

# It's so tempting ...

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## Instructions

You are going to write a text on temptations. To help you get started and set your thoughts in motion you are going to read and listen to a number of short texts, and then discuss the theme with your classmates.

Your teacher will tell you when it is time to go on to the writing task. When you write you will not have access to the texts or any notes that you have made.

1. Read and Listen
2. Discuss

## Texts for inspiration

### Follow the crowd?

Sometimes peer pressure can be a good thing. It is a part of growing up to learn how to behave in a socially acceptable way. As someone once put it “when peer pressure is good, you are a member of the crowd, when it is bad, you are part of a mob”.

In this social media-driven world of ours, many people tend to follow the crowd, looking to others for guidance and advice on how to live their lives. In doing so people risk limiting their choices and perspectives, and they don't get to develop their skills as critical thinkers.

The alcohol consumption among Swedish teenagers has decreased over the last 20 years. Fewer teens smoke, but the use of snus seems to be on the rise.

The number of teenagers who say that they have gambled for money has increased since 2019.

Source: CAN Report 2023

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## Gambling

Visit an online gaming site and you're reminded of a candy shop: bright colors, instant rewards. Ads beckon first-timers to try it out. Spin the wheel, place your bets, lights flash, bells ring. Someone wins! It could be your turn next!

Never before has it been easier to get in on the action. But like sugary sweets the craving for more is hard to overcome.



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## Changing times, changing temptations

I went to school before the internet. If we wanted to cheat, we would have to go to the library and find an encyclopaedia or other book to copy from, and that sort of took all the fun out of it.

Today, students do their research and write their papers on the same computer, and to make it worse, the search engines they use offer a range of AI helpers to increase their efficiency. I can't imagine the temptation that goes along with having what seems to be all the answers just a click away.

## Instant results

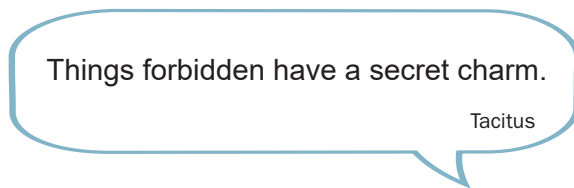
People like instant results. We have become accustomed to instant social media, same-day delivery and fast food. But what happens when we begin to expect instant results in all aspects of life? The expectation of instant results tempts us to take shortcuts, instead of spending the time it actually takes to reach the goal we want, whether that is learning a new language, writing that great essay or building the perfect body.

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## Blocking the temptation

In a society filled with technology, we are constantly surrounded by the temptation of electronics. If you sometimes feel addicted to your phone, you are not alone.

According to the non-profit organisation Common Sense Media, teens spend around nine hours each day “using media such as online video or music.” For those wanting to limit their phone usage, there are applications designed for that purpose.



## Some questions to think about and discuss

- We all face temptations of different kinds. What various kinds of temptations can you think of?
- Are temptations always bad? Why/why not?
- Can it sometimes be good to give in to temptations? If so, when/why?
- How can dealing with temptations be a part of your personal development?
- How do you decide when to follow the crowd and when to make your own decisions?