

## Internet Addiction

3D Ariel Ng

Dear Pat,

How're things with you? I heard that you are suffering from Internet addiction. I would like to tell you the bad effects and give you some suggestions on how to quit Internet addiction.

Firstly, let me tell you the bad effects of Internet addiction. As you are spending too much time on the Internet, your relationship with your family and friends will be ruined if you keep going like this. Moreover, it is bad for your eyes. As a result, it is unhealthy to your body because you don't have enough sleep.

Secondly, I would like to give you some advice. You must set a timetable to manage your time. Also, it is advised that you communicate more with your friends and family so that it can shorten your time on the Internet. Furthermore, it is a good idea to do other things such as sports and listening to music, so it can distract your attention from the Internet. If I were you, I would destroy my computer and lock up my smartphone so that I could focus on my studies.

I hope you can quit Internet addiction from now on. Write back soon!

Best wishes,  
Chris

**Teacher's Feedback : Your ideas were clear and well-organized. You have also accurately followed the letter format of a letter of advice.  
(Miss Lam Ka Ying)**