

TECHNOLOGY AND RELATIONSHIPS – HELPING OR HURTING?



Intermediate B2

1

Warm-Up

10-15 min



Discussion

- How often do you use technology to communicate (text, video calls, social media)?
 - Do you think technology brings people closer or causes distance?
 - How do you usually stay in touch with family or friends who live far away?
 - Have you ever had a misunderstanding online that wouldn't happen in person?
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2

Vocabulary



Match the words or phrases with their definitions

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|-------------------------------|--|
| 1. __ Social media | a) A temporary break from using digital devices |
| 2. __ Online dating | b) A way to meet romantic partners through apps or websites |
| 3. __ Screen time | c) Not understanding someone clearly, especially when not face-to-face |
| 4. __ Digital detox | d) Emotional or social bond between people |
| 5. __ Miscommunication | e) Platforms for sharing content and interacting online |
| 6. __ Connection | f) The amount of time spent looking at screens (phone, TV, computer) |
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3 Comprehension



Look at the questions, then watch the video, and finally answer the questions

- ✓ What is one benefit of technology in relationships mentioned by the guest?
 - ✓ What is one common problem that comes from too much screen time?
 - ✓ What advice is given for building stronger connections in a digital world?
 - ✓ What example is given of a misunderstanding caused by digital communication?
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4 Discussion

1. Do you feel closer or more distant from people because of technology?
 2. How can texting or chatting online lead to confusion in relationships?
 3. What do you think is a healthy amount of screen time per day?
 4. Have you ever tried a digital detox? Would you? Why or why not?
 5. How can people use technology more mindfully in their relationships?
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5

Activity

10-15 min



Write a short paragraph (5–6 sentences) about a time when technology helped or hurt a relationship in your life. What happened? What did you learn?
