



VOCABULARY BANK

Digital Life and Technology

Digital Life and Technology | Bank 1: social media, screen time and online habits | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
scroll through posts	☐	☐	☐
check notifications	☐	☐	☐
privacy settings	☐	☐	☐
go viral	☐	☐	☐
reliable source	☐	☐	☐
limit screen time	☐	☐	☐
be glued to a screen	☐	☐	☐
lose track of time	☐	☐	☐
switch off notifications	☐	☐	☐
affect concentration	☐	☐	☐
I try to use it in moderation...	☐	☐	☐
A possible drawback is...	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Online habits	scroll through posts, check notifications, follow an account, upload a photo, share a link, post a comment, keep in touch with friends, go viral
Social media language	influencer, content creator, follower, comment section, direct message, online profile, privacy settings, reliable source
Screen time and focus	limit screen time, take a break from my phone, be glued to a screen, lose track of time, switch off notifications, avoid distractions, affect concentration
Opinion chunks	It helps people stay connected..., It can affect concentration..., I try to use it in moderation..., One possible benefit is..., A possible drawback is..., It depends how people use it...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. go viral	a. spend too much time looking at a device
2. privacy settings	b. stop alerts from appearing on a device
3. be glued to a screen	c. become very popular online very quickly
4. lose track of time	d. a place where information is likely to be accurate
5. switch off notifications	e. controls that decide who can see your information
6. reliable source	f. forget how much time has passed

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

limit screen time	scroll through posts	check notifications
take a break from my phone	be glued to a screen	lose track of time
stay connected with friends	affect concentration	check privacy settings

1. _____
2. _____
3. _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

A Healthier Relationship with Social Media

For many teenagers, social media is part of ordinary daily life. They use it to **keep in touch with friends**, follow creators, share photos and find out what is happening in the world. A funny video or useful post can **go viral** in a few hours, so information travels quickly.

However, this speed can create problems. When students constantly **check notifications** or **scroll through posts**, they may **lose track of time**. If someone is **glued to a screen** late at night, it can affect sleep, homework and concentration the next day.

Social media is not necessarily bad, but users need sensible habits. They can **limit screen time**, **switch off notifications** during study periods and check their **privacy settings**. They should also ask whether a post comes from a **reliable source** before sharing it with other people.

A balanced approach is best. Social media can help people feel connected, but it should not control their routine. Young people who use it in moderation are more likely to enjoy the benefits without letting it interrupt schoolwork, sleep or face-to-face friendships.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. Why do many teenagers use social media?

2. How can social media affect students' routines?

3. Give two sensible habits mentioned in the text.

4. Why is it important to check whether a post is from a reliable source?

VOCABULARY IN CONTEXT

What does 'lose track of time' most nearly mean in the text?

- A. Forget how much time has passed
- B. Stop using technology completely
- C. Read online comments carefully
- D. Share a post with friends

What is the writer's main view of social media?

- A. It should be avoided completely.
- B. It is useful, but it needs balanced habits.
- C. It is only useful for content creators.
- D. It always improves students' concentration.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe one way social media is useful and one way it can be distracting. Use examples from your own experience.
Speaking 2	Discuss this question: Should schools teach students how to manage screen time? Use at least four phrases from the bank.
Writing	Write a short paragraph explaining how teenagers can use social media responsibly.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- How much screen time is too much for a school day?
- Should parents limit teenagers' phone use? Why or why not?
- What makes an online profile safe or unsafe?
- Is social media better for friendship or entertainment?
- Should people believe news they see on social media?

**ANSWER KEY**

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3. Match the meaning

1. c = become very popular online very quickly
2. e = controls that decide who can see your information
3. a = spend too much time looking at a device
4. f = forget how much time has passed
5. b = stop alerts from appearing on a device
6. d = a place where information is likely to be accurate

6. Check your understanding

1. They use it to keep in touch with friends, follow creators, share photos and find information.
2. It can affect sleep, homework and concentration, especially if students check notifications or use it late at night.
3. Any two from: limit screen time, switch off notifications, check privacy settings, check reliable sources.
4. Because inaccurate information can spread quickly if people share it without checking.

MCQ 1: A. Forget how much time has passed.

MCQ 2: B. It is useful, but it needs balanced habits.