



Nomophobia

Lesson code: 1392-71QC-NKJQ

PRE-INTERMEDIATE

American English

1 Warm up

What kind of cellphone do you have? What do you use it for?

2 How important is your cellphone?

In pairs, take the test below.

1. How do you feel when you lose signal?
a. Worried4 b. A bit worried 3 c. Not worried . 2 d. Happy 1
2. How often do you run out of battery?
a. Never 4 b. Hardly ever ..3 c. Every week ..2 d. Every day ... 1
3. How often do you lose sight of your phone?
a. Never 4 b. Hardly ever ..3 c. Sometimes ..2 d. All the time .. 1
4. Do you bring your phone to the beach when you are on vacation?
a. Yes, always.3 b. Sometimes2 c. Never 1
5. Do you check your emails or texts when you are at a restaurant with a friend?
a. Yes, always.3 b. Sometimes2 c. Never 1
6. What kind of information do you store on your phone?
a. Everything 4
b. Photos and contact details 3
c. Only contact details 2
d. Nothing 1

Add the scores together and compare with the key:

- 20-22 essential
- 17-19..... very important
- 13-16 important
- 9-12..... somewhat important
- 6-8..... not very important



3 Reading

Read about a study on cellphone users in the UK and complete the statistics below:

- _____ percent of people bring their cellphones to the beach.
- _____ percent check their emails on their phones in bed.
- _____ percent check their messages while on a date.
- Women did this _____ percent more times than men.

THE
INDEPENDENT

Nomophobia

A new study of cellphone use in the UK has found that more than half of the population are afraid of being without their cellphones.

- According to a new study, more than half of the UK population suffer from 'nomophobia' -- the fear of being without their cellphone. This could include losing signal, running out of battery, or losing sight of your phone.
- 'Nomophobia' is an abbreviation of 'no mobile phone phobia'. The word was first invented in the UK after a study that examined anxieties related to mobile use.
- According to the most recent study, 42 percent of people bring their phones to the beach with them on vacation, and 20 percent use them to check their email in bed.
- A quarter of the people in the study checked texts and emails while they were at dinner or on a date. Women did this ten percent more than men.
- The study also showed that people do not take care about the security of their cellphones. This was surprising because our smartphones usually have as much private and sensitive information as our laptops and computers.
- "It's very clear that we totally rely on our phones -- when we are at home and also when we are at work," said Fred Touchette, senior security analyst at AppRiver. "We store so much information on our phone -- confidential office documents, contact details, emails, photos, and bank logins. If somebody steals the device, they can easily access that information."
- This suggests that people are afraid of losing their smartphones for a logical reason -- not only because of their need for communication. It is like losing your keys.

Adapted from The Independent, by James Vincent, Monday 26 August 2013

4 Checking understanding

Read the whole text and answer the questions below:

- What is 'nomophobia'?
- People don't take care about the security of their cellphones. Why is this surprising?
- What can happen if somebody steals your cellphone?
- Why are people afraid of losing their phones according to the study?



You can review this worksheet online at www.linguahouse.com/ex

Review your flashcards at least 3-5 times a week for 20 minutes to keep the material fresh in your memory.

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5 Find the word

Find a word or phrase in the text which means ...

1. a short way of writing something (*noun, P.2*): _____
2. fears, feelings of worry (*noun, P.2*): _____
3. secret and important (*adjective, P.6*): _____
4. a type of invention or machine (*noun, P.6*): _____

6 Talking point

Do you think people in your country suffer from 'nomophobia'? Is the situation different than in the UK?

7 Prepositional phrases with 'at', 'on', and 'in'

Complete the phrases in the table below with the following words:

bed the phone vacation home a date work dinner

Preposition	Special phrases
at	at _____ at _____ at school at _____ at the top/bottom at a meeting at the end
on	on _____ on _____ on _____ on the internet on the train/bus/plane/tram
in	in _____ in a newspaper in a book in the hospital in prison in the middle



8 Practice

Complete each sentence with 'at', 'in', or 'on' plus one of the following words from the article:

a date		a meeting		bed
	lunch		my laptop	
the internet		the bottom		the hos- pital
	the middle		the newspaper	
the phone		the train		vacation
	work			

- I found an interesting website while I was on the internet.
- I never check my emails while I am _____. I prefer to go to sleep.
- I read about the political situation _____.
- I store a lot of important information _____, so I take it with me everywhere.
- Joe is not _____ right now. His office is closed.
- When I'm _____, I always stay in cheap hotels.
- Paul is waiting _____ of the stairs.
- I don't like talking _____ when I'm _____. I prefer to eat in silence.
- My boss is unavailable right now. He is _____ with his business partners.
- George had a serious car accident. He is _____ at the moment.
- I decided to stop reading _____ of the book. I'll finish it later.
- Hi Saul, I'm still _____. I'll be home in about 10 minutes.
- Tom is finally _____. He hasn't been out with a girl in a long time.

