

YouTubers: Are you tech addicted? – transcript

Transcript for Are you tech addicted?

Hey guys! My name is Asha and this video is for British Council's LearnEnglish Teens online magazine and YouTube channel.

Today, I just wanted to talk about how much we are all obsessed with technology and how it is taking over our lives and I know in fact it is taking over my life – and here are some ... some points to see if it's taking over your life too.

Number 1

If you look at a screen at least nine times a day, it means you're obsessed with technology. It could be your mobile phone, your iPad, your laptop, your television, even an iPod counts. And sometimes I question why I have glasses and then I'm like, 'Duh! I'm just obsessed with looking at screens and it's just messed up my vision.' That is why I honestly think that the Kindle is such a good invention. It saves so much space around your house – but it means looking at a screen again, so I like to stick to the old-school method of turning pages. Plus I am in love with the smell of new books and old books. Ah! It just smells so good! It really is an unhealthy obsession that I have.

Number 2

Another sign of an obsession with technology-slash-social media is if you check it in the morning *and* you check it in the evening too, before you go to sleep; and if that becomes your usual routine every single day, well then ... you've got a problem too! Personally, I am so guilty of this – and what makes it worse is, I will check every social media and then 'cause it's taken me 35 minutes to check through it all, I think it is long enough to go all the way back and recheck the social medias again! I really shouldn't do that.

Number 3

The next one is, is if you feel you can't cope if your TV broke or if your phone broke ... and I tell you, a sign of someone who's obsessed with their phone is ... hold on ... if you have one of these bad boys, a portable charger, it means you're obsessed with your phone because you just don't want it to die. The only thing I think I could cope with it breaking is probably my TV because I know I'll have other devices to watch TV on – so whether that's my laptop or my phone, I'm good. Just as long as my phone doesn't break! I have this really bad attachment with my phone.

Number 4

Lastly is if you feel like you are not up to date with your favourite celebrities. When Kim Kardashian had taken her three-month break off social media, I was actually missing her, as much as it sounds quite sad to say, but she was a frequent poster and I was a bit like, 'Where is Kim Kardashian? What is she doing with her life? Why is she not updating me?' But if you feel like you relate to any of these *symptoms* of being obsessed with technology or social media, well, it's all right girl, or boy, I am with you and together we will conquer this addiction.

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