

1. Watch the video https://www.ted.com/talks/teens_technology_and_the_antidote

As you watch, make notes about the following:

- positive consequences of technology regarding relationships
- negative consequences
- make note of 2 pieces of statistics she mentions
- make note of an illness she mentions
- explain the term *online persona*

- what is the recipe for good relationships?

Essay - Student examples (original language mistakes have been kept)

The internet is bad for friendships and relationships.

Through the years, technology has become a big part of people's lives and gave us many great things, Internet as the most popular one. But how does the Internet take part in our office, homes, relationships and how it effects on us?	
Nowadays, internet and social networks are one of the most important things in almost every aspect of our life such as communication. However, people are not sure whether internet has a positive or negative affect on our bonds with other people.	
Since its invention, the internet has slowly been entering and affecting every part of our lives for better or worse. It has also influenced our social relationships and while some people believe that it has had a negative impact on them, others believe that it improves their quality.	
Internet with all websites and multimedia platforms have a big impact on people personal thoughts and behaviour. People should decide does internet have plus or minus effect on their bond.	
Nowadays, the internet has expanded and is available in almost every environment and is made available to a large number of people. In most cases, the Internet is used by people for good purposes, but of course there are also those who abuse it.	
Technology has allowed us to communicate around the world. Most people want to meet a lot of friends like that. But is it safe for everyone after all?	
Today's time is marked by technology without which life has become almost impossible. The Internet has become the daily routine of anyone who owns a smartphone or computer. There are various content on the internet so everyone can find something that interests them. Today, there is a saying "Google knows everything", but it is questionable how much this reliance on technology is good for the entire human population.	

Conclusion – student examples

<p>To conclude, even though the Internet has enabled us to get to know a lot of things and people without worries. The Internet brings us some disadvantages that we wouldn't be able to do without it, and that is that we can't trust everyone who sits on the other side of the computer. In my opinion, the internet has a lot of bad things but if one learns to handle it carefree and smart no one will be fooled</p>	
<p>To wrap it all up, meeting people online can be amusing and effective. But also you need to be careful and learn from others mistakes. In my opinion, meeting people on the internet can be beneficial, people just need to be circumspect with their informations.</p>	
<p>Finally, there are many good and bad sides of internet today. Internet can be very useful, but also it can be very dangerous and everyone needs to pay attention on their posts and accounts. My honest opinion is that internet is good for population nowadays, but it will ruin us in future.</p>	
<p>To conclude, relationships which are established over the internet have shortcomings such as data falsity and bad internet connection, but it also has good sides like meeting new people and the ability to communicate with people from various parts of the world. In my opinion, meeting new people online is good, but we need to be careful who we communicate with.</p>	
<p>To conclude, internet today allows us faster way to start friendship all over the world, but also limited our communication and bring us a fake friends. Personally I think that internet can bring us close to some people, but conversation face to face is best way of communication.</p>	
<p>In conclusion, using internet for our social relationships has some downsides, like struggling to understand people's feelings or developing an internet addiction. On the other hand, it can help us to communicate on a daily basis and maintain our long-distance relationships. Personally, I think that the internet can help us deepen our personal connections and form stronger bonds with others.</p>	
<p>To sum up, internet has a lot of influence on our social life. On the one hand there are bad examples where people get disappointed, catfished and hurt because of people that are false introducing and get away from their real lives, while on the other it is good because you can meet new people, improve your social skills and stay with your loved ones. Personally I think internet is good if we use it properly, for communicating with people we care about, to stay in touch with our friends, but we need to be careful with new people we meet and try not to get hurt if someone is trying to catfish us.</p>	

Body paragraphs – student examples

<p>There are several ways in which the internet can negatively affect our relationships. First and foremost, it is almost impossible to tell if someone is being honest online. Lies and sarcasm are quite hard to notice through mere letters, and this is no different for texts. If we aren't sure whether someone is lying or not, we have almost no way of knowing the truth. This applies not just to lying through messages, but also to fake internet identities. We can meet many different people online; however, we cannot be certain if they really are who they claim to be. People can make a fake identity on social media and present themselves as an almost perfect person, when in reality they are far from it. All of this can lead to doubt and distrust, both of which severely hurt relationships. Additionally, even though online communication is technically instant, you usually need to wait for a reply when texting someone. Texting someone and then having to wait several hours for a reply can be exhausting and make you feel like you aren't even communicating with the other person. All of this can negatively affect our relationships, both new and old ones.</p> <p>On the other hand, the internet also has some positive effects on relationships, such as letting us meet new people. Thanks to social media, we can become friends with people we would have never even met otherwise. We can make new friends that have the same interests as us, even if they live hundreds of miles away. Moreover, we can use the internet not only to make new relationships with people far away, but also to keep in touch with those who we already know, even if they no longer live near us. Whereas before we would have to use mail or telephones to keep in touch with our distant loved ones, the internet allows us to text or call them whenever we want and wherever they are. Video calls and texts allow us to hear from them regularly and give us a better feeling of connection and intimacy than other distant communication methods. It is undisputable that many friendships would have broken down or wouldn't have even existed without the internet.</p>	
<p>Firstly, the Internet is a great chance to explore the given opportunities of the modern age. It is very important to couples, friends and family who are far away from each other. Skyping, videocalling, FaceTiming, commenting the pictures and statuses on the social media is a good way for people to stay In contact. Moreover, social networks, so as Facebook, Twitter or Instagram are some kind of a movement. Creating a big internacional family, they have been able to give people the opportunity of meeting men and women all across the world, that may share the same interests as the other person. Also, they give all kinds of information about other civilizations and cultures, which can be very educative too.</p> <p>On the other hand, Internet is not to be observed throught the pink glasses. Being online and being a common user of the networks can take a lot of time. It might seemingly reduce peoples need for a physical contact, thinking that all they need can be raped up in a tiny screen and a big networks, which can create some kind of addiction. Secondly, the word <i>honesty</i> is an unfamiliar term. People usualy like to pretend they are someone they're not. On the Internet, it is possible by making fake profiles on social media – while most of them are harmless just trying to impress someone or prove to the world, there are some who can be extremely dangerous, like stalkers or rapists, so people must keep their privacy exclusivly to them.</p>	
<p>There are a few negative sides of communicating with people through internet. Firstly, people can use false identity to introduce themself to you. On almost every social media platform such as Facebook, Instagram, Snapchat, people can make several profiles. They can easily be fake and used just to catfish people who are lonely or just looking for someone to talk to. Needless to say, when they find out profiles are fake,</p>	

<p>they can feel emotionally or even physically hurt. Secondly, when people get into imaginary world of internet, they can often get lost in it and more and more lose touch with a real world and other people that are important in their everyday lives.</p> <p>On the other hand there are some positive sides as well. To begin with, people can easily get to talk to different people from every nation or country all over the world. That can improve their mental health because they can find a person that is mature, responsible and easy to talk to about their emotions. They can improve communication and language skills as well. Second of all, they can keep in touch with people they know wherever they go. It is essential to have a connection with people we care about. With video calls it is easily done in a matter of seconds.</p>	
<p>Firstly, the internet can help people in communicating with friends they are closest to by heart but separated by miles. Apps such as Instagram, Facebook or Skype give the opportunity of seeing the person and seeing what they are up to. Also, most of them have the option of exchanging texts messages or calls for free online, so that people can talk as much as they like without paying big internet bills. Secondly, the internet does not only have to be for communicating with people we already know. The internet might be a place to meet somebody who can change our lives, but lives thousands of miles away. Without being online, people who live very far away from each other might never meet and miss out on making a lifetime friend or meeting their soulmate.</p> <p>However, social media and the internet can project a picture of perfect relationships and with that bring negativity and high expectations into real life relationships. Questions such as <i>Why are we different? Why are we not as happy as them? Is there something wrong with us?</i> might become a daily routine between two people. People are rarely able to comprehend the difference between the perfect they see online and what should be perfect in real life. Also, there is no way somebody can know if the other person is being honest with them, especially if they only just met through the internet. For instance, dating websites. Somebody can make up a fake life and a fake profile to attract young, innocent people who might actually develop a bond with somebody who is just pretending and that can leave consequences on their mental wellbeing.</p>	
<p>Internet is very mysterious and dangerous place. First of all, people need a computer and a good internet connection. Communication is limited just on words and picture. Also communication can be interrupted by low battery or low internet connection. Secondly, it is difficult to know if people are being honest. It is hard to notice when someone is lying or telling a truth, because it is easier to lie on internet communication than a conversation face to face, but also that friend may be completely different person than he pretends to be.</p> <p>On the other hand, internet as a mysterious and dangerous place have some advantages. Firstly, people can make a lot of friends very easily. A lot of people are too shy and afraid of meeting people face to face. So sending a message on social networks is a lot of easier for them, because they had been affected by the other people opinions. Secondly, people can meet people from all over the world. Playing online videogames people are connected with whole world. Players are not interested how their companions look. And also people can improve their social skills and language.</p>	
<p>The internet can affect our friendships and relationships poorly. Firstly, it can be difficult to know if people are being honest and how do they actually feel. Occasionally we might misinterpret text messages based on our current emotional state or may not even realize that someone is trying to deceive us. Secondly, spending too much time on</p>	

<p>the internet can lead to forming an addiction. For example, we might have to wait too long for someone to reply or focus too much on texting them, so we forget that there is a real world waiting for us.</p> <p>However, there are also a lot of advantages to using the internet for our relationships. To begin with, the internet is a great tool for helping long-distance relationships work. For instance, two people can form a special bond with each other or fall in love but then one of them has to move to a different place of residence and through internet they can still stay in touch. Moreover, the internet can help us communicate more regularly. Whenever someone feels like calling or sending a message to their friend, they can do it without any trouble.</p>	
<p>The internet has many benefits in connecting people. Firstly, one can easily meet lot of people from all over the world. The advanced technology gives one a chance to add someone for a friend just by one click and to find more about one's culture and interests. Secondly, it is easier to meet someone with the same interests as you. For example, if one likes art, they can join a group of people that enjoy doing or watching art and share their work to get both compliments and critics.</p> <p>On the other hand, it is difficult to know if people are being honest. Anyone can write whatever they want about themselves. For example, one can wrote that he is 20 years old when in reality he is 65. Moreover, you have to wait for a reply when you make a comment. It is natural that the conversation works by answering one's question immediately, not to wait 5 minutes or even 5 days for a reply.</p>	