



CUARTO MEDIO

El objetivo de esta guía es que los estudiantes identifiquen información y vocabulario sobre tecnología y redes sociales. Para dudas que tengan pueden escribirme un correo a esta dirección: yorka.sepulveda.pulmahue@gmail.com, escribiendo en el asunto el nombre de él o la estudiante y su curso, el horario para correos es de 9am a 4pm. Plazo de entrega: viernes 28 de agosto hasta las 2pm

O.A: Identificar información general y específica en textos.

READING COMPREHENSION: READ THE TEXTS ABOUT TECHNOLOGY AND SOCIAL MEDIA

The Dangerous Link between Likes, Followers, and Your Child's Self-Esteem

By Melissa Maypole

Kids have always looked to their peers for validation and self-worth, especially teens and tweens. That's nothing new. But in today's social media-obsessed culture, it's easy for young people to become overly fixated on their online popularity. Instead of gauging their popularity by the number of friends they have in real life, adolescents are increasingly evaluating their social status and self-image by the number of people who follow them on Twitter or "like" their selfies on Instagram.

The Danger of An Online Popularity Contest

The pressure to be popular can be hard enough on adolescents, but when the popularity contest moves from high school hallways to social media networks, it can be downright overwhelming. Tweens and teens may become stressed, anxious, and even depressed as they spend more and more time crafting their online identities in order to gain favour from other social media users. Social media peer pressure can cause young people to post risqué pictures including revealing selfies and/or party pics in an effort to be liked online. Unfortunately, this strategy often backfires and sometimes with [devastating results](#).

The Trouble With Online Friendships

Research suggests that teens are relying more on social media for emotional support than traditional sources of encouragement such as a face-to-face conversation or a phone call with a friend. The problem with this trend is two-fold. First, social media has made it more challenging for parents to keep up with their kids' peer groups, and secondly, it appears that online friendships can be even more influential than their real-life relationships, making [digital peer pressure](#) a real concern.

MULTIPLE CHOICE: CHOOSE THE CORRECT RESPONSE.

According to the article, who do Children look to for validation?

- their parents
- other children
- their idols

It's easy for young people to become overly _____ their online popularity.

- obsessed about
- worried about
- careless about

They value virtual friends more than real friends. True False

Social media peer pressure can cause young people to post

- potentially funny photos
- intimate photos
- risqué photos

It appears that real-life relationships can be even more influential than their online friendships True False

How heavy use of social media is linked to mental illness



Fill in the gaps with the following words

demonstrates diagnosed problems campaign economy

MAY 20th will mark the end of "mental-health awareness week", a _____ run by the Mental Health Foundation, a British charity. Roughly a quarter of British adults have been _____ at some point with a psychiatric disorder, costing the _____ an estimated 4.5% of GDP per year. Such illnesses have many causes, but a growing body of research _____ that in young people they are linked with heavy consumption of social media.

According to a survey in 2017 by the Royal Society for Public Health, Britons aged 14-24 believe that Facebook, Instagram, Snapchat and Twitter have detrimental effects on their wellbeing. On average, they reported that these social networks gave them extra scope for self-expression and community-building. But they also said that the platforms exacerbated anxiety and depression, deprived them of sleep, exposed them to bullying and created worries about their body image and "FOMO" ("fear of missing out"). Academic studies have found that these tend to be particularly severe among frequent users.

Sean Parker, Facebook's founding president, has admitted that the product works by "exploiting a vulnerability in human psychology". Indeed, an experiment by five neuroscientists in 2014 concluded that Facebook triggers the same impulsive part of the brain as gambling and substance abuse. Yet it is difficult to prove that obsessing over likes and comments causes mental illness, rather than the other way around. The most convincing effort was a survey that tracked a group of 5,208 Americans between 2013 and 2015. It found that an increase in Facebook activity was associated with a future decrease in reported mental health.

An obvious solution to the problem is to cut down on screen time. Even the most obsessive users should be able to do so. The neuroscientific study on Facebook found that the subjects' cognitive ability to inhibit their impulsive behaviour was less impaired than for drug or gambling addicts. And data from Moment, an activity-tracking app, show that it is possible for light social-media consumers to be content. Each week it asks its 1m users whether they are happy or sad with the amount of time they have spent on various platforms. Nearly 63% of Instagram users report being miserable, a higher share than for any other social network. They spend an average of nearly an hour per day on the app. The 37% who are happy spend on average just over half as long.

www.economist.com/graphic-detail/2018/05/18

Answer the following questions. Justify your response with quotes from the text.

Dependence on social media can have a negative effect on our mental health. True False

What is FOMO

Britons aged 14-24 believe that Facebook, Instagram, etc have detrimental effects on their wellbeing. Name 4 effects.

What did the experiment in 2014 and the survey conclude?
