KA-Consultants Ltd.
Do you have the drive to learn?
QuickFix
ENGLISH REFERENCE SHEET

BEGINNERS · BG63 · ENTRY 2

Technology and Social Media

Talk about technology and social media, and give your opinion.

Supports Adult ESOL and Functional Skills English · Entry 2

In this sheet you will

- learn words for phones, computers and social media
- give opinions with reasons in a group discussion
- join sentences with and, but, because and so, and write your opinion

Next sheet: BG64 Describing People and Places

About this series

Free, practical English worksheets for adult learners, in class or at home. Practise speaking, listening, reading and writing through everyday situations.

Our philosophy

We help you understand, practise and grow in confidence.

Find more sheets for beginners

Scan the QR code, or go to **www.ka-consultants.com/quickfix** and choose Beginners.

Text, design and illustrations © 2026 Keystone Academic Consultants Limited. Free for educational use. Teachers may print and share this worksheet unchanged with learners. Please keep the Keystone attribution and share the link to the original resource.

Updated November 2026

LEARN Technology in everyday life



Useful words

a video call a message an app
a password a website online
social media to post to share
to download to delete to log in

Grammar: Conjunctions: joining two ideas

and adds: I use my phone for messages **and** I watch videos.
but shows a difference: Social media is fun, **but** it wastes time.
because gives a reason: I like video calls **because** I can see my family.
so gives a result: My phone was old, **so** I bought a new one.

Giving opinions: I think … In my opinion, … I agree because … I don't agree because …

LISTEN Listen to three people. Do they like social media? Tick and write a reason.

Teacher: *the script is in the teacher area. Audio: Quick Fix Listening, BG63.*

	Likes it	Doesn't like it	Reason
Ana	☐	☐	
Joseph	☐	☐	
Li Na	☐	☐	

SAY IT Listen and repeat. Then discuss in a small group.

Omar I think social media is useful **because** I can talk to my family in Jordan every week.

Li Na I agree, **but** some people spend too much time online.

Joseph That's true. My son was always on his phone, **so** we made a rule: no phones at dinner.

Omar That's a good idea. What do you think, Ana?

Ana In my opinion, it's good for news, **but** you should check that it's true.

Sound focus: Pause slightly before but and so to show a new idea: It's useful … **but** it takes time.

Your turn. Group discussion (three or four people): Is social media good or bad for families? Give your opinion and reason in full sentences, then ask another person. Listen and respond to each other. **I think … because … What do you think? I agree / I don't agree because …**

READ Read on your own first. Then answer.

Oak Road College Magazine: Staying in touch

Omar Saeed moved to Bolton from Jordan four years ago. "When I first arrived, I felt lonely," he says. "Now I have a video call with my parents every Sunday, so they can see my home and my new friends. My mother always asks what I ate for dinner!"

Omar also uses social media to find out about events in Bolton, and he joined an online group for learners of English. "People share useful websites and help each other with homework," he explains.

However, Omar is careful online. He never shares his address or his bank details, and he uses a different password for each account. "Technology is wonderful, but you need to use it sensibly," he says. His tip: switch off your phone for one hour every evening and talk to the people in the room with you.

Questions about the text Answer questions 2 and 3 in full sentences.

1. **The purpose of this article is to** ☐ explain how one learner uses technology ☐ sell a new phone ☐ give instructions for a video call

2. **Why does Omar have a video call every Sunday?**

_____

3. Give two ways Omar stays safe online.

_____

4. Use a dictionary. Sensibly means ☐ quickly ☐ in a careful, wise way ☐ every day

5. True or false? Tick.

	True	False
a) Omar felt lonely when he first arrived.	☐	☐
b) Omar uses the same password for every account.	☐	☐
c) Omar thinks people should switch off their phones for an hour.	☐	☐

6. Find the conjunction that joins the two ideas: Technology is wonderful, ___ you need to use it sensibly.

_____

PRACTISE 1. Match the word to its meaning. Then write the five words again.

1. an app	**a)** to put a photo or message online
2. a password	**b)** to copy something from the internet to your phone
3. to download	**c)** to remove something
4. to post	**d)** a program on a phone
5. to delete	**e)** the secret words or characters you use to log in

Answers: 1 ____ 2 ____ 3 ____ 4 ____ 5 ____

Write the words again: _____

2. Join the sentences with and, but, because or so.

Example: *I like my phone. It is very old.* → **I like my phone, but it is very old.**

a) I use the internet every day. I need it for my course.

_____

b) My battery was low. I charged my phone.

_____

c) I send messages. I make video calls.

_____

d) I wanted to learn English. I joined an online group.

_____

3. Fact or opinion? Tick.

a) Many people use social media every day.	☐ fact	☐ opinion
b) Social media is boring.	☐ fact	☐ opinion
c) You can make video calls on a laptop.	☐ fact	☐ opinion
d) Video calls are the best way to keep in touch.	☐ fact	☐ opinion



USE IT Write your opinion (30 to 50 words): Is social media good or bad for families?

Give your opinion, one reason and one caution with but. Stretch: add a second reason.

My opinion	Reason (because ...)	Caution (but ...)	Stretch: reason 2
_____	_____	_____	_____

_____

_____

_____

_____

_____

_____

_____

_____

Check your writing: ☐ I think ... / In my opinion ... ☐ because and but
☐ capital letters and full stops ☐ 30 to 50 words



I CAN Tick Yes or Not yet.

I can talk about technology and social media.	Yes	Not yet
I can give my opinion with reasons in a group.	Yes	Not yet
I can join ideas with and, but, because and so.	Yes	Not yet