

2026年6月·第1套 英语六级阅读理解（四选一） 第1篇·46–50 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2026年6月·第1套 英语六级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 5 段原文（段首标 P1–P5 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2026-06) • 英语六级

Part III Section C

Directions: *There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A) , B) , C) and D) . You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.*

Passage One

Questions 46 to 50 are based on the following passage.

P1 Children's use of social media is a problem. That doesn't mean it should be stopped. While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.

儿童使用社交媒体是一个问题。但这并不意味着应当制止这种行为。年幼的儿童不应使用最低年龄限制为13岁的社交平台，但设想这样一个世界既不现实，也不可取：青少年无法访问身边成年人用来安排生活的各种平台和消息系统。

P2 But the pleasure and stimulation that people of all ages find on their screens and smartphones must not blind us to the harm that spending time in this way can cause. The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning. Research found that two in five girls are on social media for at least three hours a day—with half as many boys engaged to the same extent. More than a third of depressed girls have experienced online harassment. About half of affected girls suffered disrupted sleep, compared with 20% of depressed boys.

不过，各个年龄段的人从屏幕和智能手机中获得的愉悦与刺激，不应使我们忽视以这种方式消磨时间可能造成的伤害。英国少女抑郁症发病率高得令人担忧，而这一现象与花在社交媒体上的时间密切相关，这一发现极其令人忧虑。研究发现，五分之二的女孩每天使用社交媒体至少三个小时，而达到同等程度的男孩

只有这一比例的一半。超过三分之一的抑郁女孩曾遭受网络骚扰。受影响的女孩中，约有一半睡眠受到干扰，而抑郁男孩中这一比例为20%。

P3 Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated. Schools have done important work in communicating key messages about the risks of online abuse. But when it comes to broader questions about "screen time", many professionals as well as parents are confused and uncertain.

尽管这项研究并未证明社交媒体会导致抑郁，但不能低估“二者存在关联”这一发现的重要性。学校在传达有关网络虐待风险的重要信息方面已经开展了重要工作。但是，在涉及有关“屏幕时间”的更广泛问题时，许多专业人士和家长一样，都感到困惑和不确定。

P4 The health secretary, Matt Hancock, wants official guidelines on time and age limits. This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing. Also due this year is information commissioner Elizabeth Denham's Age Appropriate Design Code, covering the use of children's personal data. Both initiatives are welcome. But the government is playing catch-up. Statutory regulation of the digital media giants is long overdue. The failure to protect children from data harvesting and targeted advertising thus far is as shocking as the lack of concern shown by the companies themselves with regard to children's psychological health.

卫生大臣马特·汉考克希望制定关于使用时间和年龄限制的官方指导方针。这一想法的优点在于简单明了，尽管一些专家质疑其效果，并呼吁进行更大程度的区分，认为上网本身并不是坏事，关键在于你在网上做什么。此外，信息专员伊丽莎白·德纳姆制定的《适龄设计规范》也将于今年出台，内容涉及儿童个人数据的使用。这两项举措都值得欢迎。但政府一直在追赶。对数字媒体巨头进行法定监管早就应当实施。迄今为止未能保护儿童免受数据收集和定向广告侵害，这一点令人震惊，正如相关企业本身对儿童心理健康表现出的漠不关心同样令人震惊。

P5 Of course, social media companies are not the source of all our ills, and can offer a too-easy target for politicians keen to divert attention from inadequately resourced schools and health services. There are other reasons for the rising incidence of depression in young people, with increasing pressure to succeed in education and in life more broadly—to be famous, beautiful, rich—often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health. Safeguarding means more than the avoidance of physical threat.

当然，社交媒体公司并不是我们所有问题的根源，也可能成为那些急于转移公众对资源不足的学校和医疗服务关注的政客们一个过于容易的目标。年轻人抑郁症发病率上升还有其他原因。人们常常认为，日益增加的教育压力以及在更广泛的生活中取得成功的压力——成为名人、美丽而富有——是不快乐或焦虑的来源；如果这些情绪受到其他因素加剧且没有得到妥善处理，就可能恶化为健康问题。保护儿童意味着不仅要避免身体上的威胁。

题目与逐题解析

46. What does the author believe regarding social media?

- A) To stop children using it is unrealistic and inadvisable.
- B) It helps both adults and children to organise their lives.
- C) It poses problems to both parents and children.
- D) A world without it is really hard to imagine.

作者认为社交媒体怎么样？

- A) 阻止孩子使用社交媒体既不现实，也不可取。 B) 社交媒体有助于成年人和孩子安排自己的生活。
- C) 社交媒体给父母和孩子都带来了问题。 D) 确实很难想象一个没有社交媒体的世界。

【答案】 A (细节题)

【判型】 题干 What does the author believe regarding social media? 问的是作者对一个明确话题的具体判断，有确定对象可回文查找，属于观点类细节题。

【拆句】 Q46 是 What 引导的简单疑问句，regarding social media 是介词短语限定话题范围，无否定、无比较、无长修饰，结构平铺直叙，无陷阱。

【定位】 While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.
虽然更年幼的儿童不该使用最低年龄为13岁的平台，但想象一个青少年被禁止使用周遭成年人用来安排生活的平台和通讯系统的世界，既不现实也不可取。

【选项】 A) ✓ 正确

neither practical nor desirable ↔ **unrealistic and inadvisable**

teenagers are prevented from accessing the platforms ↔ **To stop children using it**

预判'禁止孩子使用不现实也不明智'与 To stop children using it is unrealistic and inadvisable. 的行为、评价两层完全对应，锁定 A。

B) 偷换概念

原文只说平台是 the adults around them use to organise their lives——用来安排生活的是成年人，并未说社交媒体帮助儿童安排生活；It helps both adults and children to organise their lives. 把用途主体扩大成'成年人和儿童双方'。

C) 偷换概念

原文是 Children's use of social media is a problem.——'儿童使用社交媒体是个问题'，问题的承载者是儿童的使用行为；It poses problems to both parents and children. 改写成'给父母和孩子双方都带来问题'，parents 一方原文从未提及。

D) 偷换概念

原文 it is neither practical nor desirable to imagine a world 是评价'这种世界不现实也不可取'，不是说这个世界难以想象；A world without it is really hard to imagine. 把价值判断偷换成认知难度判断，且暗含'没有它的世界无法想象'，与作者'年幼儿童本就不该用'的前提相悖。

47. What do we learn from the passage about British teenage girls?

- A) The more frequently they interact on social media, the more they experience harassment.
- B) The more time they spend on social media, the more likely they suffer from depression.
- C) Most of them are engaged on social media for at least three hours a day.
- D) They spend half as many hours on social media as British teenage boys.

从文章中我们了解到英国十几岁的女孩什么情况？

- A) 她们在社交媒体上的互动越频繁，遭受骚扰的情况就越多。
- B) 她们花在社交媒体上的时间越多，患抑郁症的可能性就越大。
- C) 她们中的大多数每天至少花三个小时使用社交媒体。
- D) 她们花在社交媒体上的时间是英国十几岁男孩的一半。

【答案】 B (细节题)

【判型】 What do we learn from the passage about British teenage girls? 是典型的文中事实提问，要求找出关于该群体的哪个说法与原文相符。

【拆句】 Q47 主干 What do we learn, from the passage 与 about British teenage girls 两个介词短语分别限定来源与对象，无语法陷阱；注意四个备选都是 the more...the more 或数量比较的说法，真正的难点在选项侧的比较关系。

【定位】 The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning.

英国少女抑郁症比例高得惊人、且与花在社交媒体上的时间密切相关，这一发现极其令人担忧。

【选项】 A) 过度推断

原文只说 More than a third of depressed girls have experienced online harassment.——抑郁女孩中超过三分之一遭遇过网络骚扰，这是一个静态比例；The more frequently they interact on social media, the more they experience harassment. 把它升级成'互动越频繁骚扰越多'的递增关系，原文没有任何依据。

B) ✓ 正确

is closely correlated to time spent on social media ↔

The more time they spend on social media, the more likely they suffer from depression

the alarmingly high rate of depression in British teenage girls ↔ **they suffer from depression**
预判'时间越多越可能抑郁'与 The more time they spend on social media, the more likely they suffer from depression. 完全同向同义；其余三项都在数据的主语或比例上动了手脚，锁定 B。

C) 偷换概念

原文是 two in five girls are on social media for at least three hours a day——五分之一（40%）是少数；Most of them are engaged on social media for at least three hours a day. 用 Most（大多数，>50%）替换，数量范围被明显夸大。

D) 与原文相反

原文 with half as many boys engaged to the same extent 说的是：达到同等使用强度的男生人数是女生的一半；They spend half as many hours on social media as British teenage boys. 反说成'女生花的时间是男生的一半'，比较的主体与方向全部颠倒。

48. What is the author's view on the research finding about British teenage girls?

- A) Its implications about online abuse are obvious.
- B) Its key message calls for immediate attention.
- C) Its importance should not be undervalued.
- D) Its uncertainty should not go unnoticed.

作者如何看待关于英国十几岁女孩的研究结果？

- A) 该结果关于网络虐待的含义显而易见。 B) 该结果传达的关键信息需要立即得到重视。
- C) 不应低估该结果的重要性。 D) 不应忽视该结果的不确定性。

【答案】 C （细节题）

【判型】 What is the author's view on the research finding about British teenage girls? 问的是对一个明确对象（研究发现）的看法，该对象在文中有确定位置，属于观点类细节题而非全文态度题。

【拆句】 Q48 主干 What is the author's view, on the research finding 限定评价对象，about British teenage girls 进一步限定是哪一项发现。两层介词短语嵌套，读题时注意评价对象是 finding 而不是 girls 本身。

【定位】 Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated.

尽管这项研究并未证明社交媒体导致抑郁，但'两者存在关联'这一发现的重要性不应被低估。

【选项】 A) **无中生有**

原文说 Schools have done important work in communicating key messages about the risks of online abuse.——传达网络虐待风险是学校的已有工作；Its implications about online abuse are obvious. 声称该发现对网络虐待的'启示显而易见'，obvious 在原文无任何对应，且与后文 many professionals as well as parents are confused and uncertain 的'困惑不确定'相抵触。

B) **过度推断**

作者的评价止步于'重要性不应被低估'；Its key message calls for immediate attention. 进一步主张'需要立即关注/行动'，immediate 这层紧迫性是选项自行加码——第二段的 is extremely concerning 虽令人担忧，但也不等于'要求立即处置'。

C) **✓ 正确**

the importance of the finding that there is a connection should not be underestimated ↔

Its importance should not be undervalued.

预判'重要性不应被低估'与 Its importance should not be undervalued. 仅一词之差 (underestimated→undervalued)，是本卷最直白的一组同义替换，锁定 C。

D) **与原文相反**

Its uncertainty should not go unnoticed. 揪住'不确定性'不放，但这正是 Although 从句 the research does not prove that social media causes depression 里作者主动让步、并用主句压过去的内容；作者强调的是重要性，不是提醒人们注意不确定性，选项与作者着力的方向相反。

49. What do experts think of health secretary Matt Hancock's idea?

- A) Its implementation requires prompt action.
- B) It is a welcome initiative but is long overdue.
- C) Its success depends on how it is implemented.
- D) It is too simplistic to produce the desired effect.

专家如何看待卫生大臣 **Matt Hancock** 的想法？

- A) 其实施需要迅速采取行动。 B) 这是一项值得欢迎的倡议，但早就应该提出了。
- C) 其成败取决于实施方式。 D) 这一想法过于简单化，无法产生预期效果。

【答案】 D (细节题)

【判型】 What do experts think of health secretary Matt Hancock's idea? 主体 (experts) 与对象 (Hancock's idea) 都明确可定位，是观点类细节题；只是正确项需要把原文两处评价整合后认出，比对要求更高。

【拆句】 Q49 主干 What do experts think, of health secretary Matt Hancock's idea 限定对象; health secretary 是 Matt Hancock 的同位语官衔, 's idea 表明考的是专家对其提议的评价, 不是对 Hancock 本人的评价。

【定位】 This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing.

这个想法有简单这一优点, 不过一些专家质疑其效果, 并主张更大程度的区别对待, 理由是上网时间本身并非坏事, 关键在于你在做什么。

【选项】 A) 无中生有

Its implementation requires prompt action. 称实施需要迅速行动, 但专家对效果的质疑与'快慢'无关, prompt action 在原文没有任何对应表述, 属于凭空添加的主张。

B) 张冠李戴

It is a welcome initiative but is long overdue. 里, welcome 出自作者对两项举措的总评 Both initiatives are welcome., long overdue 出自作者对监管巨头滞后的批评 Statutory regulation of the digital media giants is long overdue.——两句都是作者的声音, 且 overdue 说的还不是这个想法本身; 题干问的是专家。

C) 偷换概念

原文专家说 it all depends on what you are doing——效果取决于你在网上做什么(内容), Its success depends on how it is implemented. 偷换成'取决于如何实施'; depends on 句型原样照搬, 宾语却被整个换掉。

D) ✓ 正确

has the virtue of simplicity ↔ too simplistic

some experts question its effects ↔ to produce the desired effect

预判'太简单、难奏效'正是 It is too simplistic to produce the desired effect. 的字面意思, 且每一半都能在定位句找到出处 (simplicity / question its effects), 锁定 D。

50. Besides social media companies, what factors contribute to young people's psychological health problems?

- A) Poorly financed schools and health services.
- B) Politicians' eagerness to divert public attention.
- C) Bad statutory regulation of digital media giants.
- D) Their parents' educational background and life.

除了社交媒体公司之外, 还有哪些因素导致年轻人的心理健康问题?

- A) 资金不足的学校和医疗服务。 B) 政客们急于转移公众注意力。
- C) 对数字媒体巨头不完善的法定监管。 D) 他们父母的教育背景和生活状况。

【答案】 A (细节题)

【判型】 Besides social media companies, what factors contribute to young people's psychological health problems? 问文中列举了哪些其他成因，有明确的列举句可查，属细节题。

【拆句】 Q50 主干 what factors contribute to young people's psychological health problems, 句首 Besides social media companies 是介词短语作排除限定。contribute to 表示'促成'，问的是成因；Besides 是全题题眼，决定答案不能落在社交媒体公司头上。

【定位】 Of course, social media companies are not the source of all our ills, and can offer a too-easy target for politicians keen to divert attention from inadequately resourced schools and health services.

当然，社交媒体公司并非我们所有问题的根源，而且它们很容易成为政客们的靶子——政客热衷于借此转移人们对投入不足的学校和医疗服务的关注。

【选项】 A) ✓ 正确

inadequately resourced schools and health services ↔

Poorly financed schools and health services.

预判候选'投入不足的学校与医疗服务'与 Poorly financed schools and health services. 仅修饰语有别，主体名词逐字相同，且它确属'社交媒体公司以外'的因素，锁定 A。

B) 答非所问

Politicians' eagerness to divert public attention. 取自 politicians keen to divert attention, 但政客转移视线是对问题的掩盖手段，不是导致年轻人心理问题的成因；题干问的是 contribute to 心理问题的因素，此项答非所问。

C) 答非所问

Bad statutory regulation of digital media giants. 借自 P4 Statutory regulation of the digital media giants is long overdue.——监管缺位针对的正是数字媒体巨头本身，属于'社交媒体公司'这一条线，而题干用 Besides social media companies 明确把这条线排除在外；且 P5 列举的其他原因里也根本没有它。

D) 偷换概念

原文的另一成因是 increasing pressure to succeed in education and in life more broadly——年轻人自己在教育和人生上的成功压力；Their parents' educational background and life. 把 education and life 的原词留下，却硬是安上 parents' 这个原文没有的主体，把'自身压力'偷换成'父母背景'。

SENTENCE INSIGHTS • 句子精讲

18 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

While younger children should not be on platforms where 13 is the minimum age, it is neither practical nor desirable to imagine a world in which teenagers are prevented from accessing the platforms and messaging systems that the adults around them use to organise their lives.

第1段，第3句

本句逻辑严密、结构典型，涵盖了形式主语、并列结构、情态动词与多层从句嵌套等核心语法考点，综合训练价值极高，强烈推荐作为优质练习材料。

The finding that the alarmingly high rate of depression in British teenage girls is closely correlated to time spent on social media is extremely concerning.

第2段，第2句

“抽象名词 + 同位语从句 + 系动词 + 表语”是真题阅读中极其高频出现的学术句式，掌握主谓分隔的识别方法具有极高的解题与阅读迁移价值。

Research found that two in five girls are on social media for at least three hours a day—with half as many boys engaged to the same extent.

第2段，第3句

“主语 + 发现动词 + that从句 + 补充结构”是学术研究报告与考试阅读中极具代表性的高频句式，具有极高的迁移价值。

More than a third of depressed girls have experienced online harassment.

第2段，第4句

“数量/比例主语 + 现在完成时谓语 + 宾语”是阅读理解与写作中极具代表性的调查数据陈述句式，掌握后复用价值很高。

Although the research does not prove that social media causes depression, the importance of the finding that there is a connection should not be underestimated.

第3段，第1句

本句覆盖了主语、谓语、宾语、让步状语、宾语从句、同位语从句以及存在句型等多种成分，且包含了划分从句类型与识别分隔主干的典型练习坑点，极具训练价值。

But when it comes to broader questions about "screen time", many professionals as well as parents are confused and uncertain.

第3段，第3句

句首以 "when it comes to..." 引出话题属于高频常考句式，主句使用 "as well as" 连接并列主语也是语法测试中的常见考点，具有很高的考点复用与迁移价值。

This idea has the virtue of simplicity, though some experts question its effects and call for a greater degree of differentiation, arguing that time online by itself is not a bad thing and it all depends on what you are doing.

第4段，第2句

"主句 + 连词让步从句 + 分词作状语 + 嵌套名词性从句"是考研与四六级阅读理解中高频出现的长难句经典模板，代表性极强。

There are other reasons for the rising incidence of depression in young people, with increasing pressure to succeed in education and in life more broadly—to be famous, beautiful, rich—often cited as a source of unhappiness or anxiety which can, if aggravated by other factors and not managed, tip into ill health.

第5段，第2句

"主句主干 + with复合结构补充细节 + 定语从句修饰句末名词"是四六级与考研阅读中极具代表性的高频长难句句式，掌握后迁移复用价值高。

Safeguarding means more than the avoidance of physical threat.

第5段，第3句

动名词作主语后接 "means more than..." 的抽象定义句式在学术与新闻类阅读中非常典型。

It helps both adults and children to organise their lives.

第46题，B

"主语 + 谓语 + 宾语 + 动词不定式作宾补" 是英语中极具代表性的基础句型，掌握其分析方法后可大量迁移至同类动词结构中。

It poses problems to both parents and children.

第46题，C

“主语 + 及物动词 + 宾语 + 介词短语 (to...)”是英文中最常见、最具代表性的基础句型之一，非常适合初学者建立主干与状语修饰的概念。

The more frequently they interact on social media, the more they experience harassment.

第47题，A

双重比较结构在四六级及考研真题阅读与写作中频繁出现，属于高度典型且可迁移性极强的高频常考句式。

They spend half as many hours on social media as British teenage boys.

第47题，D

“spend + 时间 + on sth”搭配与“倍数 + as many + N + as ...”比较句型在各类英语考试阅读与写作中高频出现，具有极高的迁移复用价值。

Its key message calls for immediate attention.

第48题，B

该句展现了基础英语中标准的“主语 + 短语动词 + 宾语”结构，其中动词短语带宾语的形式在考试中出现频率较高，具有良好的迁移价值。

Its uncertainty should not go unnoticed.

第48题，D

“主语 + should not go + 形容词/过去分词”是学术议论文和四六级、考研阅读中高频出现的规范表达句式，具有较高的迁移价值。

Its success depends on how it is implemented.

第49题，C

“主语 + depend on + how从句”是各类英语考试中高频出现的典型句式，掌握后迁移复用价值极大。

It is too simplistic to produce the desired effect.

第49题，D

句子涵盖了 "It is + 形容词 + 不定式" 形式主语结构与 "too... to..." 经典句式，是四六级及各类英语考试中极具代表性的高频常考结构。

Besides social media companies, what factors contribute to young people's psychological health problems?

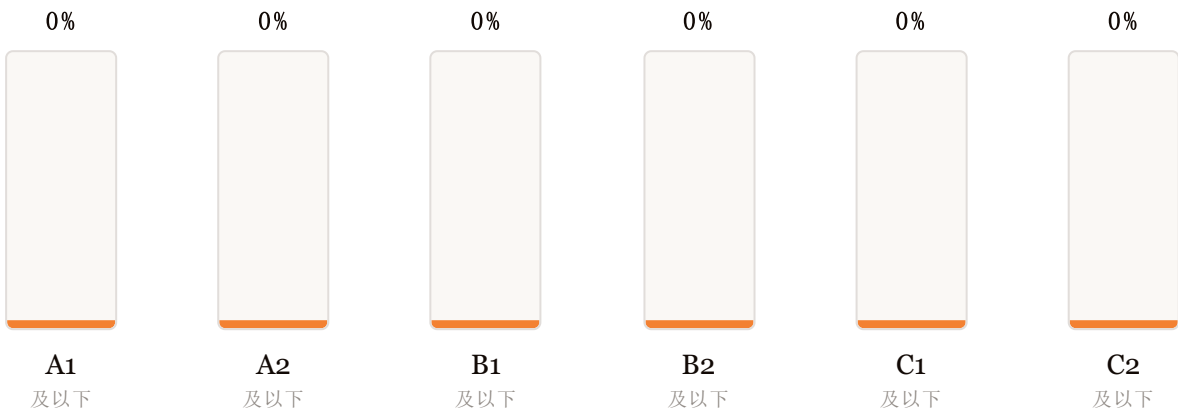
第50题题干

句首带介词短语修饰的特殊疑问句在阅读与写作中频繁出现，属于高度典型且易于迁移的基础常考句型。

VOCABULARY · 词汇难度分布

全文 0 词按 CEFR 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个·约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）·数据为全文去重词 0 个·末柱为 100%

去重总词数

0

B2 以上难词

0 %

B1 及以下覆盖

0 %

英语六级 2026年6月·第1套 · 全卷构成

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Part III Section C	阅读理解（四选一）	本题
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →