

The Five Most Common Negative Effects of Social Media

[listening comprehension questions] **EXAMPLE**

Author: Prof. Imogen Smith

Date: May 2026

Time: 7.44

Level: ***** [B1/B2/C1]

MP3 Link:	Video:	PPT Slides:
Available in download	Available in download	Available in download

Check these words and phrases before listening:

Key vocabulary

1. *Misinformation / fake news*
2. *Echo chambers and polarisation*
3. [REDACTED]
4. *Attention span*
5. [REDACTED]
6. *Emotionally engaging*
7. *Public opinion*
8. [REDACTED]
9. *Clicks, shares, comments*
10. [REDACTED]
11. *Harmful behaviours*
12. *Rumours / conspiracy*
13. [REDACTED]
14. *Divisions in public discourse*
15. *compulsive*
16. *Dopamine / [REDACTED]*
17. *Anxiety / self-esteem / inadequacy / isolation*
18. [REDACTED]
19. *Distractibility*
20. *Fragmented content*
21. [REDACTED]
22. *Wellbeing*

Idioms in the lecture:

- *The bottom line is...*
- *Let's [REDACTED] more...*
- *Let me paint you a different picture to...*
- *Food [REDACTED]...*
- *A good rule of thumb...*
- *It's [REDACTED] sword...*
- *You'll want to get to grips with this concept...*

Copyright: These materials are photocopiable but please leave all logos and web addresses on handouts. Please don't post these materials onto the web. Thank you

Test Questions **EXAMPLE**

Aim: to develop the students' ability to listen to a 7 min+ lecture, to take notes and then use those notes to answer some comprehension questions.

Lesson Time: Approximately 1:30-2:00 hours

1. Lead in

- Ask Students to discuss the 'title' and predict the content of the lecture.
- Ask students to write down key terms / language from their discussions.
- Feed in / check key vocabulary.
- Students can take notes with outline (pg.3) / PPT Slides page (pg.5) / PPT Download

Three types of lesson

Lesson#1: [challenging]

1. Students listen once & take notes.
2. Give the students 5 minutes to tidy their notes.
3. Students listen again and add to their notes (use a different colour pen).
4. Distribute questions. Set 20 minutes to answer.
5. Feedback: distribute or project answers.

Lesson #2: [medium]

1. Students listen once & take notes.
2. Distribute questions: Set 10 minutes for students to answer the questions from their notes.
3. Students listen again and answer the missed questions as they listen.
4. Give the students an extra 15 minutes to consolidate answers.
5. Feedback: distribute or project answers.

Lesson #3: [easier]

1. Distribute questions. Students have 10 minutes to read through the questions.
2. Students listen and answer the questions.
3. Give the students 5 minutes to tidy their answers.
4. Students listen again. They check their answers & answer any missed questions.
5. Give the students 15 minutes to tidy their answers.
6. Feedback: distribute or project answers.

The Five Most Common Negative Effects of Social Media

Prof. Imogen Smith (2026) **EXAMPLE**

Take your notes using this outline:

Introduction

■

Echo chambers and polarisation

■ **addiction**

The Five Most Common Negative Effects of Social Media

Prof. Imogen Smith (2026) **EXAMPLE**

Mental health impacts



Conclusion

The Five Most Common Negative Effects of Social Media PPT Slides

Prof. Imogen Smith (2026) **EXAMPLE**

<p>Introduction and Outline</p> <ol style="list-style-type: none"> 1. Misinformation 2. Echo chambers and polarisation 3. [REDACTED] 4. Mental health • [REDACTED] • Bottom line = NOT neutral → algorithmic [REDACTED] exposure 	<p>Notes:</p>
<p>Misinformation</p> <ul style="list-style-type: none"> • False / misleading information • Recent [REDACTED] accuracy • Impacts = public, health & political • WHO [REDACTED] crisis • Example: COVID-19 	<p>Notes:</p>
<p>Echo Chambers</p> <ul style="list-style-type: none"> • Repeated [REDACTED] views • Algorithms filter content • Opinions [REDACTED] • Limited alternative viewpoints 	<p>Notes:</p>
<p>[REDACTED]</p> <ul style="list-style-type: none"> • Opinions become extreme & divided • Groups [REDACTED] apart • Example: two groups → same content • Food [REDACTED] 	<p>Notes:</p>

Full PPT Download - [Available in download](#)

<p>Binge Scrolling</p> <ul style="list-style-type: none"> • Continuous, compulsive use • [REDACTED] • Personalised content • [REDACTED] systems ○ Dopamine ○ [REDACTED] <p>Question: how often do you intend to scroll for a few minutes but end up spending much longer?</p>	<p>Notes:</p>
<p>Mental Health</p> <ul style="list-style-type: none"> • Anxiety • [REDACTED] • Low self-esteem • [REDACTED] Association (2025) → younger users • [REDACTED] • Double-edged sword: connection and support [REDACTED] 	<p>Notes:</p>
<p>Attention Span</p> <ul style="list-style-type: none"> • Reduced focus • Tasks → [REDACTED] • Short form content → fast paced / [REDACTED]. • Research (2024) → easily distracted • Problem: [REDACTED] focused [REDACTED] 	<p>Notes:</p>
<p>Summary</p> <ul style="list-style-type: none"> • Not isolated problems: [REDACTED] • [REDACTED] critical • Understanding [REDACTED] • [REDACTED] thinking → undermines wellbeing 	<p>Notes:</p>

Full PPT Download - [Available in download](#)

Comprehension Questions EXAMPLE

Use your notes to answer these questions

Introduction

1. What is the main purpose of Professor Imogen Smith's lecture?

Misinformation

2. According to [redacted] on social media?

3. What example does Professor Smith [redacted]

Echo Chambers and Polarisation

4. What is an echo chamber, based on the lecture?

5. How does [redacted] ?

Binge Scrolling Addiction

6. Why is binge scrolling described as addictive?

7. What [redacted] scrolling?

Impact on Mental Health

8. According to the lecture, [redacted] health?

9. Why [redacted] media often harm wellbeing?

Attention Span

10. How does [redacted] ?

11. What [redacted] frequent short-video consumption?

Conclusion

12. What is the key message Professor Smith wants listeners to remember?

Critical Thinking Speaking Questions

13. Do you think the negative [redacted] in certain situations?

14. Which of the five effects do you think has the biggest impact on society, and why?

15. How could [redacted] losing their benefits?

Lecture Transcript: The Five Most Common Negative Effects of Social Media

EXAMPLE

Prof. Imogen Smith (2026)

Hello, I'm professor Imogen Smith and welcome to my short lecture today on the five most common negative effects of social media.

So, let's start by laying the groundwork. Social media has become central to how people communicate, access information, and spend their time. While it offers clear benefits, there is growing evidence that its design and patterns of use can lead to significant negative effects. In this lecture today, I'll focus on five of the most common which are misinformation, echo chambers and

FULL TRANSCRIPT INCLUDED IN PAID VERSION...

Comprehension Questions **ANSWERS**

EXAMPLE

Introduction

1. What is the main purpose of Professor Imogen Smith's lecture?

The main purpose is to explain the five most common negative effects of social media and how they affect people's thoughts, feelings, and behaviour.

Misinformation

2. According to the lecture, why does misinformation spread so quickly on social media?

Because social media platforms prioritise content that gets high engagement, such as emotional or sensational posts, which are more likely to be shared—even if they are inaccurate.

ALL ANSWERS INCLUDED IN PAID VERSION...