

CNN News Highlights — Social Media Breaks

1) agency	2) breaking point	3) controlled	4) literally responding to	5) Pavlovian response	6) values
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I reached a _____. I distinctly remember hearing a buzz of a notification, having a _____ to grab for my phone. Why am I being _____ by something else? I'm someone who _____ control and _____, and I'm just giving that all away like a dog, _____ a bell or a whistle.

1) addictive platforms	2) disconnect	3) movement	4) peers	5) shock	6) tech activist
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Gen Z _____ Emma Lemi is one of a growing number of teens and young adults leading a _____ to take back control of her attention by logging off. They're pushing back against _____ not just for themselves, but for their _____. And experts say they're on to something. Teenagers are very smart, and my students all tell me that they know that social media is really, really bad for them. The problem is that it's so difficult to _____. I do think it's very significant that teenagers are increasingly recognizing that something needs to change. And that's often a _____ to adults.

1) constantly	2) deactivate	3) make that happen	4) Pew Research	5) researchers	6) willing
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Nearly half of US teens today say they're on social media almost _____. According to _____, for many, disconnecting feels impossible, especially when everyone else is still online. _____ asked college students, "How much would we have to pay you to _____ Instagram or TikTok for 4 weeks?" The average amount was \$50. Now, how much would we have to pay you if everyone else here did the same? The answer is that the college students were _____ to pay the researchers to _____.

1) debating	2) digital reset	3) exploiting	4) five-minute power scroll	5) picky	6) plugged in
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Users are questioning more than just how much time they're on social media when _____ whether to log off entirely. Teens wonder if it's still serving them and why they're _____ in the first place. I do something called the _____ every few weeks, and I have to be incredibly _____ and mindful and intentional. So every photo I go through, I'll stop and say, "How does this make me feel?" and I have to act based on those feelings. So if I feel frustrated and I don't like the content, I'll unfollow the person. I do that every few weeks as kind of a _____, as a way of maintaining a digital experience that serves me rather than _____ me.

1) celebrities	2) digital detoxes	3) influencers	4) mental health	5) status quo	6) judgment
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You've seen people post videos about _____. You've seen other larger _____ and _____ take breaks. I have taken a break from social media for my _____. I think it is the role and job of individuals in Gen Z and other generations to help continue to raise the _____, to talk about healthier habits, and to pursue them _____.

Translation

我到了崩潰的臨界點。我清楚記得聽到通知聲時，本能地像帕夫洛夫的反應一樣去抓手機。為什麼我要被其他東西控制？我是個重視掌控和自主權的人，但我卻把這一切拱手讓出，就像一條狗一樣，對鈴聲或口哨做出反應。

Z 世代的科技行動者艾瑪・雷米，是越來越多年輕人與青少年中的一員，他們正在透過登出社群平台來奪回注意力的控制權。他們不僅是為了自己，也是為了同儕而對抗這些令人上癮的平台。專家表示，他們的確抓到重點。

青少年非常聰明，我的學生們都告訴我，他們知道社群媒體對自己非常非常不好。問題是，想要斷開實在太困難。我確實認為，越來越多青少年意識到必須有所改變，這一點很重要。而這往往會讓大人感到震驚。

如今，將近一半的美國青少年表示自己幾乎一直都在使用社群媒體。根據皮尤研究中心的數據，對許多人來說，想要斷線幾乎是不可能的，特別是當其他人都還在線上的時候。

研究人員詢問大學生：「我們必須付你多少錢，你才願意停用 Instagram 或 TikTok 四週？」平均金額是 50 美元。那麼，如果這裡的所有人都同意停用，我們又該付多少呢？答案是，大學生甚至願意自己付錢給研究人員來讓這件事發生。

在考慮是否要完全登出時，用戶質疑的不只是自己花在社群媒體上的時間。青少年會思考，這些平台是否真的對自己有益，為什麼要一直掛在上面。

我每隔幾週會做一件叫作「五分鐘快速滑動」的事，我必須非常挑剔、謹慎、有意識。所以每看一張照片，我都會停下來問自己：「這讓我有什麼感覺？」然後必須根據這些感覺去行動。如果我覺得沮喪，或者不喜歡這個內容，我就會取消追蹤那個人。我每隔幾週都會這樣做一次，算是一種數位重置，讓我的數位體驗服務於我，而不是利用我。

你一定看過有人上傳「數位排毒」的影片。你也看過更大咖的名人和網紅暫時離開社群平台。

我也曾經為了心理健康暫時離開過社群媒體。

我認為，Z 世代與其他世代的個人都有責任繼續提升標準，討論更健康的習慣，並且不帶批判地去實踐。



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Answers

1) agency	2) breaking point	3) controlled	4) literally responding to	5) Pavlovian response	6) values
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I reached a 2) breaking point. I distinctly remember hearing a buzz of a notification, having a 5) Pavlovian response to grab for my phone. Why am I being 3) controlled by something else? I'm someone who 6) values control and 1) agency, and I'm just giving that all away like a dog, 4) literally responding to a bell or a whistle.

1) addictive platforms	2) disconnect	3) movement	4) peers	5) shock	6) tech activist
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Gen Z 6) tech activist Emma Lemi is one of a growing number of teens and young adults leading a 3) movement to take back control of her attention by logging off. They're pushing back against 1) addictive platforms not just for themselves, but for their 4) peers. And experts say they're on to something. Teenagers are very smart, and my students all tell me that they know that social media is really, really bad for them. The problem is that it's so difficult to 2) disconnect. I do think it's very significant that teenagers are increasingly recognizing that something needs to change. And that's often a 5) shock to adults.

1) constantly	2) deactivate	3) make that happen	4) Pew Research	5) researchers	6) willing
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Nearly half of US teens today say they're on social media almost 1) constantly. According to 4) Pew Research, for many, disconnecting feels impossible, especially when everyone else is still online. 5) researchers asked college students, "How much would we have to pay you to 2) deactivate Instagram or TikTok for 4 weeks?" The average amount was \$50. Now, how much would we have to pay you if everyone else here did the same? The answer is that the college students were 6) willing to pay the researchers to 3) make that happen.

1) debating	2) digital reset	3) exploiting	4) five-minute power scroll	5) picky	6) plugged in
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Users are questioning more than just how much time they're on social media when 1) debating whether to log off entirely. Teens wonder if it's still serving them and why they're 6) plugged in in the first place. I do something called the 4) five-minute power scroll every few weeks, and I have to be incredibly 5) picky and mindful and intentional. So every photo I go through, I'll stop and say, "How does this make me feel?" and I have to act based on those feelings. So if I feel frustrated and I don't like the content, I'll unfollow the person. I do that every few weeks as kind of a 2) digital reset, as a way of maintaining a digital experience that serves me rather than 3) exploiting me.

1) celebrities	2) digital detoxes	3) influencers	4) mental health	5) status quo	6) judgment
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You've seen people post videos about 2) digital detoxes. You've seen other larger 1) celebrities and 3) influencers take breaks.

I have taken a break from social media for my 4) mental health.

I think it is the role and job of individuals in Gen Z and other generations to help continue to raise the 5) status quo, to talk about healthier habits, and to pursue them 6) without judgment.