



## I'M ADDICTED TO TIKTOK / REELS

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### PDF 5 – Speaking & Review (15-20 minutes)

**Discussion Questions** (Walk around – Ask 4 classmates)

#### Useful Sentence Starters:

- In my opinion...
- I think... because...
- For me...
- Yes, but... / No, because...

#### Questions:

1. Do you think you are addicted to TikTok / Reels? Why or why not?
2. What is the hardest thing about controlling your screen time?
3. How much time do you think is okay to spend on short videos every day?
4. Do your parents complain about your phone use? What do they say?
5. Would you rather give up TikTok/Reels for one month or give up your favorite food for one month?
6. How can friends help each other reduce screen time?

#### Review – True or False

Write **True** or **False**. If false, correct the sentence.

**True / False**

1. Short video apps are designed to keep people scrolling.
2. Watching Reels helps students focus better on homework.
3. Setting a timer is a good way to control screen time.
4. It is easy to stop using TikTok completely.
5. Feeling guilty after scrolling for hours is normal.

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#### Mini Game: Addiction Advice Battle (Groups of 3 – 8 minutes)

##### How to play:

One student chooses a problem from the list below (next page).

The other two students compete:

- Student A gives the **best serious advice**
- Student B gives the **funniest bad advice**

The group votes for the best answer each round.

## 8 Problems

1. I open TikTok for 5 minutes and lose 2 hours.
2. I watch Reels until 2 AM and feel tired in class.
3. I can't focus on my homework because of short videos.
4. My eyes hurt from watching too many videos.
5. My mom shouts at me every day because of my phone.
6. I ignore my real friends when I'm scrolling.
7. I keep watching even when I know I should stop.
8. I feel guilty but I still open the app again.

### Useful Starters for Serious Advice:

- You should...
- Why don't you...
- It's a good idea to...

### Useful Starters for Funny Bad Advice:

- Just...
- You could...
- Don't worry, just...

### Exit Ticket (Last 3 minutes)

Write **one realistic rule** you will try this week:

You can copy one of these if it's difficult:

- I will set a timer for 30 minutes maximum.
- I will not use my phone while doing homework.
- I will put my phone in another room when I study.
- I will only watch Reels after I finish my homework.