

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, real children.

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

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 that is creating the career desire „to be“ Social networks give our teens a chance to star in their own lives – They create their own shows. More and more outrageous behaviour is needed to keep people’s and the spotlight.

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

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

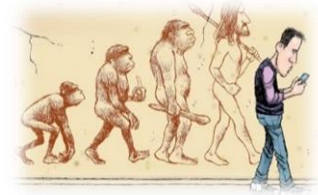


WORKSHEET

Negative Aspects of Using the Internet

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, antispam filter etc.
- b) breaks after a few days of working on PC, stretching your body, antispam 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.																				C	E	
2.																						
3.	S																				S	
4.			A																			R
5.																					N	
6.		C																				N
7.		S										S										
8.		S																				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.

Sources: <http://www.more4kids.info/1712/computer-and-the-teen-brain/>
http://technet.idnes.cz/stres-vyvolany-pocitacem-muze-poskodit-zdravi-fr5-/sw_internet.aspx?c=A031110_5236877_sw_internet
<http://www.smartplanet.com/blog/science-scope/using-the-internet-affects-your-memory-study-says/>
<http://www.dailymail.co.uk/sciencetech/article-565207/Modern-technology-changing-way-brains-work-says-neuroscientist.html>
<http://www.ibtimes.com/google-effect-changes-our-brains-299451>