

What's the best thing about social media? And what's the worst? In this video, young people say whether they think social media can be bad for your health.

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                                |   |
|--------------------------------|---|
| 1..... data                    | a. wanting to know about other people's lives or problems                                   |
| 2..... to exacerbate something | b. being happy and healthy  |
| 3..... a watermark             | c. the results of a survey or research  |
| 4..... nosy                    | d. to put things in order   |
| 5..... well-being              | e. to make something that is already bad even worse   |
| 6..... PSHE                    | f. worry  |
| 7..... anxiety                 | g. a type of design printed in paper which can only be seen when it is held up to the light |
| 8..... to rank things          | h. personal, social and health education  |

### 1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

- The Young Health Movement asked **500 / 1,000 / 1,500** young people about their experience of social media and mental well-being.
- They ranked the social media platforms from **best to worst / oldest to newest / coolest to least cool**.
- A half of **13- to 23- / 14- to 24- / 15- to 25-** year-olds surveyed said Instagram and Facebook exacerbated feelings of anxiety.
- 5 / 7 / 8** in 10 young people said Instagram made them feel worse about their body image.
- 2 in 3 / 3 in 4 / 4 in 5** young people said that Facebook made cyberbullying worse.
- The Young Health Movement wants a **warning notification / pop-up notification / pop-down notification** for when you've spent a certain amount of time online.
- It also wants a **stamp / greasemark / watermark** on photos to indicate that the photos have been digitally manipulated.
- The Young Health Movement would also like PSHE lessons to include advice on how to use social media in a **healthy / good / positive** way.

### Discussion

What's the best thing about social media and what's the worst? How can people use it safely and healthily?