

# NEWSREEL EASY

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## Programmanus

av Carrie Morrison

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

- Social media addiction

**Isaac:** *I think social media addiction comes from much the same place that comes from the addiction to sugar.*

But first...

### Phone Etiquette

A British company has published a list of rules to tell people how to use their phone.

Debretts is a firm which publishes guides on how to behave politely.

Its new guide for mobile phone users says that it's better to text people rather than leave a voice message - if they don't answer your call.

### Social Media News

Now, how often do you use Social Media?

Hundreds of families in the United States are taking Social Media companies to court - saying they're to blame for their children becoming addicted to their platforms.

The Social Media companies have said they are doing everything they can to keep people safe online.

So what do young people here in the UK think? I first spoke with Isaac.

**Carrie:** Which app do you think you spend the most time on?

**Isaac:** *The app which I sink the most time into, and waste time, is Quora, which is a question and answer site where you can get some very interesting answers to certain questions you might want to ask.*

Isaac says he uses the website Quora a lot. I also spoke with Sophie.

**Sophie:** *I use my phone for work apps, taking photos. Use Facebook and Instagram, the occasional game.*

Sophie mainly uses apps for work.

**Carrie:** And why do you think people become so addicted to social media?

**etiquette**  
*etikett*  
**to publish**  
*att publicera, att släppa*  
**rule**  
*regel*  
**guide**  
*handbok*  
**to behave politely**  
*att bete sig artigt, att uppföra sig väl*  
**user**  
*användare*  
**to text**  
*att skicka sms*  
**voice message**  
*röstmeddelande*

**to take someone to court**  
*att ta någon till domstol*  
**they're to blame**  
*det är deras fel*  
**to be addicted to something**  
*att vara beroende av något*

**to sink (time)**  
*att spilla tid*

**occasional**  
*sporadisk*

**Sophie:** *I feel addictions have been formed on social media as it's the easiest form of communication. Personally, I've lost a significant amount of time just scrolling from one video to the next.*

Sophie thinks that people become addicted to social media because it's easy to use.

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

**Isaac:** *I think social media addiction comes from much the same place that comes from the addiction to sugar. It's intoxicating. It's something that once you've had your first bite you can't pull yourself away from.*

Isaac thinks that social media can be addictive because the apps pull people in with a constant feed of new content.

**Carrie:** And what do you think social media companies can do?

**Isaac:** *I'm not sure there's anything that social media companies could or would ever do. Maybe in law, you can legislate that kids have to have screen time breaks.*

Isaac thinks limiting screen time for kids could be a good idea, but he doesn't think social media companies would want that to happen.

**Carrie:** And what about you Sophie?

**Sophie:** *I definitely think the companies could limit the amount of reels that we can scroll through.*

Sophie thinks that social media companies could limit the amount of videos you can watch so people might not want to keep scrolling.

Thank you to Isaac and Sophie.

## Music News

*[Watermelon Sugar by Harry Styles]*

That's 'Watermelon Sugar' by Harry Styles. But it's not his music that's got people talking.

It's his new hairstyle. He's cut his hair very short and lots of people have been commenting about it online.

But some fans were less positive about it and have nicknamed him "Hairless Styles".

That's all for this week.

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

Goodbye!

**significant**  
signifikant, betydande

**intoxicating**  
berusande, rusgivande

**constant**

ständig

**feed**

flöde

**content**

innehåll

**to prevent**

att förebygga

**to legislate**

att stifta lagar

**screen time**

skärmtid

**to limit**

att begränsa

**to get people talking**

att få folk att prata

**hairstyle**

frisyr

**to nickname**

att ge ett smeknamn