**Exercise 01: Match the definitions (a–h) with the vocabulary (1–8).**

a. to visit informally for a short time  
b. to move information on a screen to see a different part of it  
c. a chemical reaction in your brain that makes things feel good  
d. black and white and the shades in between  
e. the generation currently in their late adulthood  
f. easily damaged or harmed; at risk  
g. to categorise; to name  
h. to make something worse

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| **Vocabulary Definition** 1. …… to scroll 2. …… to class 3. …… greyscale 4. …… vulnerable 5. …… to drop by 6. … to exacerbate 7. …… a rush 8. … baby boomers |

**Exercise 02: Are the sentences true or false?**

1. Millennials spend more time on smartphones than any other generation.   
2. Some people who work in the tech industry are fighting against smartphone addiction.  
3. The presenter thinks most adults’ behaviour towards their phones and apps is under control.  
4. Babies’ brain development is delayed because they are looking at screens.  
5. We are likely to see a rise in teenage mental health problems because of social media addiction.  
6. Changing the colour settings on your phone may make you spend less time on it.

**Exercise 03:** Match the expressions (1–6) with their meanings (a–f).

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| **Expression Meaning** 1. …… I’ll hold my hands up to being one of those people. 2. …… They’re not in their right mind. 3. …… It’s a vicious circle. 4. …… Time to stage an intervention! 5. …… There are queues round the block. 6. …… They’re sensitive to highs and lows. |

a. It keeps getting worse and we can’t break  
the pattern.  
b. We need to do something about this now.  
c. They experience emotions deeply.  
d. A lot of people are waiting.  
e. I confess that’s something I do too.  
f. It’s not a sensible way to behave