

## **Learning English through Popular Culture**

Topic: You are Pat Chan. Your friend Chris has recently been addicted to internet. He spends hours sitting in front of the computer browsing web pages, playing games, chatting online, etc, ignoring everything including studying, communicating with family and friends. He even skips schools and does not leave his rooms for days. His mother cannot motivate him to leave his room and asks you for help. Write an email to Chris giving him some advice how he can return to his normal life. (350 words)

Hey Chris,

How are you feeling recently? I've missed you for days. I heard you were addicted to internet lately. It's true that internet can be beneficial to our daily lives, but never is it beneficial when you are addicted to it. Why? First of all, browsing unhealthy web pages too much can influence you a lot, you might always use violence to solve your problems if you browse a lot of them. Second, chatting online allows you to meet people around the globe, but it also isolates you from your family and friends. Not only that, it also weakens your communication skills. Third, playing online games. I mean, playing online games is kind of good for you because you can train your reflexes by playing them, but nevertheless, most online games contain violence. I fear once you are addicted to these games, someday you will become a completely violent person.

Maybe we should talk about the problem of addiction for now. This problem of yours is getting out of hand right now. Perhaps you still don't know the gravity of the problem. Your addiction is not as simple as browsing internet constantly, but you also neglect your studies, family and friends. You even skip school and don't even step out of your room for days just because of internet. Are you really okay with that? Are you actually fine with living an isolated life?

So here, I want to give you some advice on how to return to your normal life. My first advice is to do some sports. You see, according to scientific research, your brain produces endorphins when exercising. You will feel happy once you do sports. Second, it's really okay to chat online once in a while, but please don't forget you still have us. When you got a little blue on something, we will support you. And that's my second advice: Tell us when you're feeling down. Last but not least, apart from playing online games, you can have fun with us. We will be always for you.