Comfort Zones

Unsettle yourself, surprise yourself

◆ ICEBREAKER QUESTIONS

1 **What's one thing you balked at but ended up loving?**

2 **At a restaurant, do you play it safe or go out on a limb?**

◆ FREE TALK

1 Over the years, some things that once felt excruciating, like eating alone, become second nature. Meanwhile, others we used to do without a second thought, like traveling somewhere unfamiliar, start to feel like a hassle. **What has become easier for you over the years, and what has become harder?**

2 Most of us have a few situations we quietly steer clear of, like walking into a party where we know no one or speaking up in a meeting. **What's one situation you tend to avoid, and what do you usually do to get out of it?**

3 Some discomfort fades once we get used to it, like the first few weeks at a new job or gym. Other discomfort never goes away, no matter how long we stick with it. **What's something you're glad you stuck with, and something you're glad you quit?**

4 Social media is awash with people rising at 5 a.m., running marathons, and plunging into ice baths for a thirty-day challenge. A decade ago, few of us pushed ourselves so publicly. **Which of these would you try, and does sharing it online help people stick with it or just turn it into a show?**

5 Korean society has long relied on pressure to push people forward, from parents signing kids up for back-to-back academies to bosses handing juniors tasks they never asked for. **Where do you think this pressure comes from, and do you see anything similar in other cultures?**

◆ SAY IT BETTER

Upgrade what you'd normally say.

I always stick to my routines now.	→ I've turned into quite **a creature of habit**.
I try not to go there at all.	→ I tend to **give it a wide berth**.
I quit when it slowly wears me out.	→ I walk away once it starts to **grind me down**.
I think a lot of it is just for show.	→ A lot of it strikes me as **purely performative**.
Without a push, I'd never change.	→ **Left to my own devices**, I'd never change.

Should under-16s be kept off social media?

1 SITUATION

A proposed law would ban under-16s from social media, requiring platforms to verify users' ages. Supporters say it would protect young minds from addictive feeds and online bullying. Opponents fear it would cut teens off from friends while doing little to stop determined kids.

2 TWO SIDES

Choose a side. If one side is empty, assign teams randomly. Everyone must speak twice. The larger side goes first. First, explain your own view. Then, speak again in reverse order and respond to what you heard.

A SET A LEGAL AGE

"A child's mental health should come before any platform's profits."

Apps are designed to be addictive, and parents alone cannot fight them. With one age limit for all, no child is the only one left out.

B LET FAMILIES DECIDE

"Families, not governments, should decide when a child is ready."

Strict age checks would force everyone to hand over personal data. Teaching digital literacy at home works better than an outright ban.

3 FOLLOW-UP QUESTIONS

Ask a question that could make the other side reconsider its position. Then, be ready to answer their question.

ASK SIDE A

1 Why is sixteen the right age rather than fourteen or eighteen?

2 How would platforms verify ages without everyone handing over personal data?

3 How will teens learn digital literacy if they never practice online?

ASK SIDE B

1 How can parents fight peer pressure when every classmate is online?

2 Who protects children whose parents don't monitor their phones at all?

3 What happens to a generation that grows up glued to addictive feeds?

4 FINAL ROUND

FINAL POSITION	What did you think at the start? What do you think now, and why?
MVP VOTE	Who made the strongest point? Name the person and explain why.

KEY EXPRESSIONS

addictive feeds
: content designed to keep you scrolling for hours

peer pressure
: the influence friends have on what you do

verify someone's age
: to check and confirm how old someone is

digital literacy
: the skill of using the internet wisely and safely

feel left out
: to feel excluded when others are included

hand over personal data
: to give your private information to a company