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Level 3 – 20th June 2024

Top US doctor wants social media health warnings

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<https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

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

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THE ARTICLE

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Social media has changed the world. There are good and bad things about it. One bad thing is that it can cause mental health problems. This is something the USA's top doctor wants to address. U.S. Surgeon General Vivek Murthy wants social media companies to display mental health warnings on their platforms. He is particularly worried about the harm the platforms do to young people. He said algorithms lead youngsters to extreme sexual and violent content. Dr Murthy said: "It is time to require a surgeon general's warning label on social media platforms, stating that social media is associated with significant mental health harms for adolescents." He said laws were also needed to keep young people safe online.

Dr Murthy has campaigned for tighter controls of social media for many years. In 2023, he warned that social media presented, "a profound risk of harm to the mental health and well-being of children and adolescents". His recent warning is in a guest essay published by The New York Times. He wrote: "The mental health crisis among young people is an emergency. Social media has emerged as an important contributor." He has concerns about how long young people spend online. He said youngsters "who spend more than three hours a day on social media face double the risk of anxiety and depression symptoms". Murthy thinks online warnings will help, just as warnings on cigarettes have helped.

Sources: <https://www.foxbusiness.com/politics/us-surgeon-general-calls-social-media-platforms-display-mental-health-warnings>
<https://www.theverge.com/2024/6/17/24180005/surgeon-general-warning-labels-social-media-mental-health>
<https://apnews.com/article/surgeon-general-social-media-mental-health-df321c791493863001754401676f165c>

WARM-UPS

1. SOCIAL MEDIA DANGERS: Students walk around the class and talk to other students about social media dangers. 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?

social media / bad things / mental health / warnings / harm / violent content / laws / controls / risk / children / emergency / concerns / online / depression / cigarettes

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

3. AGE LIMIT: Students A **strongly** believe people under the age of 16 should not be allowed to use social media; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. SOCIAL MEDIA: How does social media affect these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
Mental health		
Physical health		
Friendships		
English		
Education		
Photos and music		

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

6. WARNINGS: Rank these with your partner. Put the things we most need warnings on at the top. Change partners often and share your rankings.

- Social media
- Cigarettes
- Alcohol
- Fast food
- Cars
- Bank loans
- Jet coasters
- Smartphones

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|---|
| 1. cause (verb) | a. A website, usually a social media one, where people can write, say or upload things. |
| 2. address (verb) | b. More than usually; especially. |
| 3. display (verb) | c. To make something happen. |
| 4. platform | d. Using force to hurt people or things. |
| 5. particularly | e. To talk about something or to speak to someone. |
| 6. algorithm | f. To show something so people can see it. |
| 7. violent | g. A set of rules or steps to solve a problem, often used by computers. |

Paragraph 2

- | | |
|-----------------|---|
| 8. campaigned | h. A sign that you have an illness. |
| 9. profound | i. Worked in an organized way to reach a goal, often in politics. |
| 10. adolescent | j. Very deep or very great. |
| 11. crisis | k. Someone who gives or adds something to a group, project or discussion. |
| 12. contributor | l. A very difficult or dangerous situation. |
| 13. anxiety | m. A young person who is not a child but not yet an adult, usually between 13 and 19 years old. |
| 14. symptom | n. A feeling of worry or fear about what might happen. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

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

1. The article says there are good and bad things about social media. **T / F**
2. The U.S. Surgeon General gave his address to a social media site. **T / F**
3. The Surgeon General said youngsters are changing algorithms. **T / F**
4. Dr Murthy said only warnings were necessary, not laws. **T / F**
5. Dr Murthy started campaigning for social media controls in 2023. **T / F**
6. Dr Murthy called mental health among youngsters an emergency. **T / F**
7. Youngsters who spend over three hours a day online risk depression. **T / F**
8. Dr Murthy also wants stronger warnings on cigarettes. **T / F**

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

- | | |
|----------------------|----------------|
| 1. cause | a. linked |
| 2. display | b. appeared |
| 3. require | c. stricter |
| 4. associated | d. stress |
| 5. safe | e. bring about |
| 6. tighter | f. great |
| 7. profound | g. cautions |
| 8. emerged | h. need |
| 9. anxiety | i. show |
| 10. warnings | j. secure |

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

- | | |
|--|---------------------------|
| 1. Social media has | a. risk of anxiety |
| 2. it can cause | b. safe online |
| 3. extreme sexual and | c. have helped |
| 4. associated with significant mental health | d. people is an emergency |
| 5. keep young people | e. mental health problems |
| 6. a profound risk | f. spend online |
| 7. The mental health crisis among young | g. violent content |
| 8. how long young people | h. harms for adolescents |
| 9. face double the | i. of harm |
| 10. warnings on cigarettes | j. changed the world |

GAP FILL

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Social media has changed the world. There are good and bad (1) _____ about it. One bad thing is that it can cause mental health problems. This is something the USA's (2) _____ doctor wants to address. U.S. Surgeon General Vivek Murthy wants social media companies to (3) _____ mental health warnings on their platforms. He is particularly worried about the (4) _____ the platforms do to young people. He said algorithms lead youngsters to extreme sexual and (5) _____ content. Dr Murthy said: "It is time to require a surgeon general's warning (6) _____ on social media platforms, stating that social media is (7) _____ with significant mental health harms for adolescents." He said laws were also needed to keep young people (8) _____ online.

Dr Murthy has campaigned for (9) _____ controls of social media for many years. In 2023, he warned that social media presented, "a profound (10) _____ of harm to the mental health and well-being of children and adolescents". His recent warning is in a guest (11) _____ published by The New York Times. He wrote: "The mental health crisis among young people is an (12) _____. Social media has emerged as an important contributor." He has concerns about how (13) _____ young people spend online. He said youngsters "who spend more than three hours a (14) _____ on social media face double the risk of anxiety and (15) _____ symptoms". Murthy thinks online warnings will help, just as warnings on (16) _____ have helped.

violent
things
label
safe
display
top
associated
harm

essay
depression
tighter
long
risk
cigarettes
emergency
day

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

- 1) Social media has changed the world. There are good and bad _____
 - a. thing about it
 - b. things abet it
 - c. things abbot it
 - d. things about it
- 2) One bad thing is that it can cause _____
 - a. mental healthy problems
 - b. mental health problems
 - c. mental healthful problems
 - d. mental health problem
- 3) This is something the USA's top doctor _____
 - a. wants to redress
 - b. wants to address
 - c. wants to adhesive
 - d. wants to assess
- 4) He said algorithms lead youngsters to extreme sexual _____
 - a. and violence content
 - b. and violently content
 - c. and violent content
 - d. and violate content
- 5) He said laws were also needed to keep young _____
 - a. people serf online
 - b. people safes online
 - c. people safety online
 - d. people safe online
- 6) In 2023, he warned that social media presented, a profound _____
 - a. risky of harm
 - b. risk of harm
 - c. risked of harm
 - d. risks of harm
- 7) His recent warning is in _____
 - a. a guest essay
 - b. a gust essay
 - c. a quest essay
 - d. a guessed essay
- 8) Social media has emerged as _____
 - a. an importance contributor
 - b. an importantly contributor
 - c. an important contributor
 - d. unimportant contributor
- 9) spend more than three hours a day on social media face double the _____
 - a. risk of anxiety
 - b. risk of anxious
 - c. risk off anxiety
 - d. risky of anxiety
- 10) Murthy thinks online warnings will help, just as warnings on _____
 - a. cigarette have helped
 - b. cigarettes have help
 - c. cigarettes have helped
 - d. cigarettes have helps

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Social media has (1) _____. There are good and bad things about it. One bad thing is that it can cause mental health problems. This is something the USA's top doctor (2) _____. U.S. Surgeon General Vivek Murthy wants social media companies to display mental health warnings on their platforms. He (3) _____ about the harm the platforms do to young people. He said algorithms lead youngsters to extreme sexual (4) _____. Dr Murthy said: "It is time to require a surgeon general's warning label on social media platforms, stating that social media (5) _____ significant mental health harms for adolescents." He said laws were also (6) _____ young people safe online.

Dr Murthy has campaigned (7) _____ of social media for many years. In 2023, he warned that social media presented, "a profound risk of harm to the mental health (8) _____ of children and adolescents". His recent warning is in a guest essay published by The New York Times. He wrote: "The mental (9) _____ young people is an emergency. Social media has emerged as an important contributor." He has concerns about (10) _____ people spend online. He said youngsters "who spend more than three hours a day on social media face double the (11) _____ and depression symptoms". Murthy thinks online warnings will help, just as warnings (12) _____ helped.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

1. What does the article say social media has changed?
2. Who is Vivek Murthy?
3. What leads young people to watch sexual and violent material online?
4. For whom is social media associated with significant mental health harm?
5. What did Dr Murthy say was needed to keep young people safe online?
6. For how long has Dr Murthy been campaigning for social media controls?
7. What was published in The New York Times?
8. What did Dr Murthy call the mental health crisis among young people?
9. What can double the risk of anxiety and depression symptoms?
10. What other warnings did Dr Murthy say had been helpful?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

- 1) What does the article say social media has changed?
 - a) the Internet
 - b) the world
 - c) language
 - d) safety
- 2) Who is Vivek Murthy?
 - a) a journalist
 - b) a social media boss
 - c) an adolescent
 - d) the U.S. Surgeon General
- 3) What leads young people to watch sexual and violent material online?
 - a) algorithms
 - b) posts
 - c) friends
 - d) emails
- 4) For whom is social media associated with significant mental health harm?
 - a) girls
 - b) boys
 - c) adolescents
 - d) under 10s
- 5) What did Dr Murthy say was needed to keep young people safe online?
 - a) more police
 - b) laws
 - c) more aware parents
 - d) an age limit
- 6) For how long has Dr Murthy been campaigning for social media controls?
 - a) many years
 - b) 12 years
 - c) a few months
 - d) decades
- 7) What was published in The New York Times?
 - a) an article
 - b) letters from adolescents
 - c) an essay by Dr Murthy
 - d) a letter from social media companies
- 8) What did Dr Murthy call the mental health crisis among young people?
 - a) an emergency / crisis
 - b) sad
 - c) a national disgrace
 - d) a global problem
- 9) What can double the risk of anxiety and depression symptoms?
 - a) three hours a day on social media
 - b) cyberbullying
 - c) losing your smartphone
 - d) a lack of sleep
- 10) What other warnings did Dr Murthy say had been helpful?
 - a) warnings on processed food
 - b) warnings on alcohol
 - c) warnings on fast food
 - d) warnings on cigarettes

ROLE PLAY

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Role A – Social Media

You think social media is the thing we most need warnings for. Tell the others three reasons why. Tell them why their things aren't as in need of warnings. Also, tell the others which is the thing we least need to be warned about (and why): cigarettes, fast food or jet coasters.

Role B – Cigarettes

You think cigarettes is the thing we most need warnings for. Tell the others three reasons why. Tell them why their things aren't as in need of warnings. Also, tell the others which is the thing we least need to be warned about (and why): social media, fast food or jet coasters.

Role C – Fast Food

You think fast food is the thing we most need warnings for. Tell the others three reasons why. Tell them why their things aren't as in need of warnings. Also, tell the others which is the thing we least need to be warned about (and why): cigarettes, social media or jet coasters.

Role D – Jet Coasters

You think jet coasters is the thing we most need warnings for. Tell the others three reasons why. Tell them why their things aren't as in need of warnings. Also, tell the others which is the thing we least need to be warned about (and why): cigarettes, fast food or social media.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

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

social media	mental health

- 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">• bad• address• display• algorithms• time• safe	<ul style="list-style-type: none">• many• risk• guest• long• three• cigarettes
--	---

SOCIAL MEDIA DANGERS SURVEY

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Write five GOOD questions about social media dangers 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.

SOCIAL MEDIA DANGERS 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 'social'?
3. What do you think of social media?
4. What are the good things about social media?
5. How does social media affect mental health?
6. Should there be health warnings on social media platforms?
7. What do you know about algorithms on social media?
8. Should people under 16 be allowed to use social media?
9. What do you think of the social media platforms you use?
10. What advice do you have for social media websites?

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SOCIAL MEDIA DANGERS 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 'media'?
13. What do you think about what you read?
14. What are the bad things about social media?
15. What controls are needed on social media?
16. Should social media platforms be fined for damaging mental health?
17. What is the answer to the mental health emergency?
18. How long online is too long?
19. How big a problem are anxiety and depression?
20. What questions would you like to ask social media bosses?

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/2406/240620-social-media-health-warnings.html>

Social media has (1) _____ the world. There are good and bad things about it. One bad thing is that it can cause mental health problems. This is (2) _____ the USA's top doctor wants to address. U.S. Surgeon General Vivek Murthy wants social media companies to display mental health warnings (3) _____ their platforms. He is particularly worried about the harm the platforms do to young people. He said algorithms (4) _____ youngsters to extreme sexual and violent content. Dr Murthy said: "It is time to (5) _____ a surgeon general's warning label on social media platforms, stating that social media is associated with significant mental health harms for adolescents." He said laws were also needed to (6) _____ young people safe online.

Dr Murthy has campaigned for (7) _____ controls of social media for many years. In 2023, he warned that social media presented, "a profound risk (8) _____ harm to the mental health and well-being of children and adolescents". His recent warning is in a guest essay published by The New York Times. He wrote: "The mental health crisis (9) _____ young people is an emergency. Social media has emerged as an important contributor." He has concerns (10) _____ how long young people spend online. He said youngsters "who spend more than three hours a day on social media face (11) _____ the risk of anxiety and depression symptoms". Murthy thinks online warnings will help, just (12) _____ warnings on cigarettes have helped.

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

- | | | | | |
|-----|--------------|---------------|--------------|---------------|
| 1. | (a) charged | (b) changing | (c) charging | (d) changed |
| 2. | (a) thingy | (b) things | (c) thing | (d) something |
| 3. | (a) up | (b) on | (c) down | (d) off |
| 4. | (a) cause | (b) result | (c) lead | (d) chase |
| 5. | (a) require | (b) necessary | (c) needy | (d) aid |
| 6. | (a) keep | (b) do | (c) be | (d) give |
| 7. | (a) loosened | (b) tighten | (c) looser | (d) tighter |
| 8. | (a) of | (b) at | (c) on | (d) by |
| 9. | (a) up | (b) among | (c) at | (d) as |
| 10. | (a) as | (b) on | (c) about | (d) to |
| 11. | (a) two | (b) duo | (c) double | (d) twin |
| 12. | (a) was | (b) as | (c) is | (d) has |

SPELLING

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Paragraph 1

1. it can sacue mental health problems
2. something the USA's top doctor wants to rdseads
3. alidyasp mental health warnings
4. He is alrliutrpany worried
5. logatimrhs lead youngsters
6. extreme sexual and ventoli content

Paragraph 2

7. a oupnodfr risk of harm
8. children and dcentleasso
9. an nmegeeryc
10. double the risk of xytiane
11. sdnropeies symptoms
12. warnings on atetragsie

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Number these lines in the correct order.

- (**1**) Social media has changed the world. There are good and bad things about it. One bad thing is that it can cause
- () "The mental health crisis among young people is an emergency. Social media has emerged as an important
- () being of children and adolescents". His recent warning is in a guest essay published by The New York Times. He wrote:
- () than three hours a day on social media face double the risk of anxiety and
- () platforms, stating that social media is associated with significant mental health harms for
- () Dr Murthy has campaigned for tighter controls of social media for many years. In 2023,
- () adolescents." He said laws were also needed to keep young people safe online.
- () he warned that social media presented, "a profound risk of harm to the mental health and well-
- () media companies to display mental health warnings on their platforms. He is particularly
- () contributor." He has concerns about how long young people spend online. He said youngsters "who spend more
- () worried about the harm the platforms do to young people. He said algorithms lead youngsters to extreme sexual
- () mental health problems. This is something the USA's top doctor wants to address. U.S. Surgeon General Vivek Murthy wants social
- () depression symptoms". Murthy thinks online warnings will help, just as warnings on cigarettes have helped.
- () and violent content. Dr Murthy said: "It is time to require a surgeon general's warning label on social media

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

1. There about good it . are things bad and
2. wants to doctor the Something top USA's address .
3. mental health platforms . Display their warnings on
4. do young to harm The people . platforms the
5. Laws young keep people to were needed safe .
6. warning recent a guest essay . is in His
7. mental people . The young crisis health among
8. about spend how young long online . Concerns people
9. than day . hours three more Spend a
10. depression the anxiety Double symptoms . of and risk

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Social media has *changed / changing* the world. There are good and bad *things / thing* about it. One bad thing is that it can cause mental health problems. This is *thing / something* the USA's top doctor wants to *address / post*. U.S. Surgeon General Vivek Murthy wants social media companies to display mental health warnings *in / on* their platforms. He is *particular / particularly* worried about the harm the platforms do to young people. He said algorithms lead youngsters *to / for* extreme sexual and violent content. Dr Murthy said: "It is time to *necessary / require* a surgeon general's warning label on social media platforms, stating that social media is associated *to / with* significant mental health harms for adolescents." He said laws were also needed to keep young people *safe / safety* online.

Dr Murthy has campaigned for tighter controls of social media for *most / many* years. In 2023, he warned that social media *presented / gifted*, "a profound risk of harm to the mental health and *well-being / being* of children and adolescents". His recent warning is in a *gust / guest* essay published by The New York Times. He wrote: "The mental health crisis among young people is an *emergent / emergency*. Social media has *emerged / submerged* as an important contributor." He has concerns about how long *youngster / young* people spend online. He said youngsters "who spend more than three hours a day on social media *head / face* double the risk of anxiety and depression *symptom / symptoms*". Murthy thinks online warnings will help, just *has / as* warnings on cigarettes have helped.

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/2406/240620-social-media-health-warnings.html>

s_c__l m_d__ h_s ch_ng_d th_ w_rld. th_r_ _r_ g__d
_nd b_d th_ngs _b__t _t. _n_ b_d th_ng _s th_t _t
c_n c__s_ m_nt_l h__lth pr_bl_ms. th_s _s s_m_th_ng
th_ _s_'s t_p d_ct_r w_nts t_ _ddr_ss. __s. s_rg__n
g_n_r_l v_v_k m_rthy w_nts s_c__l m_d__ c_m_p_n__s
t_ d_spl_y m_nt_l h__lth w_rn_ngs _n th__r pl_tf_rms.
h_ __s p_rt_c_l_rly w_rr__d _b__t th_ h_rm th_
pl_tf_rms d_ t_ y__ng p__pl_. h_ s__d _lg_r_thms l__d
y__ngst_rs t_ _xtr_m_ s_x__l _nd v__l_nt c_nt_nt. dr
m_rthy s__d: "t_ _s t_m_ t_ r_q__r_ _ s_rg__n
g_n_r_l's w_rn_ng l_b_l _n s_c__l m_d__ pl_tf_rms,
st_t_ng th_t s_c__l m_d__ _s _ss_c__t_d w_th
s_gn_f_c_nt m_nt_l h__lth h_rms f_r _d_l_sc_nts." h_
s__d l_ws w_r_ _ls_ n__d_d t_ k__p y__ng p__pl_
s_f_ _nl_n_.

dr m_rthy h_s c_m_p__gn_d f_r t_ght_r c_ntr_ls _f
s_c__l m_d__ f_r m_ny y__rs. _n 2023, h_ w_rn_d
th_t s_c__l m_d__ pr_s_nt_d, "_ pr_f__nd r_sk _f h_rm
t_ th_ m_nt_l h__lth _nd w_ll-b__ng _f ch_ldr_n _nd
_d_l_sc_nts". h_s r_c_nt w_rn_ng _s _n _ g__st _ss_y
p_bl_sh_d by th_ n_w y_rk t_m_s. h_ wr_t_: "th_
m_nt_l h__lth cr_s_s _m_ng y__ng p__pl_ _s _n
_m_rgncy. s_c__l m_d__ h_s _m_rg_d _s _n _mp_r_t_nt
c_ntr_b_t_r." h_ h_s c_nc_rns _b__t h_w l_ng y__ng
p__pl_ sp_nd _nl_n_. h_ s__d y__ngst_rs "wh_ sp_nd
m_r_ th_n thr__ h__rs _ d_y _n s_c__l m_d__ f_c_
d__bl_ th_ r_sk _f _nx__ty _nd d_pr_ss__n sympt_ms".
m_rthy th_nks _nl_n_ w_rn_ngs w_ll h_lp, j_st _s
w_rn_ngs _n c_g_r_tt_s h_v_ h_lp_d.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

social media has changed the world there are good and bad things about it one bad thing is that it can cause mental health problems this is something the usas top doctor wants to address us surgeon general vivek murthy wants social media companies to display mental health warnings on their platforms he is particularly worried about the harm the platforms do to young people he said algorithms lead youngsters to extreme sexual and violent content dr murthy said it is time to require a surgeon generals warning label on social media platforms stating that social media is associated with significant mental health harms for adolescents he said laws were also needed to keep young people safe online

dr murthy has campaigned for tighter controls of social media for many years in 2023 he warned that social media presented a profound risk of harm to the mental health and wellbeing of children and adolescents his recent warning is in a guest essay published by the new york times he wrote the mental health crisis among young people is an emergency social media has emerged as an important contributor he has concerns about how long young people spend online he said youngsters who spend more than three hours a day on social media face double the risk of anxiety and depression symptoms murthy thinks online warnings will help just as warnings on cigarettes have helped

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

Social media has changed the world. There are good and bad things about it. One bad thing is that it can cause mental health problems. This is something the USA's top doctor wants to address. U.S. Surgeon General Vivek Murthy wants social media companies to display mental health warnings on their platforms. He is particularly worried about the harm the platform does to young people. He said algorithms lead youngsters to extreme sexual and violent content. Dr Murthy said: "It is time to require as surgeon general's warning label on social media platforms, stating that social media is associated with significant mental health harms for adolescents." He said laws were also needed to keep young people safe online. Dr Murthy has campaigned for tighter control of social media for many years. In 2023, he warned that social media presented, "a profound risk of harm to the mental health and well-being of children and adolescents". His recent warning is in a guest essay published by The New York Times. He wrote: "The mental health crisis among young people is an emergency. Social media has emerged as an important contributor." He has concerns about how long young people spend online. He said youngsters "who spend more than three hours a day on social media faced double the risk of anxiety and depression symptoms". Murthy thinks online warnings will help, just as warnings on cigarettes have helped.

ACADEMIC WRITING

From <https://breakingnewsenglish.com/2406/240620-social-media-health-warnings.html>

No one under 16 years of age should be allowed to use social media. Discuss.

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. SOCIAL MEDIA DANGERS: Make a poster about social media dangers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AGE LIMIT: Write a magazine article about you must be 16 or above to use social media. 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 social media dangers. Ask him/her three questions about them. Give him/her three of your ideas on how to keep young people safe online. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. The world
2. The U.S. Surgeon General
3. Algorithms
4. Adolescents
5. Laws
6. Many years
7. An essay by Dr Murthy
8. An emergency / crisis
9. Three hours a day on social media
10. Warnings on cigarettes

WORDS IN THE RIGHT ORDER (p.19)

1. There are good and bad things about it.
2. Something the USA's top doctor wants to address.
3. Display mental health warnings on their platforms.
4. The harm the platforms do to young people.
5. Laws were needed to keep young people safe.
6. His recent warning is in a guest essay.
7. The mental health crisis among young people.
8. Concerns about how long young people spend online.
9. Spend more than three hours a day.
10. Double the risk of anxiety and depression symptoms.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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