

Are you an Internet addict ?

I. TAKE THE QUIZ ! Read the questions and discover if you are addicted or not to the net.

1. When I use my smartphone, laptop, or tablet, it's difficult to stop.

Never or Rarely

Sometimes

Often or Regularly

2. I enjoy interacting online (snapchat/insta) with my friends more than in real life (school, park...).

Never or Rarely

Sometimes

Often or Regularly

3. I'd rather spend time online than doing things around the house (ex : cooking with my mother, playing with my sisters/brothers).

Never or Rarely

Sometimes

Often or Regularly

4. I think that the quality of my school work has suffered because of my addiction to my smartphone.

Never or Rarely

Sometimes

Often or Regularly

5. Family have complained (=se plaindre de) about the time I spend in front of my smartphone, tablet, or computer.

Never or Rarely

Sometimes

Often or Regularly

6. I check my social media (Facebook, Instagram, etc.), texts, or emails when I wake up in my bed.

Never or Rarely

Sometimes

Often or Regularly

7. I don't like it when people bother me when I'm in front of my smartphone, laptop, or tablet.

Never or Rarely

Sometimes

Often or Regularly

8. I'm nervous when I'm separated from my smartphone, tablet, or laptop.

Never or Rarely

Sometimes

Often or Regularly

9. I escape from my real life with my smarphone.

Never or Rarely

Sometimes

Often or Regularly

10. My life is less (=moins) interesting and happy without access to the Internet.

Never or Rarely

Sometimes

Often or Regularly

11. I go to bed very late (se coucher très tard) because I use my smartphone or I play online.

Never or Rarely

Sometimes

Often or Regularly

12. I prefer staying home gaming, doing social media than going outside with my friends.

Never or Rarely

Sometimes

Often or Regularly

13. When I'm not checking my smartphone, I fear missing out with what's going on (= peur de manquer ce qu'il se passe).

Never or Rarely

Sometimes

Often or Regularly

 **Remember :** Never = jamais – Sometimes = quelques fois – Often = souvent

Results

Check your score and find out if you are (or not!) an Internet addict :

Never or Rarely : 0 point

Sometimes : 1 point

Often or Regularly : 2 points

My total score is : points

From 0 to 13 points	From 14 to 17 points	From 18 to 21 points	22 points and more
<p><u>No Internet addiction</u></p> <p>Excellent ! You use the Internet and your mobile phone cautiously !</p> <p>You don't have any problem with Internet use.</p> <p>You have a balanced relationship with your online use because it's ok for you to stop with your phone and do other activities like sports, hanging out with your friends, your homework...</p>	<p><u>Borderline Internet addiction</u></p> <p>You may be starting to experience some issues related to your smartphone or online use.</p> <p>These issues are not serious at this time because you still are a serious person.</p> <p>Try to balance your time between your online use (especially the amount of time you spend checking social media, gaming, or with your smartphone) and your real-world life just to be on the safe side.</p>	<p><u>Internet addiction possible</u></p> <p>70 % sure your parents aren't happy with you and your mobile phone...</p> <p>Think of it like this... You generally don't spend 5 or 6 hours in front of the television, every night, nearly every day. Most people wouldn't think that's normal.</p> <p>Just live your life with real people !</p>	<p><u>Internet addiction likely</u></p> <p>OMG You are an addict !! It is obvious that you spend hours and hours, DAY and NIGHT on your mobile phone or playing online. It's the most important thing in your life !</p> <p>Start to change your use of the Internet to reduce the issues that it may be causing in your life or at school</p> <p>Be careful with the Internet and start to go out with your real life friends and family !</p>

II. THINK: GIVE AN ANSWER TO THE FOLLOWING QUESTIONS.

1. Do you agree (être d'accord) with the description of your score ?

2. An Internet addict...

can live without an access to the net

can't live without an access to the net

3. For them, the most important is to...

play video games or post stories/photos on social networks

Spend quality time with their real friends and family

4. Can you explain why it is so important ?

5. What could be their parents' reactions ?

They could kill the wifi connection.

They could buy them a more modern phone.

They could give them money to get a new video game.

They could take away their phone.

They could monitor their social network accounts.

They could talk about the dangers of the Internet.

III. REMEMBER – Grammar point: L'expression de la modalité avec CAN / COULD.

Pour compléter la partie suivante, regarde la vidéo YOUTUBE sur ces auxiliaires : [lien vidéo.](#)

(Nom de la vidéo > CAN et COULD - Les modaux en anglais, partie 2)

CAN et COULD sont des et on peut le traduire par le verbe français .

CAN sert à exprimer la .

- 1) Ce que l'on est capable de faire. Ex :
- 2) Ce qu'il est permis de faire. Ex :
- 3) Ce qui est possible, qui peut arriver. Ex :

CAN'T / CANNOT est sa forme négative. Il exprime...

- 1) Ce que l'on n'est pas capable de faire. Ex :
- 2) Ce qu'il est interdit. Ex :
- 3) Ce qui n'est pas possible. Ex :

COULD sert à exprimer le ou le de CAN.

- 1) Ce que l'on pouvait faire dans le passé Ex : I **could play** the guitar.
(AVANT) Je **pouvais jouer** de la guitare.
- 2) Ce qui est possible mais pas certain Ex : Some parents **could take away** their phones.
Les parents pourraient confisquer leurs portables (mais ce n'est pas OBLIGE, c'est une POSSIBILITE).

Et évidemment la forme négative **COULDN'T**, servira à exprimer l'inverse : l'incapacité / l'impossibilité au passé.

> He **couldn't stop** using his mobile phone because he is addicted : Il **n'avait pas pu arrêter** d'utiliser son téléphone car il y est accroc.

Dans tous les cas, les questions se construisent de la même façon :

[Mot interrogatif]	AUXILIAIRE	+	Sujet	+	BASE VERBALE	+	[complément]	?
What	COULD		he	+	DO			?
	CAN		you		PLAY		video games	?
Why	CAN'T		she		STOP		use her phone	?

EXERCICE 1 : Complète les phrases suivantes avec **CAN, CAN'T, COULD** ou **COULDN'T**

1. When Farès was 15, he was a fast runner. He run 200 meters in 30 seconds.
2. Dilek is sorry but she come to your party next Friday.
3. Aline isn't in a hurry. She wait for Maëlle if she needs more time to study.
4. Mélina was talking to Sarra yesterday. They stop their conversation.
5. Please speak louder, Sabine. I hear you very well.
6. Ilyès was very tired because he sleep last night, he was playing online with Amine.
7. Ibrahams was a smart child. He read when he was two but now he prefers his PS4.
8. Nashri spends hours and hours on his phone. he turn it off for a day?
9. Jemima loves selfies. She post a lot of pictures of herself on Instagram everyday.
10. Yanni likes math. He solve math problems quickly.
11. Blanda is too busy to play video games. What she be doing?

EXERCICE 2 : A ton tour de créer des phrases avec **CAN / CAN'T / COULD / COULDN'T**.

Ecris dans les cadres suivants...

- **4 activités que tu peux faire avec Internet**

- **4 activités que tu ne peux pas faire sans internet**

- **4 choses que tu pourrais faire au lieu de rester sur un écran**

- **4 choses que tes parents ne pourraient pas faire sans internet**