

WORKSHEET
Negative Aspects of Using the Internet

Name: Class: Date:

1) BRAINSTORMING. Complete the chart with your own ideas.

Negative aspects of using the Internet	Positive aspects of using the Internet

2) Fill in the gaps with suitable words:

language, attention, famous, humans, trends, reality, on-line, expressions, creative, positive

Children need regular interaction with real **humans** real children.

With text messaging, children are not exposed to voices, inflections in tone, facial **expressions** and body **language**.

Too much information that teens share, ostracism, mean cruel remarks, increased bravado due to no immediate consequences to things that are written and a sense of „it’s all about me!“

The ongoing **trends** that is creating the career desire „to be **famous** Social networks give our teens a chance to star in their own lives – **on-line** They create their own **reality** shows. More and more outrageous behaviour is needed to keep people’s **attention** and the spotlight.

Fill that space of time with something constructive and **positive** like doing something with a friend, doing something with you, reading a book or doing something **creative**.

3) Circle the correct answer:

1. Using too much Internet can...

- a) **reduce ability to think abstractly**
- b) increase ability to think abstractly
- c) damage ability to think abstractly

2. According to some psychologists, the Internet...

- a) helps people with sleeping disorders
- b) **interfere with our sleep**
- c) prolong our sleep

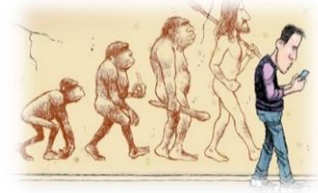


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3. *Extreme reactions to accumulated stress can be....*

- a) loud singing, biting a keyboard, swearing etc.
- b) screaming, beating a keyboard, swearing etc.
- c) screaming, beating yourself, staring etc.



4. *Prevention to the stress could be...*

- a) breaks after a few hours of working on PC, stretching your body, antispaam filter etc.
- b) breaks after a few days of working on PC, stretching your body, antispaam filter etc.
- c) antivirus program, stretching your body, eating a lot of calories etc.

5. *Carpal tunnel syndrome is*

- a) caused by a pinched median nerve in the feet
- b) caused by a pinched median nerve in the wrist
- c) caused by playing too much World of Warcraft

4) Complete the crossword.

1.						I	N	F	L	U	E	N	C	E
2.						N	E	W						
3.	S	E	P	A	R	A	T	E	S					
4.			A	L	Z	H	E	I	M	E	R			
5.						B	R	A	I	N				
6.		C	O	M	M	U	N	I	C	A	T	I	O	N
7.		S	O	U	R	C	E	S						
8.		S	E	D	E	N	T	A	R	Y				

Our brains are under the (1) (= the power to change or affect someone or something) of a world of (2) (= not old : recently born, built, or created) technologies.

It (3)..... (= stops being together, joined, or connected) us from other humans and we can find ourselves isolated from real life human contact.

Middle-aged and older adults who spent time browsing the web not only boosted their brain power but also could help prevent cognitive decline such as (4).....'s (= a type of dementia that causes problems with memory, thinking and behavior.) disease and dementia later on in life.

Human (5)..... (= the organ of the body in the head that controls functions, movements, sensations, and thoughts) has been changing and developing in response to outside stimuli for centuries.

Texting is a preferred mode of (6) (= the act or process of using words or sounds to express or exchange information)

Instead of focusing on one thing, they are constantly skimming multiple (7)..... (= people, books, etc., that give information) of information.

It can promote a (8)..... (= doing or involving a lot of sitting) lifestyle.