

Name: _____ () Class: _____ Date: _____

*Your friend has sent you an email that she wants to submit to an online advice column.
Read the email.*

Text 2 Email asking for advice

From: anxiousgirl@hkmail.com
To: doctorgloria@helpline.com
Subject: _____

Dear Doctor Gloria,

My dad is hooked on Facebook. He cannot help scrolling the feed and keeping himself updated on what is happening around him. He is also obsessed about writing 'witty' statuses and expects getting a lot of likes and comments. He feels extremely

5 depressed when no one responds to anything he shares.

My mum is slowly withdrawing from her friends. She prefers to stay home and tweet random nonsense on Twitter. She is on the app all the time. She is overjoyed when someone re-tweets her posts. However, she gets hot under the collar when someone unfollows her.

10 My sister posts every detail of her day on Facebook. It almost seems like she thinks that she is a celebrity. I honestly can't stand her shameless selfies any more! I cringe every time she asks me if I liked her photos yet.

Tomorrow, I'm having lunch with my brother. I already know what to expect.

He'll take photos of every dish we order. I won't be allowed to touch the food

15 until he finishes taking photos from every possible angle. I might even have to remind him to eat. Instead of enjoying the food, he'll spend the entire meal editing the brightness and tone of the photos before posting them on Instagram.

It's my birthday next week. I'm having a celebration dinner with my family. I might use this opportunity to speak to them, but I don't know where to start. Could you

20 please give me some advice?

Anxious Girl

Name: _____ () Class: _____ Date: _____

Your friend has just received a reply from Doctor Gloria in her online advice column.
Read the online advice column.

Text 3 Online advice column

Ask Doctor Gloria

8 May **Disconnect to connect**

Dear Anxious Girl,

Social media has become an integral part of everyday life. The Ericsson Mobility Report predicts more than 90% of mobile data traffic will come from smartphones in five years' time. According to the Digital in 2017 Global Overview report, there were nearly 2.8 billion global social media users, with more than 2.5 billion doing so via mobile devices. Hong Kong is no exception. As of January 2017, 75% of the population were active social media users.

For social media addicts like your family members, a digital detox might be a viable solution. A digital detox is a period of time a person spends without using smart devices. It aims to help people de-stress and focus on social interaction in the physical world. Instead of setting unattainable goals, I would suggest your family set small limits for each day. For example, they could start with putting away their phones an hour before going to bed or organizing 'phone-free' dinners. This may encourage more conversations and family bonding time.

Disabling push notifications can also help your family kick the habit. Ask them to go through the app list and turn off all non-essential notifications. I am sure you will be amazed how this one little change will dramatically reduce the time they spend on their phones.

I believe your family members seek validation online. From what you described, they seem to feel down if they do not get their desired number of likes or followers. This could be bad for their mental health. Remind them not to let these numbers rule their lives.

After all, the best connections are the ones made with people who truly like them, not just 'like' them.

Lastly, I am hosting a two-hour workshop on social media addiction next Saturday. The workshop begins at 5 p.m. It is free and open to the public. I think it will be useful for your family to join.

By following my advice, you will have a good time with your family next week. I am sure your family can beat social media addiction gradually.

All the best,

Doctor Gloria

Graph A

Global mobile data traffic (Exabytes per month)

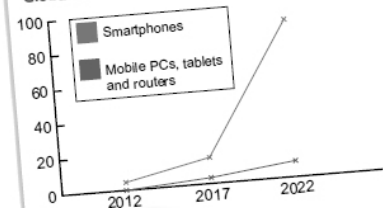
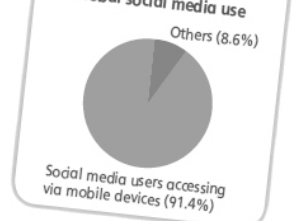


Chart B

Global social media use



Further simplified reading and comprehension

Unit 8

Name: _____ () Class: _____ Date: _____

Comprehension 2 & 3 Your best friend wants to know more about social media addiction. Answer his questions using information from the email and the online advice column. For multiple-choice questions, choose the best answer and blacken ONE circle only.

Email

- 1 What does Anxious Girl's father do that shows he is 'hooked on Facebook' (line 2)?

i) _____

ii) _____

- 2 Why does Anxious Girl's father feel depressed when no one responds to his posts?

- 3 Find a phrase in lines 6–9 that means 'angry or embarrassed'.

- 4 How does Anxious Girl feel when she sees her sister's photos?

☐ A fed up ☐ C appreciative
☐ B excited ☐ D thankful

- 5 Anxious Girl might have to remind her brother to eat because _____.

☐ A he never gets hungry
☐ B he never has enough time to eat
☐ C he is too busy to eat
☐ D he thinks taking perfect photos is more important than eating

- 6 Using the information from the email, match each person with one of the quotes below. Choose from A–F and write the letter in the box next to each person. Two of the quotes will NOT be used.

QUOTES		QUOTES	
A	'Wait! Don't touch the food! I'm not done yet.'	D	'This status will surely impress my friends.'
B	'My new shades look so cool. I can't wait to share this selfie with my friends.'	E	'Stop posting offensive comments on my wall!'
C	'I don't care if no one likes my photos. I just want to be me.'	F	'Yay! My posts just got re-tweeted five times in a minute!'
Dad		Sister	
Mum		Brother	

- 7 Which of the following is the best subject line for the email?

☐ A Why my family is addicted to social media
☐ B Help needed for my social media addiction
☐ C Social media is taking over my family
☐ D The drawbacks of social media

Name: _____ () Class: _____ Date: _____

Online advice column

- 8 Social media is described as 'an integral part of everyday life' (line 2). What does it mean? Use your own words to explain.

- 9 According to Graph A and Chart B, are the following statements **True (T)**, **False (F)** or **Not Given (NG)**? Write the correct letter(s) in the boxes.

Statements

- i) Graph A shows a moderate increase in global mobile data traffic between 2017 and 2022.
- ii) According to Chart B, there are more people accessing social media on their mobile phones than with other devices.

- 10 What are the benefits of a digital detox?

- 11 Which of the following is NOT a suggestion that Gloria thinks might help Anxious Girl's family?

- A put away their phones at dinnertime
- B seek help from a psychologist
- C attend her workshop on social media addiction
- D keep notifications on for essential apps only

A B C D

○ ○ ○ ○

- 12 According to lines 20–26, what kind of validation do people seek online?

- 13 Complete the following sentences with words from Text 2 and Text 3.

- i) I was _____ to see my sister getting married. (v., lines 6–9, Text 2)
- ii) Hearing her own voice on the radio made her _____ with embarrassment. (v., lines 10–12, Text 2)
- iii) Social media offers a/an _____ alternative to traditional advertising. (adj., lines 8–14, Text 3)
- iv) Advertisements often portray _____ beauty ideals, which make people feel dissatisfied with their own bodies. (adj., lines 8–14, Text 3)