

Scrolling on the toilet can damage your body

12th October 2023



Many people use their smartphone in the toilet. They feel it is a good chance to send a text or check out the latest videos on social media. However, doctors say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a

gastroenterologist who graduated from Harvard University. He studied the functions of the stomach and intestines. He has warned that bacteria in the bathroom pose many health risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He urged us to stop this habit. He said being addicted to smartphones, "can actually have some serious consequences, especially whilst doing a 'number two'".

Dr Sethi said many people wrongly believe using their smartphone in the toilet is harmless. He listed several issues that could arise while checking your emails on the loo. One is that it can damage the "toilet areas" of your stomach. Using a smartphone results in sitting on the toilet for longer periods of time. This puts extra pressure on our "tubes" and can make people's veins swell up. Another potential hazard comes from micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make your device a "breeding ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."

Sources: mirror.co.uk / express.co.uk / nypost.com

Writing

Smartphones should be banned in the toilet. Discuss.

Chat

Talk about these words from the article.

smartphone / toilet / text / social media / body / stomach / intestines / health risks / issues / emails / pressure / veins / hazard / micro-organisms / device / scrolling

True / False

- 1) The article says everyone uses their smartphone on the toilet. T / F
- 2) Dr. Saurabh Sethi studied gastronomy at Harvard University. T / F
- 3) Dr Sethi studied the functions of the intestines and stomach. T / F
- 4) Using a smartphone while doing a "number two" can be bad for us. T / F
- 5) Many people believe using the smartphone in the loo is harmless. T / F
- 6) Using a smartphone shortens how long we sit on a toilet. T / F
- 7) Bacteria can breed on a smartphone taken into a toilet. T / F
- 8) The average smartphone is cleaner than a public toilet seat. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|----------------------|
| 1. chance | a. germs |
| 2. latest | b. possible |
| 3. bacteria | c. incorrectly |
| 4. lavatory | d. results |
| 5. consequences | e. safe |
| 6. wrongly | f. most recent |
| 7. harmless | g. keeping away from |
| 8. pressure | h. opportunity |
| 9. potential | i. toilet |
| 10. avoiding | j. load |

Discussion – Student A

- a) What do you think about what you read?
- b) How often do you use your smartphone in the toilet?
- c) What do you use your smartphone for most?
- d) How much do you care about toilet cleanliness?
- e) What would you do if you didn't own a smartphone?
- f) What should we do to make sure smartphones are clean?
- g) What things do we touch that are full of bacteria?
- h) What questions would you like to ask the doctor?

Phrase Match

- | | |
|--|-------------------------|
| 1. a good chance | a. and intestines |
| 2. check out the latest videos | b. swell up |
| 3. the functions of the stomach | c. consequences |
| 4. being addicted | d. ground for bacteria |
| 5. serious | e. a public toilet seat |
| 6. sitting on the toilet for longer | f. to send a text |
| 7. make people's veins | g. micro-organisms |
| 8. Another potential hazard comes from | h. to smartphones |
| 9. a breeding | i. periods of time |
| 10. The average smartphone is dirtier than | j. on social media |

Discussion – Student B

- How important is your smartphone to you?
- How important is social media to you?
- What kinds of videos do you like on social media?
- How might using a smartphone in a toilet be dangerous?
- In what other places should we not use smartphones?
- What do you know about the stomach?
- How addicted are you to your smartphone?
- Will you stop taking your smartphone into the toilet?

Spelling

- check out the satetl videos
- dradagteu from Harvard University
- the functions of the tscamho and intestines
- He duegr us to stop this habit
- being tedacidd to smartphones
- saeeylclp whilst doing a number two
- erasvel issues that could arise
- sitting on the toilet for longer rediops of time
- Another tatleinop hazard
- a breeding ground for acearbtj
- The agareev smartphone is dirtier
- so try aivnogdi scrolling

Answers – Synonym Match

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

Role Play

Role A – Phone

You think the phone is the best feature of smartphones. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): music player, camera or video chat.

Role B – Music Player

You think the music player is the best feature of smartphones. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): phone, camera or video chat.

Role C – Camera

You think the camera is the best feature of smartphones. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): music player, phone or video chat.

Role D – Video Chat

You think video chat is the best feature of smartphones. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): music player, camera or phone.

Speaking – Smartphones

Rank these with your partner. Put the best features of smartphones at the top. Change partners often and share your rankings.

- | | |
|------------------|---------------|
| • Phone | • Internet |
| • Music player | • Video chats |
| • Text messaging | • Maps |
| • Camera | • Translation |

Answers – True False

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

Answers to Phrase Match and Spelling are in the text.