MASUM, FROM AFGHANISTAN, AND MAHVASH, TAJIKISTAN

TEACHING NOTES
This video is slightly long (3min, 56 sec). If you wish to break it into two sections, stopping at 1:53 and beginning a second lesson at 1:54 should work well.

A FEW WORDS
Screw from: Many speakers say "scroll through." Directions on web pages often say "Scroll down" or "Scroll left" etcetera.
A homework: Some speakers say "a homework" and "homeworks." Many other speakers say "a homework assignment" and "homework" (non-count noun).

SOME QUESTIONS FOR DISCUSSION AND/OR WRITING
1. How would your life be different if there were no internet?
2. Does spending four or five hours a day on phone and computer seem healthy or unhealthy to you? Why?
3. Does your use of technology sometimes cause tension in your relationship with parents or other adults? What do you wish adults understood about your use of technology?
4. If you could create your own app, what would it do?

TRANSCRIPT, TEXTBOOK ENGLISH
No one anywhere in the world speaks "perfect textbook English" at all times. We certainly do not want to demand that our students use only "perfect textbook English." These notes are provided to help you if your students ask questions about some small points of usage.
Masum: Hi.

Mahvash: What have you been doing this week?

Masum: Well, since it's summer vacation, I've just been relaxing, sleeping, hanging out with friends, watch**ing** some shows, and playing games. Oh, and I've also gone out a few times, just **to** enjoy the break before school starts again.

Mahvash: What's your favorite app and why do you use it ~~at the~~ most?

Masum: Actually, my favorite app is definitely YouTube. I use it almost every day because it is everything from educational content to entertainment. If I care about how something works, like how a car engine functions or how to cook a new recipe, I just search it there, but

I also watch funny videos, music instrumentation, and even documentaries. It's like having a whole world in my pocket.

Mahvash: How many hours a day do you spend on your computer?

Masum: Well, I usually spend around four to five hour**s** on my phone or computer, especially when I have a homework or when I relax. Some of that time is for school assignments, but I admit that I also ~~screw from~~ **scroll through** Instagram, watch video**s** and chat with friends. It doesn't feel that much time at the time, but when I check my screen time at the end of the day, it's a surprise.

Mahvash: How do you say social media is more helpful or more harmful? Why?

Masum: Well I think it depends on how you use it. Social media can be very helpful. You can learn new things, stay updated with news, and connect with people from around the world, but if you spend too much time comparing your life to others or reading negative comments, it can hurt your mental health. It's like a fire, useful when it is controlled and dangerous when it is not.

Mahvash: What's one thing you wish adults understood about teenagers and technology?

Masum: I wish they understood that for us technology is not just a toy. It's a big part of how we live, learn, and even socialize. When they say, "You are always on your phone," they don't realize that sometimes we are doing homework, reading news, or having a deep conversation with friends. Not all screen time is wasted time.

Mahvash: Have you ever made real friends through social media or online games?

Masum: Uh, yes. I met someone from a language exchange. We started talking just to practice English and Farsi, but over time we became real friends. Now when we talk regularly, even though we live in different places, we support each other. It shows that friendship doesn't always need to be face-to-face.

Mahvash: Do you think schools should teach students how to use technology?

Masum: Absolutely. Many young people know how to use devices, but not everyone knows how to use them wisely. Schools could teach us about online safety, avoiding scams, digital addiction, and also how to fact check information. It's just as much ~~as~~ important **as** math or science ~~this day~~ **these days**.

Mahvash: If you could create your own app, what would it do?

Masum: I'd create an app that could help students manage school life better. It would organize homework, remind you of deadlines, and even offer mental health breaks, like a small breathing exercise when you feel stress. I'd call it Focus Buddy.

Mahvash: Is there anything that you would like to say to kids in other ~~country~~ countries?

Masum: Well yeah. I'd say have fun, be kind, and don't take **things** too seriously. Even though we live in different places, we are all kind of going though the same stuff. Just be yourself and enjoy being a kid while you work, continue working.