**Mark’s story Worksheet - Task 1:**

Age ratings and addiction

1. Make a list of 5 films which you have seen recently. Next to each title, write the age

rating you think the film should have had. Choose from **U, PG, 12, 15, 18.**

Try to find out the actual rating of each film.

|  |  |  |
| --- | --- | --- |
| Film | My Guess | Actual Rating |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

1. Were your ratings correct?
2. Did any of the films which you have watched have a rating higher than your age?

2. Write a list of 3 computer games which you have played recently. Next to each title,

write how addictive you thought the game was. Choose from:

**Not** addictive

**Slightly** addictive

**Very** addictive

|  |  |
| --- | --- |
| Computer Game | How addictive? |
| 1 |  |
| 2 |  |
| 3 |  |

3. Copy out the following table into your jotter:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 3 days ago | 2 days ago | Yesterday | Total |
| TV |  |  |  |  |
| Internet |  |  |  |  |
| Games |  |  |  |  |
| Social Networking |  |  |  |  |
| Outdoors or Exercise |  |  |  |  |

Complete each box by writing in the number of hours you spent each day on the different

activities. Add together the hours spent on each activity and enter the answer in the Total

column.

1. Which activity did you spend the least time doing?
2. Which activity did you spend the longest time doing?

(c) What do you think about spending the most amount of time on that activity?