



# Nomophobia

Lesson code: 1392-71QF-IET5

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. Worried .....4 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. Sometimes ..... 2 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. Sometimes ..... 2 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?



## 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.



*Ex2: Go through the questions first and make sure students understand the meaning of the phrases such as 'lose signal', 'run out of battery', 'lose sight of', 'store information'. Students take turns to ask and answer the questions. At the end of the survey, they compare their scores with the key.*

### 3 Reading

*Go through the sentences. Make sure the phrase 'tend to ..' is understood. Students read the text and check their answers.*

1. 42
2. 20
3. 25
4. 10

### 4 Checking understanding

1. the fear of being without your cellphone
2. because we store important information on our phones
3. They can access important information.
4. They are afraid of losing their information.

### 5 Find the word

1. abbreviation
2. anxieties
3. confidential
4. device

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

1. at home; at work; at dinner
2. on a date; on the phone; on vacation
3. in bed

### 8 Practice

2. in bed
3. in the newspaper
4. on my laptop
5. at work
6. on vacation
7. at the bottom
8. on the phone; at lunch
9. at a meeting
10. in the hospital
11. in the middle
12. on the train
13. on a date

