

Intermediate English Social Media and Well-being Handout

中級英文 B1 社群媒體、睡眠、友情與身心健康講義

Intermediate | Intermediate / B1 | 60-90 分鐘

Lesson Overview

- This B1 handout helps students talk about social media in a balanced way.
- Students practice reading about online friendships, sleep, productivity, and healthy phone habits.

Vocabulary 單字解析

Word	Part	中文	Easy meaning	Example
connect	v.	連結	to bring people together	Social media can connect friends who live far away.
replace	v.	取代	to take the place of something	Online messages cannot replace every face-to-face talk.
stressful	adj.	有壓力的	making someone feel worried or tense	A long online argument can be stressful.
productive	adj.	有生產力的	able to do useful work	I am more productive when my phone is away.
notification	n.	通知	a message that tells you something new	I turned off notifications during study time.
unfollow	v.	取消追蹤	to stop seeing posts from an account	Tina unfollowed accounts that made her feel bad.
compare	v.	比較	to think about how two things are similar or different	Do not compare your life with every photo online.
control	n./v.	控制	the power to decide or manage something	Kevin feels more in control of his time.
habit	n.	習慣	something you do often	Putting the phone away is a healthy habit.
balanced	adj.	平衡的	not too much of one thing	We need a balanced view of social media.

Reading 1 | Friends Online and Offline

A group of students are planning a birthday party for their classmate, Sam. At first, everything happens in a group chat. People share ideas, choose a cake, and vote on a time. The chat is fast and useful, but it also becomes noisy. Some students miss important messages because there are too many jokes and stickers.

Later, Mei suggests meeting for ten minutes after school. In person, the group decides the final plan more quickly. They still use the chat to remind everyone about the party, but they stop arguing online.

Mei thinks social media is helpful when it connects people. However, it cannot replace every conversation. Sometimes a short face-to-face talk is clearer, kinder, and less stressful than a long online chat.

Reading 2 | The Sleep Problem

Kevin usually says he will check his phone for only five minutes before bed. The problem is that five minutes often becomes forty minutes. He watches short videos, reads comments, and replies to messages. When he finally sleeps, his mind is still busy.

The next morning, Kevin feels tired in class. He understands the lesson more slowly and forgets to bring his homework. His friend tells him to put the phone outside the bedroom at night. Kevin does not like the idea, but he tries it for one week.

The first two nights are difficult. After that, Kevin falls asleep faster. He still uses social media, but not in bed. He learns that a small habit can make a big difference.

Reading 3 | Make Your Feed Healthier

Social media is not only about time. It is also about what people see. Some accounts make students laugh, learn, or feel close to friends. Other accounts make them feel jealous, angry, or worried.

Tina decides to clean her feed. She unfollows accounts that always make her compare herself with others. She keeps accounts about art, cooking, English learning, and school clubs. She also turns off some notifications.

After a month, Tina does not use social media perfectly, but she feels more in control. She says, 'I cannot control the whole internet, but I can choose what I invite into my day.'

Dialog 口說對話

Dialog 1 | Group Chat Problem

Mei: There are too many messages in the group chat.

Alex: I know. I missed the meeting time.

Mei: Let's meet after school for ten minutes.

Alex: Good idea. It will be faster.

Dialog 2 | Before Bed

Mom: Are you still on your phone?

Kevin: Just five more minutes.

Mom: You said that thirty minutes ago.

Kevin: You're right. I will charge it in the living room.

Dialog 3 | Cleaning the Feed

Tina: This account always makes me feel bad.

Lily: Maybe you should unfollow it.

Tina: I can do that?

Lily: Of course. Your feed should help you, not hurt you.

Dialog 4 | Balanced Use

Teacher: Is social media good or bad?

Student: It depends on how we use it.

Teacher: Can you give an example?

Student: It can connect friends, but it can also hurt sleep.

Speaking Practice 口說練習

- Social media helps me when ____.
- Social media becomes a problem when ____.
- One healthy phone habit is ____.
- I think students should turn off notifications when ____.
- Compared with face-to-face talks, online chats are ____.

Quiz 練習題

1. Why does Mei suggest meeting after school?
2. How does the group use the chat after the meeting?
3. Why is Kevin tired in class?
4. What habit does Kevin try for one week?
5. What kinds of accounts does Tina keep?
6. Why does Tina feel more in control?
7. Role-play: Ask a friend to stop sending too many messages at night.
8. Give one benefit and one problem of social media.
9. Write three rules for healthy social media use.
10. Discussion: Should students have phone-free time every day?

Answer Key 答案

1. Because the group chat is noisy and a face-to-face meeting can be clearer and faster.
2. They use it to remind everyone about the party.
3. Because he uses his phone too long before bed and sleeps late.
4. He puts or charges his phone outside the bedroom at night.
5. She keeps accounts about art, cooking, English learning, and school clubs.
6. Because she chooses what she sees and turns off some notifications.
7. Possible answer: Could you please stop sending messages after 10 p.m.?
8. Possible answer: It connects friends, but it can hurt sleep.
9. Answers will vary.
10. Answers will vary.

Teacher Notes 老師備課提示

- Begin with a quick vote: Is social media mostly helpful, mostly harmful, or both?
- For B1 practice, ask students to support opinions with examples from their own routines.
- A good extension is a two-column board activity: Benefits / Problems.

Source Notes 資料來源

Pew Research Center: Social Media and Teens' Mental Health:

<https://www.pewresearch.org/internet/2025/04/22/teens-social-media-and-mental-health/>

Pew Research Center: 10 facts about teens and social media:

<https://www.pewresearch.org/short-reads/2025/07/10/10-facts-about-teens-and-social-media/>