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Level 3 – 16th May 2024

Internet access good for our health

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<https://breakingnewsenglish.com/2405/240516-internet-access.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A new study says Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested that being connected to the worldwide web has a positive effect on our well-being. Researchers looked at data from 168 countries on people's Internet use and mental health. The data was gathered between the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight factors that affect people's well-being. These included life satisfaction, positive experiences and happiness with social life. The team found that people with Internet access were eight per cent happier than those without web access.

The research included some surprising conclusions. One was the suggestion that Internet access had a similar, positive effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and make new friends. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent debate on whether or not social media use is harmful, or whether or not smartphones should be banned at schools." He added that: "Different channels and uses of the Internet have vastly different effects on well-being."

Sources: <https://boingboing.net/2024/05/13/internet-access-may-improve-mental-health-as-much-as-a-walk-in-the-woods.html>
<https://www.bbc.com/news/articles/c89z2v0pjl3o>
<https://www.nature.com/articles/d41586-024-01410-z>

WARM-UPS

1. INTERNET ACCESS: Students walk around the class and talk to other students about Internet access. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

study / Internet / health / positive / data / information / satisfaction / social life / walking in nature / make new friends / social media / debate / smartphones / school

Have a chat about the topics you liked. Change topics and partners frequently.

3. ONLINE LIMIT: Students A **strongly** believe there should be a limit on how long people spend online; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. THE INTERNET: What are the pros and cons of the Internet regarding the six things in the table below? Complete this table with your partner(s). Change partners often and share what you wrote.

	Pros	Cons
Health		
Shopping		
Travel		
Friends		
Studying English		
News		

5. WORLDWIDE: Spend one minute writing down all of the different words you associate with the word "worldwide". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. GOOD FOR OUR HEALTH: Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- The Internet
- Driving
- Working
- Studying
- Eating chocolate
- Shopping
- Having a medical
- Sitting on the sofa

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. study (noun) | a. Collected things. |
| 2. suggested | b. When two or more things are joined together or related in some way. |
| 3. connected | c. Gave an idea or advice about what someone could do. |
| 4. well-being | d. Spending time with friends, family, or others in your community. |
| 5. gathered | e. A report that contains research. |
| 6. factors | f. Feeling happy, healthy, and safe. |
| 7. social life | g. The things that influence or cause something to happen. |

Paragraph 2

- | | |
|----------------|---|
| 8. conclusions | h. When something has a strong effect or influence on something else. |
| 9. similar | i. A discussion where people share different opinions or arguments about a topic. |
| 10. effect | j. To give or add something to a group or situation. |
| 11. impacted | k. When two or more things are alike or almost the same. |
| 12. contribute | l. When something is not allowed or it is prohibited. |
| 13. debate | m. Ideas or decisions made after thinking about something carefully. |
| 14. banned | n. The result or impact that something has on another thing. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The research in the article is from Oxford University. **T / F**
2. Researchers looked at information on people in 168 countries. **T / F**
3. Researchers looked at data on 2,000,000 people aged up to 99. **T / F**
4. The study stated that people with Internet access were 8% happier. **T / F**
5. There were no surprising conclusions in the research. **T / F**
6. The research suggested Internet access was like walking in nature. **T / F**
7. The research found that social media does a lot of harm. **T / F**
8. The researchers said smartphones should be banned in classrooms. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|----------------|
| 1. good | a. bad |
| 2. effect | b. collected |
| 3. gathered | c. contentment |
| 4. factors | d. findings |
| 5. happiness | e. damaging |
| 6. conclusions | f. points |
| 7. negative | g. beneficial |
| 8. debate | h. greatly |
| 9. harmful | i. discussion |
| 10. vastly | j. impact |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-------------------------------|-------------------------------|
| 1. A report from the | a. affect people's well-being |
| 2. a positive effect | b. new friends |
| 3. eight factors that | c. life |
| 4. positive | d. surprising conclusions |
| 5. social | e. vastly different effects |
| 6. The research included some | f. on our well-being |
| 7. a similar, positive effect | g. should be banned |
| 8. make | h. Oxford Internet Institute |
| 9. whether or not smartphones | i. to walking in nature |
| 10. uses of the Internet have | j. experiences |

GAP FILL

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A new (1) _____ says Internet access is good for our health. A report from the Oxford Internet Institute in the UK (2) _____ that being connected to the worldwide web has a (3) _____ effect on our well-being. Researchers looked at data on people's Internet use and mental (4) _____ from 168 countries. The data was gathered between the years 2006 and 2021. It included information on two million people (5) _____ 15 to 99. The research team looked at eight factors that (6) _____ people's well-being. These included life satisfaction, positive experiences and happiness with (7) _____ life. The team found that people with Internet access were eight per cent happier than (8) _____ without web access.

affect
aged
positive
those
suggested
social
study
health

The research included some (9) _____ conclusions. One was the suggestion that Internet access had a similar, positive effect to walking in (10) _____. It helps people to learn new things, practice hobbies, watch movies, and make new (11) _____. However, the research did not look at how social media impacted people's (12) _____. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent (13) _____ on whether or not social media use is (14) _____, or whether or not smartphones should be (15) _____ at schools." He added that: "Different channels and uses of the Internet have (16) _____ different effects on well-being."

friends
debate
vastly
nature
banned
surprising
lives
harmful

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

- 1) the UK suggested that being connected to the worldwide web has _____
 - a. a positive affect
 - b. a positive effect
 - c. a positive reflect
 - d. a positive infect
- 2) Researchers looked at data on people's Internet use and mental health _____
 - a. from 168 counties
 - b. from 168 boundaries
 - c. from 168 counters
 - d. from 168 countries
- 3) It included information on two million people _____
 - a. aged 15 to 99
 - b. ages 15 to 99
 - c. raged 15 to 99
 - d. age 15 to 99
- 4) These included life satisfaction, positive experiences and happiness _____
 - a. with so shall life
 - b. with social life
 - c. with sew shall life
 - d. with sow shall life
- 5) people with Internet access were eight per cent happier than those _____
 - a. without web axe says
 - b. without web excess
 - c. without web assess
 - d. without web access
- 6) the suggestion that Internet access had a similar, positive effect to _____
 - a. walking on nature
 - b. walking un-nature
 - c. walking non-nature
 - d. walking in nature
- 7) It helps people to learn new things, practice hobbies, watch movies, and _____
 - a. make news friends
 - b. make new friends
 - c. make newly friends
 - d. make newt friends
- 8) Researcher Tobias Dienlin said the study cannot contribute to _____
 - a. the recent debate
 - b. the recents debate
 - c. the recently debate
 - d. the recant debate
- 9) social media use is harmful, or whether or not smartphones should be _____
 - a. bend at schools
 - b. bind at schools
 - c. banned at schools
 - d. bound at schools
- 10) Different channels and uses of the Internet have _____
 - a. vastly difference effects
 - b. vastly different effects
 - c. vastly different affects
 - d. vastly difference infects

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A (1) _____ Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested that being connected to the worldwide web has (2) _____ on our well-being. Researchers looked at data on people's Internet use and mental health from 168 countries. The (3) _____ between the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked (4) _____ that affect people's well-being. These included life satisfaction, positive experiences and happiness (5) _____. The team found that people with Internet access were eight per cent happier (6) _____ web access.

The research (7) _____ conclusions. One was the suggestion that Internet access had a similar, positive effect to (8) _____. It helps people to learn new things, practice hobbies, watch movies, and (9) _____. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is (10) _____ effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to (11) _____ on whether or not social media use is harmful, or whether or not smartphones should be banned at schools." He added that: "Different channels and uses of the Internet have (12) _____ on well-being."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

1. How many countries did the researchers take data from?
2. What was the date range the researchers looked at?
3. What was the age range of the people the researchers looked at?
4. How many factors did researchers look at in their report?
5. How much happier were people who had Internet access?
6. What did a conclusion liken Internet access to?
7. What did the study say helped people to learn?
8. What do many recent studies show has a negative impact on health?
9. What did a researcher say his study could not contribute to?
10. What has vastly different effects on well-being besides channels?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

- 1) How many countries did the researchers take data from?
 - a) 168
 - b) 167
 - c) 166
 - d) 165
- 2) What was the date range the researchers looked at?
 - a) 2004-2021
 - b) 2005-2021
 - c) 2006-2021
 - d) 2007-2021
- 3) What was the age range of the people the researchers looked at?
 - a) 14-99
 - b) 15-99
 - c) 16-99
 - d) 17-99
- 4) How many factors did researchers look at in their report?
 - a) five
 - b) six
 - c) seven
 - d) eight
- 5) How much happier were people who had Internet access?
 - a) 8%
 - b) 18%
 - c) 80%
 - d) 88%
- 6) What did a conclusion liken Internet access to?
 - a) hard work
 - b) paradise
 - c) freedom
 - d) walking in nature
- 7) What did the study say Internet access helped people to learn?
 - a) about themselves
 - b) new things
 - c) about people
 - d) coding
- 8) What do many recent studies show has a negative impact on health?
 - a) sitting
 - b) small screens
 - c) typing
 - d) social media
- 9) What did a researcher say his study could not contribute to?
 - a) progress
 - b) a better Internet
 - c) a recent debate
 - d) a faster Internet
- 10) What has vastly different effects on well-being besides channels?
 - a) fast food
 - b) uses of the Internet
 - c) stress
 - d) sitting for long periods

ROLE PLAY

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

Role A – The Internet

You think the Internet is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, having a medical or sitting on the sofa.

Role B – Working

You think working is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): the Internet, having a medical or sitting on the sofa.

Role C – Having a Medical

You think having a medical is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, the Internet or sitting on the sofa.

Role D – Sitting on the Sofa

You think sitting on the sofa is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, having a medical or the Internet.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'Internet' and 'access'.

Internet	access
-----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• report• connected• data• 2021• 99• team	<ul style="list-style-type: none">• surprising• nature• friends• recent• banned• vastly
--	--

INTERNET ACCESS SURVEY

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

Write five GOOD questions about Internet access in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

INTERNET ACCESS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'Internet'?
3. What do you think of the Internet?
4. How good or bad is the Internet to our health?
5. How important is the Internet to you?
6. Does being online make you feel positive or negative?
7. How does the Internet affect your life satisfaction?
8. How does the Internet affect your social life?
9. How could the Internet be better?
10. What would life be like without the Internet?

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INTERNET ACCESS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'health'?
13. What do you think about what you read?
14. What do you need the Internet for?
15. What's the worst thing that happened to you on the Internet?
16. Is being online as beneficial as 'walking in nature'?
17. Have you made new friends on the Internet?
18. How harmful is social media?
19. Should smartphones be allowed in schools?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A new study says Internet access is (1) _____ for our health. A report from the Oxford Internet Institute in the UK (2) _____ that being connected to the worldwide web has a positive effect (3) _____ our well-being. Researchers looked at data on people's Internet use and mental health from 168 countries. The data was gathered between the years 2006 and 2021. It included information (4) _____ two million people aged 15 to 99. The research team looked at eight factors that affect people's well-being. These included life satisfaction, positive experiences and happiness with (5) _____ life. The team found that people with Internet access were eight per cent happier than (6) _____ without web access.

The research included some surprising (7) _____. One was the suggestion that Internet access had a similar, positive effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and (8) _____ new friends. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is having a negative (9) _____ on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the (10) _____ debate on whether or not social media use is harmful, or whether or not smartphones should be (11) _____ at schools." He added that: "Different channels and uses of the Internet have (12) _____ different effects on well-being."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|----------------|-----------------|
| 1. | (a) good | (b) well | (c) goodly | (d) goodness |
| 2. | (a) suggestive | (b) suggestion | (c) suggested | (d) suggesting |
| 3. | (a) at | (b) of | (c) on | (d) as |
| 4. | (a) to | (b) by | (c) at | (d) on |
| 5. | (a) social | (b) socially | (c) socialize | (d) socials |
| 6. | (a) they | (b) those | (c) them | (d) these |
| 7. | (a) concludes | (b) conclude | (c) conclusion | (d) conclusions |
| 8. | (a) take | (b) make | (c) bake | (d) sake |
| 9. | (a) affect | (b) infect | (c) effect | (d) reflect |
| 10. | (a) recant | (b) recents | (c) recently | (d) recent |
| 11. | (a) manned | (b) fanned | (c) tanned | (d) banned |
| 12. | (a) poverty | (b) vastly | (c) apology | (d) checked |

SPELLING

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

Paragraph 1

1. being ntcneocde to the worldwide web
2. The data was hagedert
3. The research team looked at eight crtafso
4. positive neerxieecps
5. scoila life
6. eight per cent pephair

Paragraph 2

7. The research included some surprising lccsnunoois
8. had a iirmlsa, positive effect
9. walking in urneat
10. Many encert studies show that
11. nttiorbuce to the recent debate
12. have ytvals different effects

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

Number these lines in the correct order.

- () the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight
- () lives. Many recent studies show that social media is having a negative effect on people's mental
- () Internet access were eight per cent happier than those without web access.
- () "Different channels and uses of the Internet have vastly different effects on well-being."
- () factors that affect people's well-being. These included life satisfaction, positive
- (**1**) A new study says Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested
- () experiences and happiness with social life. The team found that people with
- () use is harmful, or whether or not smartphones should be banned at schools." He added that:
- () new friends. However, the research did not look at how social media impacted people's
- () that being connected to the worldwide web has a positive effect on our well-being. Researchers looked at
- () The research included some surprising conclusions. One was the suggestion that Internet access had a similar, positive
- () health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent debate on whether or not social media
- () data on people's Internet use and mental health from 168 countries. The data was gathered between
- () effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and make

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

1. is study says Internet new A good . access
2. connected Being worldwide the to positive . web is
3. looked data Researchers on people's use . at Internet
4. people . two information on It million included
5. eight included well-being . factors It affect that people's
6. It people learn things . helps new to
7. negative effect . a media Social is having
8. harmful . social is media not or Whether use
9. smartphones or Whether be banned . should not
10. the Internet vastly have of effects . different Uses

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A new study says Internet access is *well / good* for our health. A report from the Oxford Internet Institute in the UK *suggesting / suggested* that being connected to the *worldwide / worldly* web has a positive effect *in / on* our well-being. Researchers looked at data *on / at* people's Internet use and mental health from 168 countries. The data was gathered *of / between* the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight *factories / factors* that affect people's well-being. These included *life / live* satisfaction, positive experiences and happiness with *social / socially* life. The team found that people with Internet access were eight per cent happier than *them / those* without web access.

The research included some *surprising / surprised* conclusions. One was the suggestion that Internet access had a *simile / similar*, positive effect to walking *on / in* nature. It helps people to learn new things, practice hobbies, watch movies, and make *new / news* friends. However, the research did not look at how social media impacted people's *life / lives*. Many recent studies show that social media is having *a / the* negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute *to / at* the recent debate on *whether / weather* or not social media use is harmful, or whether or not smartphones should be *banning / banned* at schools." He added that: "Different channels and uses of the Internet have *vast / vastly* different effects on well-being."

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

_ n_w st_dy s_ys _nt_rn_t _cc_ss _s g__d f_r __r
h__lth. _ r_p_rt fr_m th_ _xf_rd _nt_rn_t _nst_t_t_ _n
th_ _K s_gg_st_d th_t b__ng c_nn_ct_d t_ th_
w_rldw_d_ w_b h_s _ p_s_t_v_ _ff_ct _n __r w_ll-
b__ng. R_s__rch_rs l__k_d _t d_t_ _n p__pl_'s _nt_rn_t
s _nd m_nt_l h__lth fr_m 168 c__ntr__s. Th_ d_t_
w_s g_th_r_d b_tw__n th_ y__rs 2006 _nd 2021. _t
_ncl_d_d _nf_rm_t__n _n tw_ m_ll__n p__pl_ _g_d 15
t_ 99. Th_ r_s__rch t__m l__k_d _t __ght f_ct_rs th_t
_ff_ct p__pl_'s w_ll-b__ng. Th_s_ _ncl_d_d l_f_
s_t_sf_ct__n, p_s_t_v_ _xp_r__nc_s _nd h_pp_n_ss w_th
s_c__l l_f_. Th_ t__m f__nd th_t p__pl_ w_th _nt_rn_t
_cc_ss w_r_ __ght p_r c_nt h_pp__r th_n th_s_
w_th__t w_b _cc_ss.

Th_ r_s__rch _ncl_d_d s_m_ s_rpr_s_ng c_ncl_s__ns.
n w_s th_ s_gg_st__n th_t _nt_rn_t _cc_ss h_d _
s_m_l_r, p_s_t_v_ _ff_ct t_ w_lk_ng _n n_t_r_. _t
h_lps p__pl_ t_ l__rn n_w th_ngs, pr_ct_c_ h_bb__s,
w_tch m_v__s, _nd m_k_ n_w fr__nds. H_w_v_r, th_
r_s__rch d_d n_t l__k _t h_w s_c__l m_d__ _mp_ct_d
p__pl_'s l_v_s. M_ny r_c_nt st_d__s sh_w th_t s_c__l
m_d__ _s h_v_ng _ n_g_t_v_ _ff_ct _n p__pl_'s m_nt_l
h__lth. R_s__rch_r T_b__s D__nl_n s__d: "Th_ st_dy
c_nn_t c_ntr_b_t_ t_ th_ r_c_nt d_b_t_ _n wh_th_r _r
n_t s_c__l m_d__ _s_ _s h_rmf_l, _r wh_th_r _r n_t
sm_rtph_n_s sh__ld b_ b_nn_d _t sch__ls." H_ _dd_d
th_t: "D_ff_r_nt ch_nn_ls _nd _s_s _f th_ _nt_rn_t
h_v_ v_stly d_ff_r_nt _ff_cts _n w_ll-b__ng."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

a new study says internet access is good for our health a report from the oxford internet institute in the uk suggested that being connected to the worldwide web has a positive effect on our wellbeing researchers looked at data on peoples internet use and mental health from 168 countries the data was gathered between the years 2006 and 2021 it included information on two million people aged 15 to 99 the research team looked at eight factors that affect peoples wellbeing these included life satisfaction positive experiences and happiness with social life the team found that people with internet access were eight per cent happier than those without web access the research included some surprising conclusions one was the suggestion that internet access had a similar positive effect to walking in nature it helps people to learn new things practice hobbies watch movies and make new friends however the research did not look at how social media impacted peoples lives many recent studies show that social media is having a negative effect on peoples mental health researcher tobias dienlin said the study cannot contribute to the recent debate on whether or not social media use is harmful or whether or not smartphones should be banned at schools he added that different channels and uses of the internet have vastly different effects on wellbeing

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

A new study says Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested that being connected to the worldwide web has a positive effect on our well-being. Researchers looked at data on people's Internet use and mental health from 168 countries. The data was gathered between the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight factors that affect people's well-being. These included life satisfaction, positive experiences and happiness with social life. The team found that people with Internet access were eight percent happier than those without web access. The research included some surprising conclusions. One was the suggestion that Internet access had a similar positive effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and make new friends. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlinsaid: "The study cannot contribute to the debate on whether or not social media use is harmful, or whether or not smartphones should be banned at schools." He added that: "Different channels and uses of the Internet have vastly different effects on well-being."

FREE WRITING

From <https://breakingnewsenglish.com/2405/240516-internet-access.html>

Write about **Internet access** for 10 minutes. Comment on your partner's paper.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. INTERNET ACCESS: Make a poster about Internet access. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIMITS ON USE: Write a magazine article about limiting our Internet access. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on Internet access. Ask him/her three questions about it. Give him/her three of your opinions on the effects of Internet access. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 T 5 F 6 T 7 F 8 F

SYNONYM MATCH (p.5)

1. g	2. j	3. b	4. f	5. c
6. d	7. a	8. i	9. e	10. h

COMPREHENSION QUESTIONS (p.9)

- 168
- 2006-2021
- 15 to 99
- Eight
- Eight per cent
- Walking in nature
- New things
- Social media
- A recent debate
- Uses of the Internet

WORDS IN THE RIGHT ORDER (p.19)

- A new study says Internet access is good.
- Being connected to the worldwide web is positive.
- Researchers looked at data on people's Internet use.
- It included information on two million people.
- It included eight factors that affect people's well-being.
- It helps people to learn new things.
- Social media is having a negative effect.
- Whether or not social media use is harmful.
- Whether or not smartphones should be banned.
- Uses of the Internet have vastly different effects.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)