

NEWSREEL

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Programmanus

av Carrie Morrison

Hi, and welcome to Newsreel. I'm Carrie Morrison. Coming up:

- Young People addicted to social media.

Lucy: People get addicted to the way people living their lives, how people look, and that can really depress people.

But first...

Mobile Phone Etiquette

Are you polite to people when you contact them on your phone?

Well, a UK company has just published a list of rules, telling people how to behave when contacting people with a mobile phone.

The company Debretts is known for releasing books about how to behave well in social situations.

Its latest handbook on good manners has ten tips for mobile phone users. It includes advice to text people rather than leave a voice message - if they don't answer your call.

Social Media News

Now, would you say you use Social Media too much? Is it something you'd find hard to give up?

Taylor Little, who uses the pronouns 'they/them', says they became addicted to social media when they were just 12.

[Insert Taylor Little BBC clip]

Taylor Little: They know we're dying. They don't care. They make money off of us dying.

Taylor is just one of hundreds of people in the US who are suing social media companies.

Social Media companies say they're working hard to create a safe space for all young people online.

I've been speaking to young people in the UK to get their thoughts on this issue.

I first spoke with Lucy:

Lucy: So the biggest sink for me is probably Instagram. You know, I will just scroll through Instagram whenever I'm bored just to find some sort of entertainment.

polite

artig, hövlig

to publish

att publicera

to behave

att bete sig

to release

att släppa

social situations

här: sociala sammanhang

good manners

gott uppförande, byfs

advice

råd

to text

att skicka sms

voice message

röstmeddelande

to be addicted to something

att vara beroende av någonting

to sue

att stämma

issue

problem

(time) sink

aktivitet som konsumerar mycket

tid

entertainment

underhållning

I also spoke with Ted.

Ted: The biggest time sink on my phone is probably Reddit. I find that the most fun for me to do if I'm going to mindlessly scroll on my phone, then I find Reddit at least a bit more dedicated and specific.

mindlessly
tanklös, ouppmärksam

Carrie: *And why do you think people can get addicted to social media?*

Ted: It's natural for them to, I remember at school we were kind of the first generation to start using these apps and making them popular, and it was the best way to constantly see what your friends were doing. Everything we use now is filtered through this... everything we do is validated and judged on. So I think it's easy to get addicted to it because you can constantly see these other versions of what other people are doing.

constantly
ständig

to validate
att bekräfta

Carrie: *And what do you think, Lucy?*

Lucy: I think people are obsessed with social media because in a positive sense it helps people to stay connected to loved ones and friends and family. But in a negative sense, people get addicted to the way people living their lives, how people look, and that can really depress people.

to be obsessed with something
att vara besatt av något

Carrie: *And what do you think these companies could do to stop these issues?*

Lucy: I think instead of focusing on what companies can do to reduce our obsession with social media, maybe we can focus more on us individually and what individually we can do to reduce our screen time. So maybe taking up an extra hobby, trying something that you've never done before.

to reduce
att reducera, att sänka

Carrie: *Right, and what are your thoughts, Ted?*

Ted: I think these companies do have a moral obligation to protect those people that are using it. There needs to be a way, that there can be some restrictions. We should be looking out for everyone, on all of the Internet, because it's the Wild West out there basically, and it's only getting worse.

moral obligation
moralisk skyldighet

Thank you to Lucy and Ted.

Music News

[Sausage Rolls for Everyone by Ed Sheeran and LadBaby]

That was 'Sausage Rolls for Everyone' by LadBaby Ed Sheeran and Elton John.

sausage roll
korv inlindad i smördeg

It's just one of the 5 Christmas number one singles Ladbaby have had in the last 5 years with songs which feature their favourite food - sausage rolls.

But this year LadBaby have announced they're not releasing a Christmas single. So someone else will be top of the charts.

to announce
att meddela, att tillkännage

That's all for now.

I'll be back on the 16th of December.

Goodbye!