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Do you suffer from "Facebook depression"?

http://www.breakingnewsenglish.com/1104/110401-facebook_depression.html

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April 1st, 2011

THE ARTICLE

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

A new study suggests that social media sites have created a new phenomenon known as "Facebook depression". The American Academy of Pediatrics recently warned parents about the possible dangers of networking websites on their children's mental health. Report co-author Gwenn O'Keefe described the way social interaction is changing: "For some teens and tweens, social media is the primary way they interact socially, rather than at the mall or a friend's house," she said. Ms O'Keefe added: "A large part of this generation's social and emotional development is occurring while on the Internet and on cellphones. Parents need to understand these technologies so they can relate to their children's online world, and comfortably parent in that world."

The report says it is essential for parents to be aware of how social media sites can affect children and that the Internet is not always a healthy environment for kids. The writers also urged parents to be on the lookout for cyberbullying, sexting and online predators. They recommended parents take an active role and discuss things like bullying, privacy and feeling down because of what's happening on Facebook. A recent poll stated that 22 per cent of teenagers log on to a social media site more than 10 times a day and more than half at least once a day. There are conflicting reports as to whether Facebook helps youngsters, by allowing them to express themselves, or isolates them from society.

WARM-UPS

1. DEPRESSION: Walk around the class and talk to other students about depression. Change partners often. Sit with your first partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

social media / phenomenon / Facebook / depression / dangers / social development / essential / healthy environment / cyberbullying / sexting / a recent poll / isolates

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

3. FACEBOOK: Good or bad for kids? Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

	Good	Bad
Social interaction		
Self-expression		
Networking		
Privacy		
Digital footprint		
Friends		

4. SOCIALIZATION: Students A **strongly** believe social media helps kids to socialize; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. WEBSITES: What's the best? Rank these and share your rankings with your partner. Put the best at the top. Change partners and share your rankings again.

- Facebook
- Flickr
- Farmville
- MSN
- Google
- YouTube
- Twitter
- BreakingNewsEnglish.com

6. SOCIAL MEDIA: Spend one minute writing down all of the different words you associate with the term 'social media'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

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

- | | |
|---|-------|
| a. The condition known as 'Facebook depression' is a new phenomenon. | T / F |
| b. An American organization for the aged highlighted this condition. | T / F |
| c. The report author said teens preferred to interact at malls, not online. | T / F |
| d. The author said parents needed to get with it regarding social media. | T / F |
| e. The article says the Internet is not always healthy for kids. | T / F |
| f. The report said parents should talk to their kids about bullying. | T / F |
| g. A survey found that 10% of kids use social media sites 10 times a day. | T / F |
| h. All reports agree that Facebook leads to the isolation of children. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|-----------------|------------------|
| 1. depression | a. necessary |
| 2. interaction | b. happening |
| 3. primary | c. depressed |
| 4. occurring | d. communicate |
| 5. relate | e. cuts off |
| 6. essential | f. misery |
| 7. urged | g. main |
| 8. feeling down | h. communication |
| 9. conflicting | i. recommended |
| 10. isolates | j. contradictory |

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

- | | |
|------------------------------------|---------------------------|
| 1. social media sites have created | a. is changing |
| 2. the possible dangers | b. and discuss things |
| 3. the way social interaction | c. interact socially |
| 4. the primary way they | d. to express themselves |
| 5. relate to their children's | e. be aware |
| 6. it is essential for parents to | f. a "new phenomenon" |
| 7. urged parents to be | g. happening on Facebook |
| 8. take an active role | h. online world |
| 9. feeling down because of what's | i. of networking websites |
| 10. allowing them | j. on the lookout |

WHILE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

GAP FILL: Put the words into the gaps in the text.

A new study suggests that social media sites have created a new phenomenon (1) _____ as "Facebook depression". The American Academy of Pediatrics recently (2) _____ parents about the possible dangers of networking websites on their children's mental health. Report co-author Gwenn O'Keefe described the way social interaction is (3) _____: "For some teens and tweens, social media is the (4) _____ way they interact socially, rather than at the mall or a friend's house," she said. Ms O'Keefe added: "A large (5) _____ of this generation's social and emotional development is (6) _____ while on the Internet and on cellphones. Parents need to understand these technologies so they can (7) _____ to their children's online world, and comfortably (8) _____ in that world."

primary

known

parent

changing

relate

occurring

warned

part

The report says it is (9) _____ for parents to be aware of how social media sites can affect children and that the Internet is not always a (10) _____ environment for kids. The writers also (11) _____ parents to be on the lookout for cyberbullying, sexting and online predators. They recommended parents take an (12) _____ role and discuss things like bullying, privacy and feeling (13) _____ because of what's happening on Facebook. A recent (14) _____ stated that 22 per cent of teenagers log on to a social media site more than 10 times a day and more than half at least once a day. There are (15) _____ reports as to whether Facebook helps youngsters, by allowing them to express themselves, or (16) _____ them from society.

urged

poll

healthy

down

isolates

essential

conflicting

active

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

A new _____ social media sites have created a new phenomenon known as "Facebook depression". The American Academy of Pediatrics _____ about the possible dangers of networking websites on their children's mental health. Report co-author Gwenn O'Keefe _____ interaction is changing: "For some teens and tweens, social media is the primary way they interact socially, _____ or a friend's house," she said. Ms O'Keefe added: "A large part of this generation's social and emotional development _____ the Internet and on cellphones. Parents need to understand these technologies so they can relate to their children's online world, _____ in that world."

The report says it is _____ be aware of how social media sites can affect children and that the Internet is not always a healthy environment for kids. The writers _____ be on the lookout for cyberbullying, sexting and online predators. They recommended parents _____ and discuss things like bullying, privacy and feeling down because of what's happening on Facebook. A _____ 22 per cent of teenagers log on to a social media site more than 10 times a day and more than _____ day. There are conflicting reports as to whether Facebook helps youngsters, by allowing them to express themselves, or _____ society.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

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

social	media
---------------	--------------

- 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">• suggests• warned• described• primary• large• relate	<ul style="list-style-type: none">• aware• urged• active• poll• least• express
--	---

STUDENT FACEBOOK SURVEY

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

Write five GOOD questions about Facebook 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.

FACEBOOK DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the term 'social media'?
- c) How important are social media sites to you?
- d) What do you think of 'Facebook depression'?
- e) Do you think parents are worried about their kids being online?
- f) How could Facebook affect children's mental health?
- g) What do you think of the way social interaction is changing, from face-to-face to websites?
- h) Does it matter if kids spend a long time online or on their cellphones?
- i) Do you think social interaction was better before the Internet came along?
- j) How can parents deal with 'Facebook depression'?

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FACEBOOK DISCUSSION

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

- a) Did you like reading this article?
- b) Do you think parents are worried about their kids being online?
- c) Do you think kids are generally safe online?
- d) What do you know about cyberbullying, sexting and online predators?
- e) What do you think of Facebook?
- f) What do you think Facebook will be like in the future?
- g) Do you think one day we'll be doing everything in life online?
- h) Is Facebook a good form of expression for kids?
- i) How much does Facebook isolate children?
- j) What questions would you like to ask the report authors?

LANGUAGE – MULTIPLE CHOICE

From http://www.BreakingNewsEnglish.com/1104/110401-facebook_depression.html

A new study suggests that social media sites have created a new phenomenon (1) _____ as "Facebook depression". The American Academy of Pediatrics recently warned parents about the possible dangers (2) _____ networking websites on their children's mental health. Report co-author Gwenn O'Keefe described the way social interaction is changing: "For some teens and tweens, social media is the (3) _____ way they interact socially, (4) _____ than at the mall or a friend's house," she said. Ms O'Keefe added: "A large part of this generation's social and emotional development is occurring (5) _____ on the Internet and on cellphones. Parents need to understand these technologies so they can relate (6) _____ their children's online world, and comfortably parent in that world."

The report says it is essential (7) _____ parents to be aware of how social media sites can affect children and that the Internet is not always a healthy environment for kids. The writers also (8) _____ parents to be on the lookout for cyberbullying, sexting and online predators. They recommended parents take an active role and discuss things like bullying, (9) _____ and feeling (10) _____ because of what's happening on Facebook. A recent poll stated that 22 per cent of teenagers log on to a social media site more than 10 times a day and more than half at least once a day. There are (11) _____ reports as to whether Facebook helps youngsters, by allowing them to express themselves, or (12) _____ them from society.

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

- | | | | | |
|-----|-----------------|---------------|---------------|--------------------|
| 1. | (a) knowing | (b) knows | (c) knew | (d) known |
| 2. | (a) for | (b) from | (c) of | (d) by |
| 3. | (a) primarily | (b) primary | (c) primed | (d) prim |
| 4. | (a) rather | (b) instead | (c) or | (d) in place of |
| 5. | (a) however | (b) during | (c) while | (d) for |
| 6. | (a) by | (b) of | (c) at | (d) to |
| 7. | (a) from | (b) for | (c) so | (d) to |
| 8. | (a) urged | (b) urges | (c) urging | (d) urge |
| 9. | (a) private | (b) privacy | (c) privet | (d) public |
| 10. | (a) reduce | (b) below | (c) down | (d) under |
| 11. | (a) conflicting | (b) conflicts | (c) conflict | (d) confidentially |
| 12. | (a) isolate | (b) isolated | (c) isolation | (d) isolates |

Do you suffer from 'Facebook depression'? – April 1st, 2011

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 Facebook. Share what you discover with your partner(s) in the next lesson.

3. DEPRESSION: Make a poster about depression and how it affects people. Include a section on the Internet. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FACEBOOK DEPRESSED: Write a magazine article about someone who has Facebook depression. Include imaginary interviews with him/her and his/her psychologist.

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. LETTER: Write a letter to a Facebook depression expert. Ask him/her three questions about it. Give him/her three ideas on how to help children who suffer from Facebook depression. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

a. T b. F c. F d. T e. T f. T g. F h. F

SYNONYM MATCH:

- | | |
|-----------------|------------------|
| 1. depression | a. misery |
| 2. interaction | b. communication |
| 3. primary | c. main |
| 4. occurring | d. happening |
| 5. relate | e. communicate |
| 6. essential | f. necessary |
| 7. urged | g. recommended |
| 8. feeling down | h. depressed |
| 9. conflicting | i. contradictory |
| 10. isolates | j. cuts off |

PHRASE MATCH:

- | | |
|------------------------------------|---------------------------|
| 1. social media sites have created | a. a "new phenomenon" |
| 2. the possible dangers | b. of networking websites |
| 3. the way social interaction | c. is changing |
| 4. the primary way they | d. interact socially |
| 5. relate to their children's | e. online world |
| 6. it is essential for parents to | f. be aware |
| 7. urged parents to be | g. on the lookout |
| 8. take an active role | h. and discuss things |
| 9. feeling down because of what's | i. happening on Facebook |
| 10. allowing them | j. to express themselves |

GAP FILL:

Do you suffer from 'Facebook Depression'?

A new study suggests that social media sites have created a new phenomenon (1) **known** as "Facebook depression". The American Academy of Pediatrics recently (2) **warned** parents about the possible dangers of networking websites on their children's mental health. Report co-author Gwenn O'Keefe described the way social interaction is (3) **changing**: "For some teens and tweens, social media is the (4) **primary** way they interact socially, rather than at the mall or a friend's house," she said. Ms O'Keefe added: "A large (5) **part** of this generation's social and emotional development is (6) **occurring** while on the Internet and on cellphones. Parents need to understand these technologies so they can (7) **relate** to their children's online world, and comfortably (8) **parent** in that world."

The report says it is (9) **essential** for parents to be aware of how social media sites can affect children and that the Internet is not always a (10) **healthy** environment for kids. The writers also (11) **urged** parents to be on the lookout for cyberbullying, sexting and online predators. They recommended parents take an (12) **active** role and discuss things like bullying, privacy and feeling (13) **down** because of what's happening on Facebook. A recent (14) **poll** stated that 22 per cent of teenagers log on to a social media site more than 10 times a day and more than half at least once a day. There are (15) **conflicting** reports as to whether Facebook helps youngsters, by allowing them to express themselves, or (16) **isolates** them from society.

LANGUAGE WORK

1 - d 2 - c 3 - b 4 - a 5 - c 6 - d 7 - b 8 - a 9 - b 10 - c 11 - a 12 - d