

**Exercise 1: Compare the two instances below. Mark what you think is evidence of healthy use of the internet in green, and evidence of unhealthy use of the internet in red.**

Sarah plays videogames, uses social media, watches online videos in her free time. She also likes to go out with friends at least once a week, and she also goes to the gym 3 times a week. Most of her free time is spent with friends, saving about an hour before she goes to sleep to use the internet. Sarah's teachers are happy with her performance in school.

Vanessa also plays video games, uses social media and watches online videos. She has gotten in trouble at school for using her phone in class a few times, as she can't resist the urge to check her social media feed and reply to messages. In her free time, Vanessa prefers to play online games and watch videos. Her teachers say she would be very good at a few lessons if she dedicated some more time to studying.