

FUNCTION #8

Tech Talk & Digital Life – Parlare di tecnologia, social media, abitudini digitali

EPISODE 8 • School Library, Free Period VOL. 1

1 Bro, my **screen time** report just dropped. 7 hours a day. **I'm cooked**.

2 Same. TikTok's got me in a **chokehold**. I've been **scrolling since** 6am.

3 I've **deleted** the app three times this month. It **never sticks**.

4 Have you **tried the digital wellbeing** thing? Sets limits and stuff.

5 Yeah, I **ignore it** after 5 minutes. My attention span is officially **fried**.

6 Real. Let's do a **detox challenge** this week. No phones after 9. **Bet?**

★ **REMEMBER! 2 phrases you NEED:**

★ "I'm cooked" / "In a chokehold" = "Cooked" = in trouble. "Chokehold" = completely controlled/addicted. Tech addiction humor.

★ "I've deleted..." / "Have you tried...?" = Present Perfect for digital habits. Natural tech struggle talk.