Technology and Communication

Unit 6: talk about your phone and online habits, and say what will happen if you change them.

Level B1 Unit 6 of 10

Before you start

After this unit, I can...

- ✔ talk about how I use my phone and apps: **I scroll, I post, I turn off notifications**
- ✔ say what will happen with the first conditional: **If I turn off my phone, I'll sleep better**
- ✔ give and discuss simple rules for healthy technology use

Vocabulary

1 Words for This Unit

What to do: Tap each card to see the meaning and an example. Say the word out loud. Then answer the questions below.

screen time *noun*
the time you spend looking at a phone, computer or TV
"I want to cut down my screen time."

a notification *noun*
a message on your phone about new activity
"I get too many notifications."

scroll *verb*
move up or down through content on a screen
"He scrolled through videos for an hour."

post *verb*
put a message or photo on social media
"She posted a photo of her dog."

addictive *adjective*
very hard to stop doing
"Some games are very addictive."

a distraction *noun*
something that takes your attention away
"My phone is a distraction when I study."

face-to-face *adjective / adverb*
in person, not online
"We talk face-to-face at dinner."

log off *phrasal verb*
stop using an app or website
"I log off at nine every night."

Check the words

1. My phone shows a _____ every time someone likes my photo.

one word

2. You can't stop playing a game. The game is…

☐ face-to-face. ☐ addictive. ☐ a notification.

3. I _____ through my feed on the bus every morning.

one word

4. Talking with friends in the same room, not online, is talking…

☐ face-to-face. ☐ on screen. ☐ logged off.

5. My _____ time is five hours a day. That's too much!

one word

Sort the verbs: which noun goes with each one?

Tap a verb once for **a photo**, two times for **notifications**, three times for **a message**. Tap again to put it back.

… a photo	… notifications	… a message

mute delete take edit reply to post check turn off send

2 Grammar

The First Conditional

Remember

A real possibility and its result: **If** + present simple, **will** + base verb. **If** I **turn off** notifications, I **will focus** better.

The **if** part can come second. Then there is no comma: I**'ll call** you **if** I **have** time.

Negative result: **won't**. If you scroll before bed, you **won't sleep** well.

unless = if not. You'll miss the bus **unless** you leave now.

Questions: What **will** you do if the battery **dies**?

Be careful: don't use *will* in the *if* part. Say *If it rains, we'll stay home*, not *If it will rain*.

What to do: Complete each sentence. Use the present simple after **if** and **will / won't** + verb for the result. Then answer the questions and build the two sentences.

1. If you _____ off notifications, you will focus better. (turn)

one word

2. If you scroll before bed, you _____ well. (not / sleep)

two words

3. If we spend less time online, we _____ happier. (feel)

two words

4. If she _____ that photo, a lot of people will see it. (post)

one word

5. I'll text you if the train _____ late. (be)

one word

6. You won't finish your homework _____ you put your phone away.

one word

7. What _____ you do if you lose your phone? (will / do)

one word

8. Which sentence is correct?

☐ If it will rain, we stay home. ☐ If it rains, we will stay home.
☐ If it rains, we stayed home.

9. "Unless you charge it" means…

☐ If you don't charge it ☐ When you charge it ☐ Because you charge it

10. Which sentence needs a comma?

☐ I'll call you if I have time ☐ We'll be late unless we hurry
☐ If you log off now you'll have more time

Build the sentence

Tap the words in the correct order. Tap a word in your answer to put it back.

11. A result:

Tap the words below in order

log off | If you | now, | you will | sleep better.

12. The if part second:

Tap the words below in order

face-to-face. | We will | if we | feel better | talk

3 Reading
Our Phone-Free Week

What to do: A student wrote about a class experiment for the school newsletter. Read it. Then answer the questions.

Last month, our English teacher gave us a challenge: one week with no social media. We could still use our phones for calls, messages and homework, but no apps with likes or videos. Most of us laughed. “If I delete the apps, IIf I delete the apps, I’ll die of boredom,rsquo;ll be so bored,” my friend Ivan said.

The first two days were hard. I picked up my phone about every ten minutes, and there was nothing to check. On the third day, something changed. I started reading on the bus, and I finished a book for the first time in a year. My sister said I talked more at dinner.

Not everyone finished the week. Ivan gave up on day four because he missed his friends’ group videos. But almost everyone agreed on one thing: we slept better. Our teacher now has one rule for the class: “If you finish your work early, you will read, not scroll.” I think I’ll keep one phone-free day every week.

1. What could the students still use their phones for?

☐ videos and games ☐ calls, messages and homework ☐ nothing at all

2. On the first days, the writer picked up the phone about every _____ minutes.

a number

3. On the bus, the writer started _____.

one word

4. Why did Ivan stop on day four?

☐ He missed his friends' group videos. ☐ His phone broke.
☐ His teacher told him to.

5. What did almost everyone agree on?

☐ They felt bored all week. ☐ They talked less. ☐ They slept better.

6. The writer wants to keep one phone-free _____ every week.

one word

4 Listening
Screen-Time Talk

What to do: Mia and Leo talk about phones and sleep. Listen two times. The first time, find out Leo's problem. The second time, listen for details. Open the transcript only after you answer.

Audio 2 **Mia and Leo talk about phones and sleep**

1. Leo was on his phone until _____ in the morning.

a time

2. Why can't Leo sleep?

☐ He drinks coffee at night. ☐ He scrolls on his phone for hours.
☐ He studies late.

3. Mia now charges her phone in the _____.

one word

4. What happens if Mia doesn't see notifications?

☐ She relaxes more. ☐ She misses messages. ☐ She feels worried.

5. Her family talks more _____ at dinner now.

one word with hyphens

6. What does Leo decide at the end?

☐ to buy a new phone ☐ to delete his apps ☐ to try Mia's idea

5 Dialog practice

Phones and Plans

A. Listen and complete

What to do: Listen to someone talk about her online habits. Write the missing word in each sentence.

Audio 1 **Online habits**

1. If she's _____, she opens an app without thinking.

one word

2. Every time her phone _____, she checks it.

one word

3. She turns off notifications during _____.

one word

4. She leaves her phone _____ at night.

one word

5. When she does this, she _____ more.

one word

B. Put the dialogs in order

Tap the lines in the correct order. Tap a line in your answer to put it back.

6. Making plans by text

Tap the lines below in order

B: Yes, but my battery is almost dead.

A: Are we still meeting at six?

A: OK. If I don't hear from you, I'll wait at the entrance.

A: Great. See you soon!

B: Perfect. If I'm late, I'll call from a friend's phone.

7. A phone at dinner

Tap the lines below in order

B: OK, OK. It's off.

A: If you don't stop now, your food will get cold.

A: Can you put your phone away, please?

B: Just one minute. I'm answering a message.

C. Say it out loud

On your own

1. Read both dialogs in Part B out loud. Say every part.
2. Say the first dialog again with a different time and place.
3. Play Audio 1 again. Then say three of your own rules: **If I..., I'll...**

With a partner

1. Read the text dialog. One of you is A, and one is B.
2. Swap roles and read it again.
3. Now make a real plan for this weekend. Use two **if** sentences.

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6 Speaking

The Family Phone Rules

What to do: Speak! There is no score for this task. Use the questions and answers below.

A family wants three phone rules for home. One person thinks the rules are a good idea. The other person is not sure. Talk about each rule and agree on the final three.

Role A

For the rules

Suggest a rule and say what will happen if the family follows it: "If we charge our phones in the kitchen, we'll sleep better."

Role B

Not sure

Say a problem with each rule: "But if my phone is in the kitchen, I won't hear my alarm." Then find a solution together.

Suggest and give results

How about no phones at dinner?

What if we charge our phones in the kitchen?

If we turn off notifications after nine, we'll...

If we follow this rule, we'll...

Answer and agree

That's a good idea because...

I'm not sure. If we do that,... won't...

OK, but only if...

So we agree: rule one is...

Our three phone rules

Rule 1 and its result _____

Rule 2 and its result _____

Rule 3 and its result _____

One problem we solved _____

With a partner

1. Talk about at least five possible rules.
2. Agree on three and write them on the card on paper.
3. Tell the class your rules and one result for each.

On your own

1. Write five possible rules on paper.
2. For each one, say a result out loud: **If we…, we'll…**
3. Choose your top three. Record yourself explaining why.

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7 Writing

A Healthy Tech Guide

What to do: Write a short guide of 80–100 words for students your age about healthy phone use. Use the first conditional. There is no automatic score. Use the checklist.

Example:

Do you want to feel better and sleep more? Try these simple ideas. If you turn off your notifications, you won't check your phone so often. If you keep your phone out of your bedroom, you'll fall asleep faster. If you meet friends face-to-face, you'll feel happier than after an hour of scrolling. And you'll finish your homework sooner unless your phone is on the desk. Small changes make a big difference, so choose one idea and try it this week!

Do you want to…? | If you turn off…, you won't… | If you keep your phone…, you'll… | … unless… | Choose one idea and…

Did you include…

- [ ] four first conditional sentences (**If** + present, **will** + verb)
- [ ] a comma when the **if** part comes first
- [ ] one negative result (**you won't…**)
- [ ] three technology words (**notifications, scroll, screen time**…)
- [ ] a friendly opening and closing line

For teachers: this workbook goes with **Teach It: B1 Technology and Communication** (a 45-minute plan with a printable handout) and the **full two-session lesson plan**.