


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SCORE: \_\_\_\_\_ /50

**A**  Listen to the radio program. Then read the sentences and circle the correct answers.

- 1 *Victor / Kerry* has made a video about fitness.
- 2 *Kerry was / wasn't* in the local newspaper.
- 3 *Victor / Kerry* sings in a band.
- 4 Victor sent an email to *his teacher / his teacher and the rest of the class*.
- 5 Kerry *has / hasn't* sent an email to the wrong person.

\_\_\_\_\_ / 10 (2 points each)

**B** Match the expression halves.

EXAMPLE: join

I

1 change

\_\_\_\_\_

2 check

\_\_\_\_\_

3 build

\_\_\_\_\_

4 make

\_\_\_\_\_

5 message

\_\_\_\_\_

6 open

\_\_\_\_\_

7 swipe

\_\_\_\_\_

8 add

\_\_\_\_\_

A someone as a friend

B left or right

C a social media account

D your messages

E a website

F a video

G people

H your password

I a social media group

\_\_\_\_\_ / 8 (1 point each)

**C** Circle the correct answer.

EXAMPLE: If I get spam I always try to block / upload it.

- 1 Laura has put her photography project on Facebook. Can you *go viral* / like it?
- 2 I didn't know how to *download* / bookmark the music onto my phone, so I asked Min for help.
- 3 You have to *log in* / search to your account with your username and password.
- 4 You should *download* / bookmark this page if you don't want to lose it.
- 5 I often *search for* / block interior decoration ideas on Pinterest.
- 6 I *bookmarked* / uploaded my first YouTube video yesterday.
- 7 Did you see the video of Gael that went *shared* / viral.

\_\_\_\_\_ / 7 (1 point each)

**D** Complete the questions and the answers.

EXAMPLE: A: *Have you ever been to Miami?*

B: No, I've never been to Miami.

- 1 A: \_\_\_\_\_ ?  
B: Yes, I've built an app.
- 2 A: \_\_\_\_\_ ?  
B: No, I've never made a video.
- 3 A: Have you ever used Twitter?  
B: Yes, \_\_\_\_\_ .
- 4 A: Have you ever written a blog post?  
B: No, \_\_\_\_\_ .
- 5 A: Have you ever sent a message to the wrong person?  
B: No, \_\_\_\_\_ .
- 6 A: Have you ever changed your password?  
B: Yes, \_\_\_\_\_ .
- 7 A: \_\_\_\_\_ ?  
B: Yes, I have written a song.

\_\_\_\_\_ / 7 (1 point each)

**E** Complete the questions and the answers.

A: Have you ever *made* a video?

B: Yes, I have.

A: When *did* you make it?

B: Last year.

A: Have you ever <sup>1</sup> \_\_\_\_\_ to  
China?

B: Yes, I have.

A: When did you go?

B: I <sup>2</sup> \_\_\_\_\_ last year.

A: Have you ever <sup>3</sup> \_\_\_\_\_  
someone online?

B: Yes, I have.

A: Who <sup>4</sup> \_\_\_\_\_ ?

B: I blocked my ex-boyfriend.

A: Have you ever <sup>5</sup> \_\_\_\_\_  
an app?

B: Yes, I have.

A: What <sup>6</sup> \_\_\_\_\_ ?

B: I built a fitness app.

A: Have you ever <sup>7</sup> \_\_\_\_\_  
a song?

B: Yes, I have.

A: When did you write it?

B: I <sup>8</sup> \_\_\_\_\_ it last summer.

\_\_\_\_\_ / 8 (1 point each)

**F** Read the article. Then match the statements to points A–E.

### Digital Detox Challenge

Have you ever gone out with friends and left your cell phone at home? Have you ever turned your cell phone off for 24 hours? If the answers to these two questions are no, then you should try the “digital detox challenge”. The idea of the digital detox challenge is to use less technology and to spend less time online. Here are some ideas:

**A Use settings**

Go to settings and block any emails you don’t want to read, so that you get fewer emails. Now turn off notifications so you don’t know when you get new emails or messages. Less information is more time away from your phone.

**B Make lists**

Make a list of all your devices. Of computers, tablets, cell phones that you use at work, school and home. Think about which ones you use the most and think about if you need to use all of them. Ask yourself, “Do I need them all?” If the answer is no, then maybe you don’t need so many devices.

**C Download a phone usage app**

With this app you can limit the amount of time that you use your phone. You choose the amount of time and then your cell phone won’t let you use it any more for that day. This really makes you think about how much you normally use your cell phone.

**D Use office hours**

You go home after work or after school and you can forget your place of work until 9 a.m. the next day. Do the same with your phone. If you can, turn it off at the end of your working day. Enjoy the quality time with your family.

**E Turn off your devices at night**

It is important for you to sleep, and people sleep better when there are no cell phones or computers in the bedroom. So, don’t listen to music on headphones, or read on your tablet in the bedroom.

- 1 If you do this, you use your phone for a short time during the day. \_\_\_\_\_
- 2 If you do this, you get a better night’s sleep. \_\_\_\_\_
- 3 If you do this, you don’t know when you get emails or messages. \_\_\_\_\_
- 4 If you do this, you think about how many devices you have. \_\_\_\_\_
- 5 If you do this, you spend more time with your family. \_\_\_\_\_

\_\_\_\_\_ / 10 (2 points each)