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Level 5

Boys and girls react differently to stress

13th November, 2016

<http://www.breakingnewsenglish.com/1611/161113-ptsd-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1611/161113-ptsd-5.html>

A study from Stanford University suggests that stressful events affect the brains of boys and girls differently. Girls could suffer more after traumatic events and be more likely to get post-traumatic stress disorder (PTSD). They also say that girls and boys should be treated differently during the recovery process from PTSD. The lead researcher said: "It is important that people who work with traumatised youth consider the sex differences....It is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment."

The research was on a part of the brain that deals with emotions and empathy, called the *insula*. A smaller *insula* means PTSD is more likely. Researchers said the *insula* was very small in girls who had experienced trauma. It was larger than usual in boys who had experienced a traumatic event. PTSD is a mental disorder that can develop after traumatic events, such as sexual assault, war, traffic accidents, or life-threatening experiences. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and alterations to how a person thinks and feels.

Sources: <http://www.bbc.com/news/health-37936514>
<http://med.stanford.edu/news/all-news/2016/11/traumatic-stress-changes-brains-of-boys-girls-differently.html>
https://en.wikipedia.org/wiki/Posttraumatic_stress_disorder

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1611/161113-ptsd-5.html>

PARAGRAPH ONE:

- | | |
|---|------------------------|
| 1. affect the brains of boys and girls | a. process |
| 2. Girls could suffer | b. more |
| 3. girls and boys should be | c. symptoms |
| 4. during the recovery | d. treatment |
| 5. people who work with | e. differently |
| 6. girls could exhibit different trauma | f. benefit |
| 7. they might | g. traumatised youth |
| 8. different approaches to | h. treated differently |

PARAGRAPH TWO:

- | | |
|-----------------------------------|------------------------|
| 1. a part of the brain that deals | a. likely |
| 2. PTSD is more | b. accidents |
| 3. girls who had experienced | c. disorder |
| 4. PTSD is a mental | d. how a person thinks |
| 5. traumatic events, such | e. thoughts |
| 6. traffic | f. with emotions |
| 7. suicidal | g. as sexual assault |
| 8. alterations to | h. trauma |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1611/161113-ptsd-5.html>

A study from Stanford University (1) _____ events affect the brains of boys and girls differently. Girls (2) _____ after traumatic events and (3) _____ get post-traumatic stress disorder (PTSD). They also say that girls and boys should be treated differently during the (4) _____ from PTSD. The lead researcher said: "It is important that (5) _____ with traumatised youth consider the sex differences....It is possible that boys and girls could (6) _____ trauma symptoms and that they might benefit from different approaches to treatment."

The research was (7) _____ brain that deals with emotions and empathy, called the *insula*. A smaller *insula* means PTSD is more likely. Researchers said the *insula* was very (8) _____ had experienced trauma. It was (9) _____ boys who had experienced a traumatic event. PTSD is a mental disorder that can develop after traumatic events, such (10) _____, war, traffic accidents, or life-(11) _____. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and (12) _____ a person thinks and feels.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1611/161113-ptsd-5.html>

A study from Stanford University suggests that stressful events affect the brains of boys and girls differently. Girls could suffer more after traumatic events and be more likely to get post-traumatic stress disorder (PTSD). They also say that girls and boys should be treated differently during their recovery process from PTSD. The lead researcher said: "It is important that people who work with traumatised youth consider these sex differences.... It is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment. "The research was on a part of the brain that deals with emotions and empathy, called the insula. A smaller insula means PTSD is more likely. Researchers said the insula was very small in girls who had experienced trauma. It was larger than usual in boys who had experienced a traumatic event. PTSD is a mental disorder that can develop after traumatic events, such as sexual assault, war, traffic accidents, or life-threatening experiences. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and alterations to how a person thinks and feels.

STRESS SURVEY

From <http://www.breakingnewsenglish.com/1611/161113-ptsd-4.html>

Write five GOOD questions about stress in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

