Unit 1

1. Gen Alpha جيل ألفا

Gen Alpha is the generation of children born from 2010 to the mid-2020s. They are called ***digital natives*** because they grow up surrounded by technology such as smartphones, tablets, and social media. Many of them learn to use apps before they can read. They spend a lot of time online watching videos, sharing memes, and using emojis. Parents and teachers encourage them to balance screen time with real-life activities. Gen Alpha is creative, quick to learn, and can use technology in positive ways. Gen Alpha always looks for new ways to express themselves and likes using digital tools to create their identity in the modern world.

2. A Day in the Life of a Gen-Alpha Teen يوم في حياة مراهق من جيل ألفا

I'm a Gen-Alpha Teen and my day is full of digital activities. I usually wake up and check my smartphone before school. I like to watch short videos, follow online trends, and send funny emojis to my friends. Sometimes I play online games to relax. Still, I try to keep a good balance between my screen time and other hobbies. I spend time outside, read books, and talk with family. My friends and I have many things in common, which helps us connect online and offline. Finally, I advice my frience to balance their didgtal life with real life activities.

3. Generation Z and Generation Alpha جيل زد و جيل ألفا

Generation Z and Generation Alpha are two young generations living in the digital age. Generation Z was born between 1997 and 2012, while Generation Alpha was born from 2010 onwards. Both groups are growing up with smartphones, tablets, and computers. They enjoy watching videos, using social media, and playing online games. These generations also care about the environment and fairness. Even though Gen Z is older, they have many things in common with Gen Alpha. Technology helps them connect, share ideas, and work together to make the world a better place.

4. An important device / invention / Smartphones جهاز هام/ اختراع / الهواتف الذكية

"My Favorite Digital Device" جهازي الرقمي المفضل / "The Importance of Technology". أهمية التكنولوجيا

We all agree that modern technology is very important for all of us. We use it every day. We use computers, smartphones, laptops … etc. everywhere. They help us at homes, at schools and in our daily work. They make work easy. The Smartphone is very useful. It is also important these days. We use it to make calls. We use it to send messages, too. It helps us to surf the internet. We can watch videos on YouTube. We can download programs or play games online. We can take pictures with it. Really, it is a great invention.

Unit 2

5. "How to Stay Safe Online" البقاء آمنا على الانترنت

Staying safe online is very important for everyone, especially young people. We should never share our personal information, like our address, phone number, or passwords, with strangers. It is better to use strong passwords and change them regularly. We must be careful when we click on links or open unknown emails, because they may contain viruses. Always ask an adult if you are unsure about something online. Using the internet wisely helps us enjoy learning, sharing, and connecting while staying safe and secure. Finally, we should follow these steps to stay safe online.

6. Your digital footprint بصمتك الرقمية

Your digital footprint is everything you leave behind when you use the internet. It includes your photos, videos, comments, and even the websites you visit. This footprint is permanent and can be seen by friends, teachers, or even future employers. That's why we must think carefully before posting anything online. Sharing kind and positive content builds a good image, while careless

posts may cause problems later. Protecting your privacy, using safe passwords, and being respectful online help keep your digital footprint clean and safe.

7. Good and bad sides of social media الجوانب الجيدة و السيئة لمواقع التواصل

Social media has both good and bad sides. On the good side, it helps people stay connected with family and friends, share ideas, and learn new things. It can also help students find information easily and join online classes. However, social media can also have bad effects. Some people spend too much time on it and forget to study or rest. Others may face bullying or read false information. We should use social media wisely and balance our online and real lives.

8. "The Pros and Cons of Using the Internet" مزايا و عيوب الانترنت

The internet has many pros and cons. One of the biggest advantages is that it helps us find information quickly and learn new things easily. It also allows people to communicate with family and friends around the world. Students can study online, watch lessons, and do research for school. However, the internet also has disadvantages. Some websites are unsafe, and people can waste time on games or social media. Too much screen time can affect our health and sleep. To enjoy the benefits, we must use the internet wisely and stay safe online.

9. "My Favorite Free-Time Activity" نشاطي المفضل في وقت فراغي

My favorite free-time activity is reading. I enjoy reading because it helps me relax and forget about stress. I like different kinds of books, especially adventure stories and real-life experiences. When I read, I learn new words and ideas, and I feel like I am traveling to new places. I usually read in the evening when the house is quiet. Sometimes I read for school, but I also read just for fun. Reading makes me happier and helps me understand the world better. That is why it is my favorite activity in my free time.

