

# The Internet and Its Impact on Daily Life

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## Textbook

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# The Internet and Its Impact on Daily Life



## How Internet Access Shapes Our Lives

Imagine waking up and checking the weather on your phone, messaging a friend, watching a video while you eat breakfast, and joining your class's online assignment—all before 9 a.m. This is what life with internet access looks like. From education and work to health care and hobbies, the internet plays a major role in how we live.

With just a few taps, we can learn something new, talk to people across the world, or solve problems quickly. This kind of instant access to information and tools is something people 30 years ago couldn't imagine. Today, having fast, reliable internet is often necessary to succeed in school, find a job, or even talk to a doctor.

However, not everyone has the same access. Some communities don't have high-speed internet or any access at all. That makes it harder for those people to keep up with school, apply for jobs, or stay informed. This gap is called the **digital divide**, and it can have big effects on people's opportunities in life.

## Risks and Benefits of Internet Access

Having access to the internet gives us many benefits. We can:

- Communicate with friends and family
- Explore new ideas and cultures
- Play games and relax
- Work and learn from home
- Find help during emergencies

But there are also risks. Some websites and apps may collect personal information without permission. If we're not careful, we can share too much online, which can lead to identity theft or cyberbullying. It's also easy to find misinformation or harmful content if we don't know how to think critically about what we see.

That's why it's important to use safe websites, avoid sharing personal details with strangers, and think twice before clicking on unfamiliar links. Good internet habits help us enjoy the benefits while staying protected.

## The Online Disinhibition Effect

Have you ever noticed someone acting mean or rude online, even though they seem kind in person? This might be because of something called the **online disinhibition effect**. When people use the internet, they sometimes feel like they can say or do things they wouldn't do face-to-face.

This happens for a few reasons:

- People feel anonymous online
- There may be no immediate consequences
- It's easier to ignore how others feel when you can't see them

The online disinhibition effect can lead to cyberbullying, spreading rumors, or saying hurtful things. It can also make people overshare private information or behave in risky ways. Remember, everything you do online can have real-life consequences.

## Technology's Role—Then and Now

Long ago, people had to visit the library to research a topic or wait for the news to air on TV. Letters took days or weeks to arrive. Now, we can look up information instantly, send messages in seconds, and join video calls across continents. This shows how much **access-to-information technologies**—like computers, smartphones, and the internet—have changed the world.

In the workplace, technology allows people to work remotely and connect with teammates around the globe. In education, students can learn from anywhere, use online tools, and access a wide range of resources. Even globally, access to information helps countries share knowledge, solve problems faster, and improve communication.

Still, in places where technology is limited, people may struggle to keep up with fast-moving changes. That's why it's important to make internet access fair and safe for everyone.

## Critical Thinking Questions

1. What are some examples of how the internet makes your daily life easier or more fun?
2. How can someone protect their personal information while using websites or apps?
3. Why do you think people sometimes behave differently online than in person?

## Questions (5)

### 1. What is one major benefit of having access to the internet?

MULTIPLE CHOICE

Choose the correct answer:

- A. It guarantees total privacy
- B. It can replace all real-life activities
- C. It helps people communicate, learn, and work more easily
- D. It makes people less productive

### 2. What is a possible risk of using websites that do not protect personal information?

MULTIPLE CHOICE

Choose the correct answer:

- A. Your personal data could be shared or misused
- B. You might learn incorrect information
- C. The website will stop working
- D. Your device will automatically shut down

### 3. What is the online disinhibition effect?

MULTIPLE CHOICE

Choose the correct answer:

- A. A rule about posting online
- B. A way to improve your internet connection
- C. Acting in a more polite way when online
- D. Acting in a way online that you normally wouldn't in person

### 4. What is one way the internet has changed education?

MULTIPLE CHOICE

Choose the correct answer:

- A. It stopped students from needing teachers
- B. It only helps adults learn, not kids
- C. It allows students to access learning tools from anywhere
- D. It makes schools unnecessary

**5. What is the digital divide?**

**Choose the correct answer:**

- A. The space between your computer screen and keyboard
- B. The difference between people who have internet access and those who don't
- C. A game that teaches internet safety
- D. A law about internet access in schools

## Answer Keys & Solutions

### Questions

#### 1. What is one major benefit of having access to the internet?

MULTIPLE CHOICE

**Correct Answer:**

- A. It guarantees total privacy ✗ Incorrect
- B. It can replace all real-life activities ✗ Incorrect
- C. It helps people communicate, learn, and work more easily ✓ Correct
- D. It makes people less productive ✗ Incorrect

#### 2. What is a possible risk of using websites that do not protect personal information?

MULTIPLE CHOICE

**Correct Answer:**

- A. Your personal data could be shared or misused ✓ Correct
- B. You might learn incorrect information ✗ Incorrect
- C. The website will stop working ✗ Incorrect
- D. Your device will automatically shut down ✗ Incorrect

#### 3. What is the online disinhibition effect?

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**Correct Answer:**

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- B. A way to improve your internet connection ✗ Incorrect
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- D. Acting in a way online that you normally wouldn't in person ✓ Correct

#### 4. What is one way the internet has changed education?

MULTIPLE CHOICE

**Correct Answer:**

- A. It stopped students from needing teachers ✗ Incorrect
- B. It only helps adults learn, not kids ✗ Incorrect
- C. It allows students to access learning tools from anywhere ✓ Correct
- D. It makes schools unnecessary ✗ Incorrect

#### 5. What is the digital divide?

MULTIPLE CHOICE

**Correct Answer:**

- A. The space between your computer screen and keyboard ✗ Incorrect
- B. The difference between people who have internet access and those who don't ✓ Correct
- C. A game that teaches internet safety ✗ Incorrect
- D. A law about internet access in schools ✗ Incorrect