? If so, what?

4b SKILLS 4 LIFE Carry out an experiment. Find out what it's like to live without social media for five days. Follow these steps.

- 1 Choose a day to start.
- 2 Tell your family and friends that you're not going to be sending or checking social media messages for the next five days, or going online to post things or read posts. Give them an alternative way to contact you (e.g. via email).
- 3 Keep a diary (in English) of how the experiment goes. Describe how it feels not to go online as usual. Do you feel anxious or do you feel more relaxed?

REFLECT ON IT



Some people claim that social networking is leaving young people with fewer social skills than when they meet people face to face. Do you think this is true?