

Redes sociais e saúde mental

① Reading

Read the passage and choose the correct answer.

Finding a balance

The digital age has ushered in a new era of communication, transforming the way we interact with the world around us. Social media platforms, once hailed as revolutionary tools for connecting the globe, are now under scrutiny for their impact on mental health, especially among teenagers.

Studies suggest that excessive use of social media can lead to increased feelings of anxiety, depression, and loneliness. The constant pressure to maintain a certain image and the comparison to others can erode self-esteem and foster a distorted reality.

However, digital media also offers unparalleled access to information, educational resources, and communities of support. The challenge lies in finding a balance that harnesses the positive aspects of these technologies while mitigating their negative psychological effects.

1. What is the author's main argument?

- ☐ a) Teenagers should stop using social media completely.
- ☐ b) Social media has both benefits and risks, so we need to find a balance.
- ☐ c) Social media has no effect on mental health.
- ☐ d) Digital media is only useful for entertainment.

2. How does the author support the idea that social media can be harmful?

- ☐ a) By telling a personal story
- ☐ b) By quoting a famous celebrity
- ☐ c) By referring to studies about anxiety, depression and loneliness
- ☐ d) By showing sales numbers of smartphones

3. Which of these is mentioned as a POSITIVE aspect of digital media?

- ☐ a) Access to information and communities of support
- ☐ b) Pressure to maintain an image
- ☐ c) Comparison to others
- ☐ d) Feelings of loneliness

4. What can "erode self-esteem", according to the text?

- ☐ a) Educational resources
- ☐ b) Communities of support
- ☐ c) Access to information
- ☐ d) The pressure to maintain an image and comparison to others

5. The word "However" at the beginning of the third paragraph introduces...

- ☐ a) an example
 - ☐ b) a contrast
 - ☐ c) a conclusion
 - ☐ d) a cause
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② Vocabulary

Choose the best meaning for each word.

1. pernicious

- ☐ a) harmful, especially in a gradual or hidden way
- ☐ b) very beautiful
- ☐ c) extremely fast
- ☐ d) easy to understand

2. augment

- ☐ a) to reduce
- ☐ b) to increase or make bigger
- ☐ c) to forget
- ☐ d) to describe

3. mitigating (in the text)

- ☐ a) making worse
- ☐ b) ignoring
- ☐ c) making less severe
- ☐ d) celebrating

4. unparalleled (in the text)

- ☐ a) dangerous
 - ☐ b) limited
 - ☐ c) old-fashioned
 - ☐ d) without equal
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③ Use the word

Complete the sentences with the correct word from the box.

pernicious

augment

scrutiny

1. The _____ weed spread throughout the farmland, damaging crops.
 2. She decided to _____ her summer earnings by taking a part-time job.
 3. The new law is under _____ by the press.
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