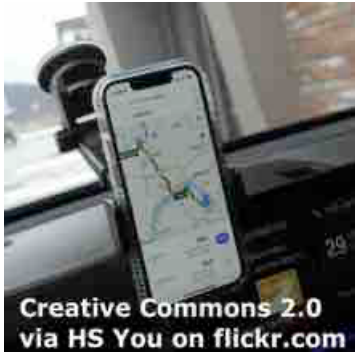


Internet access good for our health

16th May 2024



A new study says Internet access is good for our health. A report from the Oxford Internet Institute in the UK suggested that being connected to the worldwide web has a positive effect on our well-being. Researchers looked at data from 168 countries on people's

Internet use and mental health. The data was gathered between the years 2006 and 2021. It included information on two million people aged 15 to 99. The research team looked at eight factors that affect people's well-being. These included life satisfaction, positive experiences and happiness with social life. The team found that people with Internet access were eight per cent happier than those without web access.

The research included some surprising conclusions. One was the suggestion that Internet access had a similar, positive effect to walking in nature. It helps people to learn new things, practice hobbies, watch movies, and make new friends. However, the research did not look at how social media impacted people's lives. Many recent studies show that social media is having a negative effect on people's mental health. Researcher Tobias Dienlin said: "The study cannot contribute to the recent debate on whether or not social media use is harmful, or whether or not smartphones should be banned at schools." He added that: "Different channels and uses of the Internet have vastly different effects on well-being."

Sources: boingboing.net / bbc.com / nature.com

Writing

Governments should control what we can do and see on the Internet. Discuss.

Chat

Talk about these words from the article.

study / Internet / health / positive / data / information / satisfaction / social life / walking in nature / make new friends / social media / debate / smartphones / school

True / False

- 1) The research in the article is from Oxford University. T / F
- 2) Researchers looked at information on people in 168 countries. T / F
- 3) Researchers looked at data on 2,000,000 people aged up to 99. T / F
- 4) The study stated that people with Internet access were 8% happier. T / F
- 5) There were no surprising conclusions in the research. T / F
- 6) The research suggested Internet access was like walking in nature. T / F
- 7) The research found that social media does a lot of harm. T / F
- 8) The researchers said smartphones should be banned in classrooms. T / F

Synonym Match

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

- | | |
|-----------------------|----------------|
| 1. good | a. bad |
| 2. effect | b. collected |
| 3. gathered | c. contentment |
| 4. factors | d. findings |
| 5. happiness | e. damaging |
| 6. conclusions | f. points |
| 7. negative | g. beneficial |
| 8. debate | h. greatly |
| 9. harmful | i. discussion |
| 10. vastly | j. impact |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you need the Internet for?
- c) What's the worst thing that happened to you on the Internet?
- d) Is being online as beneficial as 'walking in nature'?
- e) Have you made new friends on the Internet?
- f) How harmful is social media?
- g) Should smartphones be allowed in schools?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|-------------------------------|-------------------------------|
| 1. A report from the | a. affect people's well-being |
| 2. a positive effect | b. new friends |
| 3. eight factors that | c. life |
| 4. positive | d. surprising conclusions |
| 5. social | e. vastly different effects |
| 6. The research included some | f. on our well-being |
| 7. a similar, positive effect | g. should be banned |
| 8. make | h. Oxford Internet Institute |
| 9. whether or not smartphones | i. to walking in nature |
| 10. uses of the Internet have | j. experiences |

Discussion – Student B

- What do you think of the Internet?
- How good or bad is the Internet to our health?
- How important is the Internet to you?
- Does being online make you feel positive or negative?
- How does the Internet affect your life satisfaction?
- How does the Internet affect your social life?
- How could the Internet be better?
- What would life be like without the Internet?

Spelling

- being ntcneocde to the worldwide web
- The data was hagedert
- The research team looked at eight crtafso
- positive neerxieecps
- scoil life
- eight per cent pephair
- The research included some surprising lccsnunoois
- had a iirmlsa, positive effect
- walking in urneat
- Many encert studies show that
- nttiorbuce to the recent debate
- have ytvajs different effects

Answers – Synonym Match

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

Role Play

Role A – The Internet

You think the Internet is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, having a medical or sitting on the sofa.

Role B – Working

You think working is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): the Internet, having a medical or sitting on the sofa.

Role C – Having a Medical

You think having a medical is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, the Internet or sitting on the sofa.

Role D – Sitting on the Sofa

You think sitting on the sofa is the best thing for our health. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these for our health (and why): working, having a medical or the Internet.

Speaking – Health

Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- | | |
|-----------------------|------------|
| • The Internet | • Driving |
| • Eating chocolate | • Working |
| • Having a medical | • Shopping |
| • Sitting on the sofa | • Studying |

Answers – True False

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

Answers to Phrase Match and Spelling are in the text.