I find that pretty annoying 我觉得这个很烦人

on their phones 看手机

check their social media 看他们的社交媒体

constantly 不断地

blow up=lose my temper 发脾气

take off 离开

tend to 通常、往往

behavior 行为

get a hold of us 联系到某人

every once in a while=from time to time 有时、偶尔

text sb 给某人发信息

do this and that 做这做那

resist 抗拒、抵制

check the message 查看信息

immediately 立即