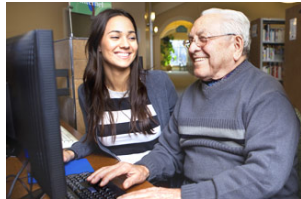


TEXT 1

What Parents can Learn from their Tech-Savvy Teens



- 1 Who can teach tech these days, better than children? Kids are practically born with a wireless mouse in their hands. It starts in the early years with electronic educational games that teach kids their numbers and colours, letters and first words.
- 2 Next, the family PC replaces these "toys". By upper primary school each child needs his or her own laptop. When kids hit the teen years it's all about smartphones and tablets, complete with expensive data plans and unlimited texting.
- 3 Much as we hate to admit it, our children are often more tech savvy than we are, and at times we have to turn to them for help. Turns out, in addition to doing chores, teenagers have another useful purpose: to teach parents technology.
- 4 Teens have surpassed all other age groups in their use of connected devices. While the rest of us have adopted technology as a convenient new tool to make life easier, today's teens have embraced it as a way of life.
- 5 Teens are naturally adept at using computer interfaces and have a knack for troubleshooting, whereas many adults freeze when confronted with a technology glitch.
- 6 Perhaps the most important lesson teens can teach us is technology jargon. For example, dropping articles is absolutely critical. Never ever precede your reference to a social networking site with the word "the" as in "the Facebook" or "the Twitter." Doing this is tantamount to admitting that you save plastic margarine tubs and listen to the Bee Gees.
- 7 Teens speak the language of texting. It's full of funky abbreviations and colloquialisms that will serve you well to learn. *(Ask your children what AITR and PAL mean ... if they won't give up the goods, you can find translations online.)*
- 8 Getting teens to teach parents technology is a great way to empower them. Here are some things that they can help you with:
 - photoshop those neck wrinkles right off your profile picture.
 - set the privacy settings on your Facebook page.
 - set up your Explora to record your favourite series.
- 9 BUT just because teens know so much about technology, doesn't mean they possess the judgement required to always use it wisely and safely. Parental support based on nurturing, providing guidance and the wisdom of experience will never be replaced by advances in technology. There are still a few things mom or dad can teach them when it comes to their cyber safety and welfare.

10	Though kids can offer great nuts-and-bolts technology assistance, the bigger lesson they impart is an inspirational one. For most teens, their attachment to technology is not motivated by a desire to keep up with the Joneses or to leave their folks in the dust. iGeneration teens tend to be generous with their time and enthusiastic teachers. They instinctively understand that leveraging technology is one of the main ways to improve our planet.
11	So look forward to your teen hanging around the house this weekend. After you have her rake the leaves off the roof, she can fix the sound on your PC ... so you can watch a few of those tutorial videos.

[Adapted from an article by Tracy Mardigian-Kiles sourced at <www.webroot.com/za>]

TEXT 2A



TEXT 2B



[Two jokes from: <www.lovethispic.com>]

TEXT 3

Truths About Teens and Screens

Love to watch TV? Play video games? Text your friends? Screen time can be fun. The problem is that too much of it can seriously impact the quality of your life. Here's how.

Teens who spend the most time in front of a screen have the biggest increase in body fat over time. Screen activities use up the time that you could spend on something active. Screen advertisements for fast food don't help your waistline, either.

We all need sleep. If you're still texting after lights out, you're robbing yourself of too much of the 8 to 10 hours of sleep you need, which means your ability to concentrate and to function optimally goes downhill.

Scientists have found that video games that involve violence can make you more aggressive and less caring or sympathetic toward others. You are likely to be more grumpy, and to get angry more easily. You could even end up being violent yourself.

And too much screen time causes depression. Why? Time spent on screens takes time away from healthy social contact and shared experiences. Shows and adverts also send unrealistic messages about what you should look like or what you should own in order to feel good about yourself. And if you're a news junkie, you simply may see a lot of negative stories.

Finally, we *seem* to be more connected to people through texting, but we are not *really* relating. Healthy relationships need physical presence and real face-to-face conversation. So, all things considered, limiting screen time starts to offer some very worthwhile advantages ...

260 words

[Adapted from article at: <www.fit.webmd.com/teen> WebMD Medical Reference
Reviewed by Roy Benaroch, MD on 30 January 2016 © 2016 WebMD, LLC. All rights reserved]

TEXT 4

ANTHEM FOR DOOMED YOUTH

by Wilfred Owen

What passing-bells for these who die as cattle?

Only the monstrous anger of the guns.

Only the stuttering rifles' rapid rattle

Can patter out their hasty orisons. 4

No mockeries now for them, no prayers nor bells;

Nor any voice of mourning save the choirs, –

The shrill demented choirs of wailing shells;

And bugles calling for them from sad shires. 8

What candles may be held to speed them all?

Not in the hands of boys but in their eyes

Shall shine the holy glimmers of goodbyes.

The pallor of girls' brows shall be their pall;

Their flowers the tenderness of patient minds,

And each slow dusk a drawing-down of blinds. 12

TEXT 5

i thank You God for most this amazing

by e e cummings

i thank You God for most this amazing

day:for the leaping greenly spirits of trees

and a blue true dream of sky;and for everything

which is natural which is infinite which is yes 4

(i who have died am alive again today,

and this is the sun's birthday;this is the birth

day of life and of love and wings:and of the gay

great happening illimitably earth) 8

how should tasting touching hearing seeing

breathing any—lifted from the no

of all nothing—human merely being

doubt unimaginable You? 12

(now the ears of my ears awake and

now the eyes of my eyes are opened)

TEXT 6


Just Be
by Jacob Reinhardt

1 Sometimes I admire the littlest things
2 A simple rock. A blade of grass.
3 They need no future goals, no tax exemptions
4 They don't need to go anywhere or be anything
5 They just are.

6 Sometimes, especially when I'm reading life insurance policies,
7 I envy the rocks and the grass
8 And try to be like them for a moment.
9 I sit perfectly still and give myself to the wind-
10 And it whispers in my ear:
11 Just be.
12 And for that moment I don't need to go anywhere or be anything.
13 And at the snap of my fingers,
14 All the complex widgets and gizmos that make up my life
15 Fold into paper airplanes and fly off in the wind.

[Source: Jacob Reinhardt at <www.poetrysoup.com>]

TEXT 7A



kulula.com
the most
South African
flight
ever

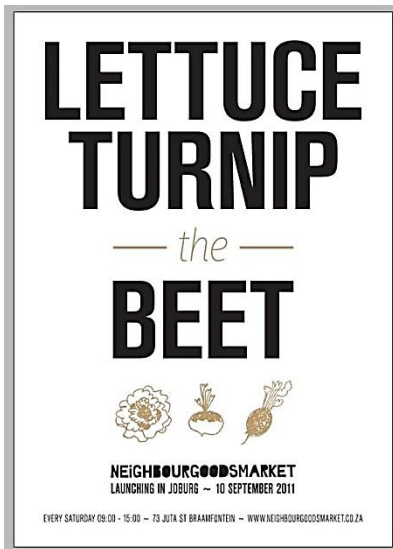
Howzit. Come check out
The Most South African Flight Ever

We have gumboot-dancing kings, biltong-loving English folk and Tokoloshe-singing Afrikaners.
It'll be a vibe. You'll dig it.

start boarding

[Source: <kulula.com>]

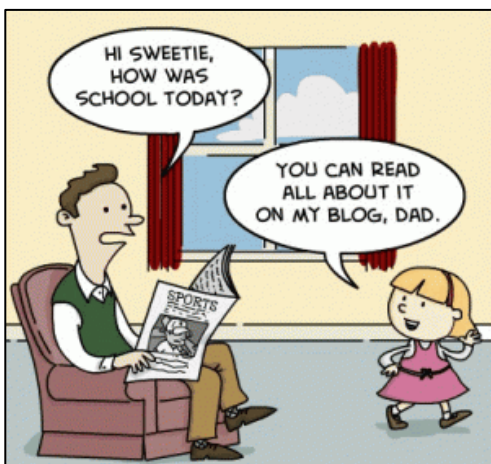
TEXT 7B



[Source: <pinterest.com>]

TEXT 8A–C

8A



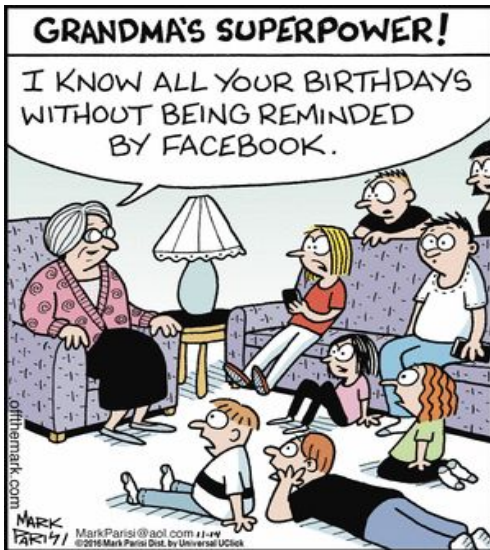
[Source: <cartoonstock.com>]

8B



[Source: <cartoonstock.com>]

8C



[Source: <cartoonstock.com>]

TEXT 9

SUNGLASSES ARE A NECESSITY, NOT AN ACCESSORY

1 So its almost time for the summer holidays. Fun, fun, fun in the sun, sun, sun. We
2 protect our skin, but what about our eyes. Most of us are unaware **7.1.1 (off/of)** the
3 dangerous **7.1.2 (affects/effects)** of ultraviolet light on our skin, but this applies to our
4 eyes to.

5 Sunglasses come in **7.1.3 (varies/various)** colours, shapes sizes. And although it is
6 fun to pop on a fresh pair of cool shades, the main reason for wearing them is for eye
7 protection. The wrong type can be more dangerous **7.1.4 (then/than)** wearing none at
8 all, dark tint without proper UV-protective coatings allow your pupils to dilate and let
9 even more UV rays into the eye.

10 Optometrist Craig Smith advises: "When you choose your sunglasses, invest in the
11 best optical grade lenses that you can afford. Later in life, you'll be glad you did so".

[Extract adapted from article by Rene Very in *Benefits Magazine*: Issue 60, p. 18]