

The background of the entire image is a stylized Union Jack flag, composed of large, solid-colored geometric shapes in blue, red, and white. In the top-left blue section, there is a light blue rounded rectangle containing the text '12+'.

12+

Том Сториз

**Истории
на английском
для средней
и старшей
школы**

Как говорить естественно
и понятно

Том Сториз
Истории на английском
для средней и старшей
школы. Как говорить
естественно и понятно

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Аннотация

Данное пособие предназначено для учащихся средней и старшей школы, изучающих английский язык на уровне B1-B2. Книга включает тексты на основе повседневных ситуаций, отражающих личный опыт и типичные жизненные моменты. Задания направлены на развитие чтения, говорения и письма, а также на формирование умения выражать мысли на английском языке в естественной и понятной форме.

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Истории на английском для средней и старшей школы Как говорить естественно и понятно

Том Сториз

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Введение

Данное учебное пособие предназначено для учащихся средней и старшей школы, изучающих английский язык на уровне В1. Основной целью книги является развитие навыков чтения, понимания и самостоятельного использования языка в контексте личного опыта и повседневных ситуаций.

В основе материала лежат тексты, построенные в форме кратких повествований от первого лица. Они отражают типичные жизненные ситуации, с которыми сталкиваются подростки и молодые люди: обучение, общение, принятие решений, внутренние переживания и формирование личной позиции. Такой подход позволяет соединить языковую практику с осмыслением собственного опыта.

Лексический и грамматический материал отобран с учетом уровня подготовки учащихся. В текстах используются распространенные слова, устойчивые выражения и базовые синтаксические конструкции, включая простые и сложные предложения. Особое внимание уделяется естественности языка и его приближенности к реальной коммуникации.

После каждого текста предлагается система заданий, направленных на закрепление изученного материала. В их чис-

ло входят списки полезных выражений с переводом, речевые модели для практического использования, вопросы для личной рефлексии, примеры развернутых ответов, а также упражнения на завершение предложений. Эти задания ориентированы на развитие навыков говорения, письма и осознанного восприятия языка.

Пособие может использоваться как в рамках учебного процесса под руководством преподавателя, так и для самостоятельной работы. Структура материала позволяет постепенно развивать языковые навыки, а также формировать способность выражать собственные мысли на английском языке в понятной и логичной форме.

Автор исходит из того, что изучение языка является не только процессом усвоения правил и словарного запаса, но и средством развития мышления, внимания и способности к самовыражению. В связи с этим особое значение придается содержательной стороне текстов и их связи с личным опытом учащихся.

When My Phone Became My Problem

It started like a normal school year. I had a new timetable, new teachers, and a lot of plans in my head. I also had a new phone. At first, it felt like something useful and exciting. I used it to text my friends, check homework, listen to music on the way to school, and sometimes watch short videos before sleeping. It seemed harmless.

But after a few weeks, I noticed something strange. I was checking my phone all the time. In the morning, I would grab it before even getting out of bed. During breakfast, I was scrolling through social media instead of talking to my family. On the bus, I wasn't looking out of the window anymore — I was just staring at the screen.

At school, it became worse. I kept thinking about messages or notifications, even when the teacher was explaining something important. I told myself, «Just five more minutes,» but those five minutes turned into twenty. Sometimes I didn't even realize how much time I was wasting. My homework started to get worse, and I felt more tired than usual.

One day, my friend asked me a simple question: «Do you feel like you control your phone, or your phone controls you?» I

laughed at first, but later that question stayed in my head. That evening, I tried to study, but my phone kept lighting up. I felt nervous when I didn't check it, like I was missing something important, although nothing special was actually happening.

So I decided to try something different. I put my phone in another room while studying. At first, it was uncomfortable. I kept thinking about it, and I even stood up a few times just to check it. But slowly, I started to focus better. I finished my homework faster than usual, and I even had time to relax afterwards.

The next day, I tried the same thing again. I also turned off unnecessary notifications. It wasn't easy, because I was used to reacting to every sound and vibration. But I started noticing small changes. I was more present in conversations. I paid more attention in class. Even my mood felt calmer.

Still, I didn't want to completely give up my phone. It's part of life now — we use it for school, communication, and entertainment. The problem wasn't the phone itself, but how I was using it. I had to learn when to stop.

Sometimes, I still catch myself unlocking the screen without a reason. But now I notice it faster. I pause, put the phone away, and do something else instead. It's not perfect, but it feels like

I'm getting a bit more control back, one small moment at a time.

And strangely, the world around me feels a little louder and clearer when I'm not always looking down.

Here are some useful expressions you might have noticed:

grab my phone — схватить телефон

scroll through social media — листать соцсети

waste time — тратить время впустую

check notifications — проверять уведомления

feel distracted — чувствовать себя отвлечённым

lose focus — терять концентрацию

stare at the screen — смотреть в экран

turn off notifications — отключить уведомления

stay in my head — застрять в голове

feel nervous — чувствовать тревогу

miss something important — пропустить что-то важное

put the phone away — убрать телефон

be used to something — привыкнуть к чему-то

pay attention — обращать внимание

react to every sound — реагировать на каждый звук

take control back — вернуть контроль

feel calmer — чувствовать себя спокойнее

be present in the moment — быть в настоящем моменте

before sleeping — перед сном

check messages — проверять сообщения

You can use patterns like these in your own speech:

I started + V-ing — Я начал (а)...

I didn't realize how much... — Я не осознавал (а), сколько...

I decided to... — Я решил (а)...

It was hard to... but I tried — Было сложно..., но я попробовал (а)

I felt like I was... — Мне казалось, что я...

Instead of V-ing, I started V-ing — Вместо того чтобы..., я начал (а)...

I got used to V-ing — Я привык (ла)...

It helped me to... — Это помогло мне...

Now think about your own experience:

1. How often do you use your phone during the day?

I use my phone many times during the day, especially after school and before sleeping. It helps me stay in touch with friends and relax.

2. Have you ever felt distracted because of your phone?

Yes, sometimes I feel distracted when I study. I start checking messages and lose focus, so I try to put my phone away.

3. Do you think your phone controls your time sometimes?

Sometimes yes, especially when I scroll through social media. I don't notice time passing, so I try to set limits.

4. What do you usually do on your phone the most?

I mostly check messages and watch videos. It helps me relax, but I try not to spend too much time on it.

5. Have you tried to reduce phone use?

Yes, I turned off notifications and it helped me feel calmer. I also started studying without my phone nearby.

6. When do you feel you are more focused?

I feel more focused when my phone is not near me. I can finish tasks faster and make fewer mistakes.

Complete the sentences:

I often scroll through social media when I feel _____.

I decided to put my phone away because I was _____.

It is hard to lose focus when I keep checking _____.

Turning off notifications helped me feel more _____.

I try to be more present in the moment instead of _____.

The Message I Shouldn't Have Read

It was a normal evening, or at least it looked normal at first. I came home from school, threw my bag on the chair, and went straight to my phone. I was tired, a bit bored, and just wanted to relax. I opened social media, checked a few messages, and started scrolling without thinking too much.

Then I saw a notification that didn't look important. It was just a message preview from someone I knew. I wasn't planning to read it, but my finger clicked before my brain could stop me. That moment changed my mood completely.

It was a message about me. Not a nice one. A friend had written something personal in a group chat, and it wasn't kind. It wasn't a huge drama, but it still hurt. I read it once, then again, trying to understand if I misunderstood something. But the meaning was clear.

At first, I just stared at the screen. I felt my face get hot, and my thoughts became messy. I wanted to close the app and forget about it, but I couldn't. I kept reading the same lines again and again, like maybe they would change.

I didn't know what to do. Part of me wanted to reply

immediately, but another part told me to wait. So I put my phone down and tried to distract myself. I went to the kitchen, drank some water, and tried to act normal. But inside, I was still thinking about that message.

Later that night, I couldn't focus on anything. Even watching videos didn't help. The message kept coming back into my mind. I started thinking about what I did wrong, or if I should talk to my friend. I felt confused, sad, and a bit angry at the same time.

The next day at school, I saw the person who wrote the message. We acted normal, like nothing happened, but I could feel tension between us. I didn't say anything because I wasn't sure what to say. I didn't want to make things worse, but staying silent also felt strange.

After school, I talked to another friend about it. That helped a little. She told me that sometimes messages online sound worse than they really are, because we don't hear tone or see expressions. She also said I should talk directly to the person instead of overthinking everything.

So I did something I wasn't comfortable with. I sent a message asking if we could talk. It wasn't easy to press «send,» because I didn't know what answer I would get. But I felt like I needed clarity.

We met the next day and talked in person. It turned out the message wasn't meant as seriously as I thought. It was a misunderstanding mixed with bad timing and jokes that didn't come across well in text. I still felt a bit hurt, but I also felt relieved.

After that, I started thinking more carefully about what I read online. Not every message is as serious as it looks, but at the same time, words can still affect people deeply. I also realized that reading something quickly doesn't always mean understanding it correctly.

Now, whenever I see a message that feels emotional or confusing, I pause before reacting. Sometimes I even wait a few minutes or talk to someone first. It doesn't remove all problems, but it helps me avoid jumping to conclusions too fast.

And even now, I still remember that moment when one small message changed my whole evening.

Here are some useful expressions you might have noticed:

- scroll without thinking — листать не задумываясь
- message preview — предварительный просмотр сообщения
- change my mood — изменить настроение

feel confused — чувствовать растерянность
stare at the screen — смотреть в экран
over and over again — снова и снова
take a break — сделать паузу
distract myself — отвлечь себя
act normal — вести себя нормально
feel tension — чувствовать напряжение
overthink everything — слишком много думать
send a message — отправить сообщение
press «send» — нажать «отправить»
talk in person — поговорить лично
bad timing — неудачное время
jump to conclusions — делать поспешные выводы
affect deeply — сильно повлиять
think carefully — обдумывать внимательно
feel relieved — чувствовать облегчение
come across (in text) — передаваться (в тексте)

You can use patterns like these in your own speech:

I didn't mean to... — Я не хотел (а)...

I ended up V-ing — В итоге я...

It made me feel... — Это заставило меня чувствовать...

I wasn't sure what to do — Я не знал (а), что делать

Instead of reacting, I... — Вместо реакции я...

I tried to distract myself by... — Я пытался (ась) отвлечь-

ся...

It turned out that... — Оказалось, что...

I felt like I needed to... — Мне казалось, что мне нужно...

Now think about your own experience:

1. Have you ever misunderstood a message online?

Yes, sometimes I misunderstand messages because I don't see the tone. Later I realize it wasn't as serious as I thought.

2. How do you usually react to emotional messages?

I usually try to wait before reacting. If I reply immediately, I might say something I regret.

3. Do you prefer talking in person or online?

I prefer talking in person because it is easier to understand feelings. Online messages can be confusing sometimes.

4. What do you do when you feel upset after reading something?

I try to distract myself by doing something else, like listening to music or walking. It helps me calm down.

5. Have you ever had a misunderstanding with a friend?

Yes, I had a misunderstanding with a friend because of a message. We talked later and solved the problem.

6. Do you think people react too fast to messages today?

Yes, I think many people react too quickly. They don't always think carefully before responding.

Complete the sentences:

I didn't want to react immediately, so I decided to _____.

The message made me feel confused and _____.

Instead of replying, I tried to _____ myself.

Later, I realized it was just bad _____.

Now I always try to think carefully before I _____ a message.

A Comment That Hurt Me More Than I Expected

It started like any other normal school day. I woke up a bit tired, rushed through breakfast, and checked my phone on the way to school. Nothing unusual was happening, and I didn't expect anything special from that day. At school, we had the usual lessons, homework, and small conversations during breaks. Everything felt predictable and a little boring, like most weekdays.

After school, I finally had time to relax. I sat on my bed, opened social media, and started scrolling without really thinking. I had posted a photo earlier that day — just a simple picture with friends in the school corridor. We were laughing, nothing serious, just a small moment from everyday life. I didn't expect much attention, maybe a few likes and friendly comments.

At first, everything looked normal. People reacted with emojis, short positive messages, and casual words like «nice» or «cool.» I didn't pay much attention to it. It felt like background noise — something pleasant but not important.

Then I saw one comment that made me stop.

It was short. Just one sentence. No emojis, no explanation, nothing that could soften the meaning. It was from someone I knew from school. At first, I thought I misunderstood it, so I read it again. And again. But the meaning didn't change.

It was a comment about how I looked in the photo. Not in a kind or friendly way. It wasn't extremely rude, but it was enough to make me feel uncomfortable. It was like a small stone suddenly dropped into a calm lake — not huge, but impossible to ignore.

I remember staring at the screen and not moving for a few seconds. My thoughts slowed down. I didn't know whether to ignore it or respond. Part of me wanted to reply immediately, but another part told me to wait. So I just sat there, holding my phone and feeling confused.

I tried to tell myself, «It's just a comment, don't take it seriously.» But it didn't work very well. I kept thinking about it, even when I wasn't looking at my phone. I started noticing things I usually don't care about — my appearance, the photo, even small details I had never thought about before.

After a while, I decided to close the app and do something else. I went to the kitchen, got some water, and tried to distract myself. I even put on music and walked around my room. But the

comment still stayed in my head, like it had its own space there.

Later that evening, I talked to a friend. I didn't explain everything at first, just said that something online bothered me. My friend listened and then said something simple but helpful. Sometimes people write things quickly without thinking, and it doesn't always reflect reality.

That didn't erase what I felt, but it made me think differently. Maybe the problem wasn't only the comment itself, but the importance I gave it. Still, it's not easy to switch off emotions just by understanding them logically.

The next day at school, I saw the person who wrote the comment. We acted normal, like nothing had happened. That felt a bit strange, because inside I still remembered everything, but on the outside, life just continued as usual.

Over time, the feeling became less strong. I didn't forget it, but it stopped affecting me the same way. I started realizing that online comments can be random, careless, or exaggerated. Not everything deserves deep attention.

Now, when I see comments online, I still read them, but I don't let them decide how I feel about myself. Sometimes I even pause before reacting, especially if something feels negative. It helps

me step back for a moment and not get stuck in one sentence.

And even now, I still remember how surprising it is that something so small — just a few words on a screen — can stay in your mind much longer than you expect.

Here are some useful expressions you might have noticed:

scroll without thinking — листать не задумываясь

check my phone — проверять телефон

simple picture — простая фотография

get attention — привлекать внимание

feel uncomfortable — чувствовать себя некомфортно

read again and again — читать снова и снова

take it seriously — воспринимать серьёзно

stay in my head — застрять в голове

distract myself — отвлечь себя

put on music — включить музыку

act normal — вести себя нормально

switch off emotions — отключить эмоции

give importance to something — придавать значение

calm down — успокоиться

think differently — думать по-другому

reflect reality — отражать реальность

pay attention — обращать внимание

step back — сделать шаг назад

affect me — влиять на меня

let it go — отпустить

You can use patterns like these in your own speech:

It started like a normal day — Всё началось как обычный день

I didn't expect anything special — Я не ожидал (а) ничего особенного

I kept thinking about it — Я продолжал (а) думать об этом

I tried to distract myself by... — Я пытался (ась) отвлечься...

It didn't work very well — Это не очень помогло

I told myself that... — Я говорил (а) себе, что...

Over time, I realized that... — Со временем я понял (а), что...

It was hard not to think about it — Было трудно не думать об этом

Now think about your own experience:

1. Have you ever received a comment online that affected your mood?

Yes, sometimes I read comments that feel a bit negative. At first, they affect my mood, but later I try to ignore them.

2. How do you usually react to negative opinions online?

I usually try not to react immediately. I think for a while and

decide if it is worth responding.

3. Do you think online comments are always honest?

No, I don't think so. People often write quickly without thinking about how it sounds.

4. What helps you feel better after something upsetting online?

I usually talk to friends or listen to music. It helps me calm down and stop overthinking.

5. Do you post things online often?

Yes, sometimes I post photos or updates, but I don't expect too much attention.

6. Have you ever changed your opinion about something after thinking more carefully?

Yes, sometimes I realize that my first reaction was too emotional, so I try to see things more calmly later.

Complete the sentences:

I didn't expect anything special, but I saw a _____ comment.

I kept reading it again and again because I felt _____.

I tried to distract myself by _____ music and walking around.

Over time, I realized I should not take it too _____.

Now I try to think carefully before I _____ to online comments.

The Day I Deleted All My Social Media

It wasn't planned. I didn't wake up thinking, «Today I will delete everything and change my life.» It happened on a quiet evening after school, when nothing special was going on, but my head felt unusually full.

I remember sitting on my bed with my phone in my hand, switching between apps without even noticing. Open one app, scroll a bit, close it, open another. The same cycle again and again. It felt automatic, like I wasn't really choosing anything anymore.

That day had been normal, but also strangely exhausting. At school I was half-listening to lessons, half-thinking about messages I hadn't replied to. During breaks I checked my phone even when I had nothing to check. I wasn't really present anywhere — not in class, not with friends, not even alone.

When I got home, I felt a bit irritated for no clear reason. My phone kept buzzing, lighting up, pulling my attention every few minutes. Even when I wasn't using it, I was thinking about it. It was like there was always something waiting for me inside the screen.

At some point, I opened social media again and just stared at it. Not even scrolling properly. Just looking. And I had a strange thought: Why am I doing this right now?

It wasn't a dramatic moment, no big emotional breakdown. It was more like a quiet realization. I noticed how often I checked my phone without a reason. How quickly I got distracted. How hard it was to focus on anything for more than a few minutes.

So I did something impulsive. I opened settings and started deleting apps. One by one. First the easiest ones. Then the ones I used every day. My finger hesitated a few times, especially over the apps I used to talk to friends, but I still pressed «delete.»

After a few minutes, my phone looked strangely empty. No colorful icons, no constant notifications, no quick escape into scrolling. Just the basic apps left. I locked the screen and put the phone on my desk.

At first, it felt uncomfortable. Like I had lost something important. I kept reaching for my phone out of habit, even when I knew there was nothing there to check. It was surprising how automatic that movement had become.

That evening felt different. Quieter. I didn't know what to do with myself at first. I walked around my room, looked out of

the window, even cleaned my desk just to stay busy. There were moments when I felt bored in a way I hadn't felt for a long time.

But after a while, something changed. The silence didn't feel so strange anymore. I started thinking more clearly. My mind wasn't jumping from one notification to another. I could actually finish one thought without interruption.

The next day at school was even more interesting. I noticed small things I usually missed — conversations, expressions, details in lessons. I was less distracted, even when I didn't try hard to focus. It felt like my attention had more space.

Of course, it wasn't perfect. I still felt the urge to check my phone. I also worried a bit about missing messages or being out of touch with friends. That part wasn't easy, especially in the beginning.

Later, I decided to reinstall only one messaging app, just to stay connected. But I didn't bring everything back. I kept the rest deleted. It felt like a balance — not completely disconnected, but also not constantly online.

Over the next few days, I started noticing something else. I wasn't as anxious for no reason. I didn't feel that constant pressure to respond instantly or check what others were doing. My time

felt more like mine again, even if just a little.

Now I don't think deleting everything was a permanent solution, but it was a turning point. It showed me how automatic my habits had become, and how quickly I could change them if I really stopped and paid attention.

And sometimes I still remember that moment of hesitation before pressing «delete,» like standing at a small door I didn't realize I needed to open.

Here are some useful expressions you might have noticed:

scroll without thinking — листать не задумываясь

check my phone — проверять телефон

feel irritated — чувствовать раздражение

constant notifications — постоянные уведомления

pull attention — привлекать внимание

be present — быть в настоящем моменте

automatic habit — автоматическая привычка

open settings — открыть настройки

delete apps — удалить приложения

press «delete» — нажать «удалить»

feel uncomfortable — чувствовать дискомфорт

out of habit — по привычке

lose something important — потерять что-то важное

quiet realization — тихое осознание

jump from one thing to another — прыгать с одного на другое

focus on something — сосредоточиться на чём-то

feel bored — чувствовать скуку

stay connected — оставаться на связи

bring something back — вернуть что-то обратно

turning point — переломный момент

You can use patterns like these in your own speech:

It wasn't planned — Это не было запланировано

I didn't realize how much... — Я не осознавал (а), насколько...

I started doing something impulsively — Я начал (а) делать что-то импульсивно

At first, it felt... — Сначала это ощущалось как...

It became easier over time — Со временем стало легче

I kept reaching for my phone — Я продолжал (а) тянуться к телефону

I started noticing that... — Я начал (а) замечать, что...

It felt like I had more time — Казалось, что у меня больше времени

Now think about your own experience:

1. Have you ever tried to reduce your phone or social media use?

Yes, sometimes I try to reduce my phone use, especially when I feel distracted. It helps me focus better on schoolwork.

2. How do you feel when you are offline for a long time?

At first I feel a bit uncomfortable, but later I start to feel calmer. I notice I have more time to think.

3. What apps do you use the most every day?

I usually use messaging apps and social media. They help me stay connected with friends.

4. Do you think you can spend a full day without social media?

It would be difficult at first, but probably possible. I think I would feel bored in the beginning.

5. What helps you focus when you study?

I study better when my phone is away from me. I also turn off notifications.

6. Do you think people depend too much on their phones today?

Yes, I think many people are very dependent on phones. It has become a habit for almost everything.

Complete the sentences:

I didn't expect to delete my apps, but I suddenly felt _____.

At first, it felt uncomfortable and a bit _____.

I kept reaching for my phone out of _____.

Over time, I started noticing that I could _____ better.

It felt like I had more control over my _____.

Online Popularity vs Real Life

It's funny how two versions of your life can exist at the same time. One happens in real life — at school, at home, in conversations with friends. The other happens online, where everything is measured in likes, views, comments, and followers. For a long time, I didn't really think about the difference. It all felt like one big world.

At school, things are simple in a way. You talk to people face to face, you see their reactions, you understand if they are joking or serious. Friendships grow slowly. You don't count them, you feel them. Some days you laugh a lot, other days are quiet, but it feels real, even when it's not perfect.

Online, everything is different. A post can suddenly get attention from people you don't even know. A photo can be seen by hundreds of strangers in a few minutes. At first, that felt exciting. I remember checking my phone again and again, waiting for new likes or comments. It gave a small rush, like something important was happening.

But that feeling didn't always last.

Sometimes I noticed that a post I thought was really good

didn't get much attention. Other times, something I didn't even think about suddenly became «popular.» It started to feel random, like I had no real control over it. That made me think: what does popularity online actually mean?

At school, I had friends I could talk to every day. We shared real moments — sitting together, joking, helping each other with homework. But online, popularity felt more distant. It was numbers and notifications, not real conversations. Someone could «like» your post but never talk to you in real life.

I started noticing a strange difference in how I felt. When something went well online, I felt briefly happy. But when I had a good day in real life — a funny conversation, a walk home with friends — the feeling stayed much longer. It was quieter, but deeper.

Still, I won't say online popularity is completely meaningless. It can feel nice to be seen, to get positive feedback, to feel that people notice you. But I started realizing that it doesn't always reflect who you really are. It's more like a small highlight, not the full story.

One day, I remember sitting with my friends after school, laughing about something completely random. Nobody was filming it, nobody was posting it. There were no likes or

comments. But later that day, I thought about that moment more than anything I saw online.

That's when it became clearer to me. Real life doesn't need an audience. It doesn't need numbers. It just happens, and you're part of it.

Online life, on the other hand, sometimes feels like you are always being watched or measured. You start thinking about how things look instead of how they feel. You wonder if something is «good enough» to post, instead of just enjoying it.

I still use social media, of course. It's part of everyday life now. But I try not to confuse attention with value. A post can get many likes and still mean very little. And a quiet moment with one friend can mean much more than hundreds of reactions.

Sometimes I catch myself checking my phone too often again, especially after posting something. But now I notice it faster. I remind myself that real life is still happening while I'm staring at a screen.

And maybe the biggest difference is this: online popularity disappears quickly, but real moments stay with you in a way that no number can really measure.

Here are some useful expressions you might have noticed:

face to face — лицом к лицу

real life — реальная жизнь

online popularity — онлайн-популярность

get attention — привлекать внимание

check my phone — проверять телефон

social media post — пост в соцсетях

new likes and comments — новые лайки и комментарии

feel a rush — почувствовать прилив эмоций

lose control over something — потерять контроль над чем-

то

real conversation — настоящий разговор

spend time together — проводить время вместе

random result — случайный результат

feel distant — чувствовать дистанцию

positive feedback — положительная обратная связь

mean a lot — много значить

stay with you — оставаться с тобой

real moment — реальный момент

be part of something — быть частью чего-то

get used to something — привыкнуть к чему-то

confuse attention with value — путать внимание с ценно-

стью

You can use patterns like these in your own speech:

At first, I thought that... — Сначала я думал (а), что...

It started to feel like... — Начало казаться, что...

I started noticing that... — Я начал (а) замечать, что...

It didn't last very long — Это длилось недолго

I realized that... — Я понял (а), что...

It made me think about... — Это заставило меня задумать-

ся о...

I try not to confuse... with... — Я стараюсь не путать... с...

It means more than... — Это значит больше, чем...

Now think about your own experience:

1. Do you think online popularity is important?

I think it can feel important sometimes, but it is not the most important thing. Real relationships matter more in the long term.

2. How do you feel when your post gets many likes?

I feel happy for a short time, but the feeling doesn't last long. It is nice, but not very deep.

3. What do you value more: online attention or real friendships?

I value real friendships more. They are more stable and meaningful than online reactions.

4. Do you compare yourself to others online?

Sometimes I do, but I try not to. It can make me feel stressed

or unhappy.

5. What moments in real life make you happiest?

I feel happiest when I spend time with friends or family.
Simple moments often feel the most real.

6. Do you think social media shows real life?

Not completely. It usually shows only highlights, not everyday reality.

Complete the sentences:

Online popularity often depends on _____ and comments.

Real life moments usually feel more _____ and meaningful.

I try not to confuse attention with _____.

A post can get many likes but still feel _____.

Real friendships are more important than online _____.

A Fake Account That Changed Everything

It started as a normal week, the kind that doesn't feel special at all. School, homework, chatting with friends, scrolling through my phone in the evening — everything was predictable. Nothing suggested that something strange was about to happen.

I first noticed it on social media. A new account started following me. It had no clear photo, no real information, just a random username and a few posts that didn't say much. At first, I didn't think anything of it. Fake accounts appear all the time, so I ignored it.

But then it didn't stop there.

A few days later, I got a message from that account. It was short and casual, like someone trying to start a normal conversation. It said something like, «Hey, I think we go to the same school.» That made me pause. I wasn't sure who it was, but I still replied politely.

The conversation continued. At first, it felt harmless. Just small talk about school, teachers, and everyday things. The

person seemed friendly, maybe even a bit shy. I started thinking it might be someone I actually knew but didn't recognize online.

But something felt slightly off.

They knew small details, but not everything. Sometimes they asked questions that felt a bit too careful, like they were trying to get information instead of just talking. I didn't want to overthink it, so I kept replying normally. I told myself it was probably nothing.

Then things changed.

One evening, the messages became more personal. The account started mentioning people I knew and things happening at school that weren't public. That made me uncomfortable. I felt that strange feeling when something is both familiar and wrong at the same time.

I stopped replying for a while, but the messages kept coming. More questions. More comments. Some of them didn't feel harmless anymore. It felt like someone was watching from too close.

I started feeling nervous every time my phone lit up. Even simple notifications made me uncomfortable. I showed the

account to a friend, and that was the first time I said it out loud: «I think this might be a fake account.»

My friend agreed. We compared information, thought about it, and slowly realized it wasn't just a random stranger. It looked like someone pretending to be someone else — maybe even someone from school.

That thought changed everything.

Suddenly, normal school life didn't feel completely normal anymore. I started looking at people differently. Every time I saw someone checking their phone or laughing quietly, I wondered if it could be connected. It wasn't a nice feeling.

We decided to report the account. At first, I hesitated, because I didn't want to create drama or accuse the wrong person. But the situation felt too strange to ignore. So I blocked it and reported it, and my friend did the same.

After that, there was silence.

No more messages. No more strange notifications. Just nothing. At first, it felt like relief. But a part of me still kept thinking about who it was and why it happened. That question didn't disappear quickly.

At school, nothing obvious changed. People acted normal, like always. But I noticed myself paying more attention to small details — who knew what, who talked to whom, who seemed too interested in online gossip. I didn't trust everything as easily anymore.

Over time, I understood something important. Online spaces can feel safe and distant, but they can also hide things you don't expect. A fake account isn't just a joke or a prank when it crosses personal boundaries. It can affect real emotions in real life.

Still, I didn't want to become paranoid. I kept using social media, but more carefully. I started thinking before replying, before sharing, before trusting too quickly.

And even now, sometimes I remember that feeling — opening a message and not knowing who is really on the other side of the screen.

Here are some useful expressions you might have noticed:

fake account — фейковый аккаунт

start following — начать подписываться

small talk — лёгкий разговор

feel harmless — казаться безобидным

something feels off — что-то кажется странным

overthink something — слишком много думать
personal information — личная информация
feel uncomfortable — чувствовать дискомфорт
message keeps coming — сообщения продолжают приходить

strange feeling — странное чувство
check my phone — проверять телефон
report an account — пожаловаться на аккаунт
block someone — заблокировать кого-то
create drama — создавать драму
pay attention — обращать внимание
trust someone — доверять кому-то
real emotions — реальные эмоции
cross boundaries — переходить границы
online space — онлайн-пространство
think carefully — думать внимательно

You can use patterns like these in your own speech:

It started as a normal week — Это началось как обычная неделя

At first, I didn't think much of it — Сначала я не придавал (а) этому значения

Something felt off — Что-то казалось странным

I didn't want to overthink it — Я не хотел (а) слишком думать об этом

It made me feel uncomfortable — Это заставило меня чув-

СТВОВАТЬ ДИСКОНФОРТ

I started to realize that... — Я начал (а) понимать, что...

We decided to report it — Мы решили пожаловаться

It changed the way I see... — Это изменило мой взгляд на...

Now think about your own experience:

1. Do you think fake accounts are common on social media?

Yes, I think they are quite common. Sometimes it is hard to know who is real and who is not.

2. How would you react if a stranger messaged you online?

I would be careful and not share personal information. I would probably ignore or block them.

3. Have you ever felt uncomfortable online?

Yes, sometimes I feel uncomfortable when messages seem strange or too personal.

4. What do you think is the danger of fake accounts?

They can trick people and collect personal information. They can also create confusion and stress.

5. Do you think people are careful enough online?

Not always. Some people trust too quickly without checking who they are talking to.

6. What would you do if you suspected a fake account?
I would stop replying, block it, and report it to the platform.

Complete the sentences:

At first, I thought the account was _____ and normal.

Something started to feel _____ after a few messages.

I didn't want to overthink it, so I kept _____.

We decided to _____ the account and block it.

Now I always think carefully before I _____ someone online.

When I Got Addicted to Scrolling

It didn't happen suddenly. I didn't wake up one morning and think, «I'm addicted to scrolling now.» It was much quieter than that. It started with just a few minutes here and there — during breakfast, on the bus, before sleeping. At first, it felt like a harmless way to relax.

I remember thinking it was actually useful. Short videos, funny posts, news, messages — everything was in one place. If I had a free moment, I would just open my phone and scroll a little. It didn't feel like a big deal.

But slowly, it became something I did without thinking.

I started scrolling in situations where I didn't even need my phone. Waiting for a friend? Scroll. Walking slowly? Scroll. Sitting quietly at home? Scroll. It wasn't even about interest anymore. It was just a habit — automatic, like breathing.

One morning, I noticed something strange. I had been scrolling for almost half an hour without remembering what I actually saw. I couldn't even describe the last five videos I watched. That was the first time I felt a bit uncomfortable, but I still didn't stop.

At school, it got worse. During breaks, instead of talking to people, I often stayed on my phone. Sometimes even during lessons, I would secretly check it under the desk. I told myself it was just a quick look, but «quick» slowly turned into longer and longer moments.

The worst part was the feeling that I couldn't stop easily. Even when I didn't enjoy it, I still opened apps automatically. It was like my hand moved before my brain made a decision.

At night, it became a problem too. I would lie in bed and tell myself, «just five minutes.» But five minutes turned into twenty, then thirty, and suddenly it was much later than I planned. I felt tired in the morning, but I still repeated the same pattern.

One day, I missed an important message from a friend because I was scrolling and didn't hear my notification. That's when I really noticed something was wrong. It wasn't just a habit anymore — it was affecting real life.

I decided to try something simple first. I placed my phone across the room while studying. At first, it felt almost impossible. I kept thinking about it, and I even stood up a few times without realizing why. But slowly, I started focusing better.

Another small change was turning off notifications. It was strange how much quieter my phone became. At first, I kept checking it out of habit anyway, but after a while, I started feeling less «pulled» toward it.

The hardest part was the boredom. When I wasn't scrolling, I didn't know what to do with short empty moments. I realized I had replaced almost every pause in my day with my phone. Waiting, thinking, resting — everything had become scrolling time.

So I tried replacing it with small things: listening to music without looking at the screen, walking without my phone, even just sitting and thinking. It felt unusual at first, almost uncomfortable, like I was missing something. But slowly, that feeling changed.

I also started noticing things I used to ignore — conversations, sounds, small details around me. My attention felt more stable, even if not perfect. I wasn't constantly jumping from one thing to another anymore.

I'm not going to say I completely stopped scrolling. I didn't. I still use my phone, and I still get distracted sometimes. But now I notice it faster. I catch myself earlier and decide more consciously whether I want to continue or not.

It's strange how something so simple can slowly take so much time without you realizing it. And even now, sometimes I open my phone «just for a minute,» and I still have to remind myself to stop before that minute disappears.

Here are some useful expressions you might have noticed:

get addicted to something — привыкнуть / стать зависимым
от чего-то

scroll without thinking — листать не задумываясь

harmless habit — безобидная привычка

free moment — свободный момент

automatic habit — автоматическая привычка

lose track of time — потерять счёт времени

secretly check — тайно проверять

under the desk — под партой

lie in bed — лежать в кровати

notification — уведомление

feel uncomfortable — чувствовать дискомфорт

miss an important message — пропустить важное сообщение

affect real life — влиять на реальную жизнь

turn off notifications — отключить уведомления

out of habit — по привычке

short empty moments — короткие пустые моменты

replace something with something — заменить что-то чем-

to

feel pulled toward something — тянуться к чему-то

pay attention — обращать внимание

catch myself doing something — поймать себя на чём-то

You can use patterns like these in your own speech:

It didn't happen suddenly — Это не произошло внезапно

I didn't realize how much... — Я не осознавал (а), насколько...

I started doing something without thinking — Я начал (а) делать что-то не задумываясь

It became a habit — Это стало привычкой

I told myself that... — Я говорил (а) себе, что...

I decided to try something simple — Я решил (а) попробовать что-то простое

It felt impossible at first — Сначала это казалось невозможным

I started noticing that... — Я начал (а) замечать, что...

Now think about your own experience:

1. How often do you scroll on your phone during the day?

I scroll on my phone quite often, especially in free moments.
Sometimes I don't even notice how much time I spend on it.

2. Do you think scrolling can become addictive?

Yes, I think it can become addictive because it is very easy and always available. It is hard to stop once you start.

3. What do you usually do when you feel bored?

I usually open my phone and scroll or watch videos. It is my default reaction to boredom.

4. Have you ever lost track of time while using your phone?

Yes, many times. I planned to use it for a few minutes, but it turned into much longer.

5. What helps you reduce phone use?

Turning off notifications and keeping my phone away helps me focus better. It reduces the temptation to check it.

6. Do you think people use phones too much today?

Yes, I think many people use phones too much without realizing it. It has become part of everyday life.

Complete the sentences:

I didn't realize how often I was _____ without thinking.

At first, it felt like a harmless _____.

I started losing _____ of time while scrolling.

I decided to turn off _____ to focus better.

Now I try to catch myself when I open my phone out of _____.

Конец ознакомительного фрагмента.

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