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Level 6

Big rise in self-harm among girls

21st October, 2017

<https://breakingnewsenglish.com/1710/171021-self-harm.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been a steep rise in reports of self-harm among young teenage girls in the United Kingdom. A new study from the British Medical Journal reports that more and more girls aged 13 to 16 suffer from self-inflicted harm. Researchers from the University of Manchester looked at data on nearly 17,000 patients from more than 600 doctors' surgeries. The researchers found that there was a 68 per cent increase in self-harm among 13- to 16-year-old girls over the three-year period of the study. During the same period, rates stayed constant among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates among girls are three times higher than those for boys.

Doctor Nav Kapur, study author and professor of psychiatry and population health, said increasing stress and psychological problems were probably what was fuelling the trend. He said: "We must take self-harm seriously. It's important to understand its underlying causes." A UK children's charity said: "Self-harm can often be an expression of a deeper problem, which is why early intervention services to support these children are vital. Without this, the consequences really can be a matter of life or death." Self-harm is one of the biggest risk factors for suicide among teens. Suicide is now the second most common cause of death in the under-25s worldwide.

Sources: <http://www.bbc.com/news/health-41671060>
<https://medicalxpress.com/news/2017-10-teenage-girls-self-harm-boys.html>
<https://www.newscientist.com/article/2150888-self-harm-in-teenage-girls-has-risen-dramatically-in-the-uk/>

WARM-UPS

1. SELF-HARM: Students walk around the class and talk to other students about self-harm. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

steep / rise / teenage girls / self-harm / data / surgeries / three years / period / rates
author / psychiatry / trend / charity / problem / seriously / consequences / suicide

Have a chat about the topics you liked. Change topics and partners frequently.

3. TEENAGE YEARS: Students A **strongly** believe our teenage years are the hardest in our life; Students B **strongly** believe our teenage years are the best in our life. Change partners again and talk about your conversations.

4. BOYS AND GIRLS: How are these things different for teenage boys and girls growing up? Complete this table with your partner(s). Change partners often and share what you wrote.

	Boys	Girls
Stress		
School		
Studying		
Expectations		
Equality		
Peer pressure		

5. TEENAGE: Spend one minute writing down all of the different words you associate with the word "teenage". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. HELP: Rank these with your partner. Put the best ways for teenage girls to get help at the top. Change partners often and share your rankings.

- parents
- teachers
- cousins
- best friends
- grandparents
- doctors
- counselors
- other _____

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The article reported on a slight rise in self-harm among teenage girls. **T / F**
- b. The girls reported on were aged between 13 to 16. **T / F**
- c. There was a 68% increase in self-harm in some girls over three years. **T / F**
- d. There is three times more self-harm in girls than in boys. **T / F**
- e. A professor said social media was fuelling this trend. **T / F**
- f. The professor said it was important to know why teenage girls lied. **T / F**
- g. A charity suggested that self-harm could be fatal. **T / F**
- h. Suicide takes the lives of more under-25-year-olds than anything else. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-------------------------|----------------|
| 1. steep | a. emotional |
| 2. study | b. reason |
| 3. increase | c. fundamental |
| 4. consequences | d. report |
| 5. cause | e. prevalent |
| 6. psychological | f. sharp |
| 7. fuelling | g. essential |
| 8. underlying | h. rise |
| 9. vital | i. results |
| 10. common | j. stimulating |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-------------------------------------|-----------------------------|
| 1. There has been a steep rise | a. life or death |
| 2. suffer | b. constant |
| 3. looked at data on | c. are three times higher |
| 4. rates stayed | d. trend |
| 5. self-harm rates among girls | e. from self-inflicted harm |
| 6. professor of psychiatry | f. underlying causes |
| 7. fuelling the | g. in reports of self-harm |
| 8. It's important to understand its | h. cause of death |
| 9. be a matter of | i. nearly 17,000 patients |
| 10. the second most common | j. and population health |

GAP FILL

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been a (1) _____ rise in reports of self-harm among young teenage girls in the United Kingdom. A new (2) _____ from the British Medical Journal reports that more and more girls aged 13 to 16 suffer from self-(3) _____ harm. Researchers from the University of Manchester looked at data on (4) _____ 17,000 patients from more than 600 doctors' (5) _____. The researchers found that there was a 68 per cent increase in self-harm among 13- to 16-year-old girls over the three-year (6) _____ of the study. During the same period, rates stayed (7) _____ among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates among girls are three times (8) _____ than those for boys.

inflicted
steep
surgeries
higher
nearly
constant
study
period

Doctor Nav Kapur, study author and (8) _____ of psychiatry and population health, said increasing stress and psychological problems were probably what was fuelling the (9) _____. He said: "We must take self-harm (10) _____. It's important to understand its underlying causes." A UK children's charity said: "Self-harm can often be an (11) _____ of a deeper problem, which is why early intervention services to support these children are (12) _____. Without this, the consequences really can be a (13) _____ of life or death." Self-harm is one of the biggest (14) _____ factors for suicide among teens. Suicide is now the second most (15) _____ cause of death in the under-25s worldwide.

trend
matter
expression
common
professor
seriously
risk
vital

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

- 1) There has been a steep rise in reports of self-harm _____ teenage girls
 - a. aiming young
 - b. a man young
 - c. amok young
 - d. among young
- 2) reports that more and more girls aged 13 to 16 suffer from _____
 - a. self-reflected harm
 - b. self-conflicted harm
 - c. self-infected harm
 - d. self-inflicted harm
- 3) looked at data on nearly 17,000 patients from more than 600 _____
 - a. doctors' sugary
 - b. doctors' surgery
 - c. doctors' surgeries
 - d. doctors' surges
- 4) During the same period, rates _____
 - a. stayed constant
 - b. stayed contents
 - c. stayed constantly
 - d. stayed contests
- 5) The study said self-harm rates among girls are three times higher _____ boys
 - a. than them for
 - b. than those for
 - c. than hose for
 - d. than wholes for
- 6) Doctor Nav Kapur, study author and professor of psychiatry _____ health
 - a. and populated
 - b. and populations
 - c. and populace
 - d. and population
- 7) increasing stress and psychological problems were probably what was _____
 - a. fuelling the trendy
 - b. fuelling the trend
 - c. fuelling the trends
 - d. fuelling the trended
- 8) Self-harm can often be an expression of a _____
 - a. deepen problem
 - b. deepened problem
 - c. deeper problem
 - d. depend problem
- 9) Without this, the consequences really can be a _____ or death
 - a. matter off rife
 - b. matters of life
 - c. matter of rife
 - d. matter of life
- 10) Suicide is now the second most common cause of death _____-25s
 - a. in the under
 - b. on the under
 - c. an the under
 - d. inn the under

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been (1) _____ reports of self-harm among young teenage girls in the United Kingdom. A new study from the British Medical Journal reports that more and more girls aged 13 to 16 suffer (2) _____ harm. Researchers from the University of Manchester looked at (3) _____ 17,000 patients from more than 600 (4) _____. The researchers found that there was a 68 per cent increase in self-harm among 13- to 16-year-old girls over the three-year (5) _____ study. During the same period, rates stayed constant among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates (6) _____ three times higher than those for boys.

Doctor Nav Kapur, study author and professor (7) _____ population health, said increasing stress and psychological problems were probably what was (8) _____. He said: "We must take self-harm seriously. It's important to understand (9) _____." A UK children's charity said: "Self-harm can often be an expression of a deeper problem, which is why early intervention (10) _____ these children are vital. Without this, the consequences really can be a matter of life or death." Self-harm is one of the biggest (11) _____ suicide among teens. Suicide is now the second most (12) _____ death in the under-25s worldwide.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

1. What kind of rise in reports of self-harm did the article say there has been?
2. How many patients' data did researchers look at?
3. By how much did self-harm increase in 13-16-year-old girls over 3 years?
4. What happened to self-harm rates among 10-12-year-olds?
5. How many more times higher is self-harm among girls than boys?
6. What is Dr Nav Kapur a professor of besides population health?
7. What did a professor say we needed to take more seriously?
8. What did a charity say self-harm is an expression of?
9. What did a charity say a lack of intervention could be a matter of?
10. For whom is suicide the second most common cause of death globally?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

- 1) What kind of rise in reports of self-harm did the article say there has been?
 - a) a gentle rise
 - b) a slight rise
 - c) a steep rise
 - d) a sudden rise
- 2) How many patients' data did researchers look at?
 - a) almost 17,000
 - b) just over 17,000
 - c) around 17,000
 - d) exactly 17,000
- 3) By how much did self-harm increase in 13-16-year-old girls over 3 years?
 - a) 68%
 - b) 86%
 - c) 6.8%
 - d) 8.6%
- 4) What happened to self-harm rates among 10-12-year-olds?
 - a) it skyrocketed
 - b) it stayed constant
 - c) it plummeted
 - d) nothing
- 5) How many more times higher is self-harm among girls than boys?
 - a) 1.5
 - b) 2
 - c) 4
 - d) 3
- 6) What is Dr Nav Kapur a professor of besides population health?
 - a) psychedelia
 - b) psychiatry
 - c) physics
 - d) philosophy
- 7) What did a professor say we needed to take more seriously?
 - a) self-harm
 - b) trends
 - c) intervention
 - d) expressions
- 8) What did a charity say self-harm is an expression of?
 - a) charity
 - b) causes
 - c) a deeper problem
 - d) trendiness
- 9) What did a charity say a lack of intervention could be a matter of?
 - a) something
 - b) time
 - c) seconds
 - d) life and death
- 10) For whom is suicide the second most common cause of death globally?
 - a) the under-25s
 - b) the under-21s
 - c) the under-18s
 - d) the under-14s

ROLE PLAY

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Role A – Parents

You think parents are the best people to help young teenage girls. Tell the others three reasons why. Tell them why their people aren't as good. Also, tell the others who of these would be the least effective (and why): teachers, best friends or counselors.

Role B – Teachers

You think teachers are the best people to help young teenage girls. Tell the others three reasons why. Tell them why their people aren't as good. Also, tell the others who of these would be the least effective (and why): parents, best friends or counselors.

Role C – Best Friends

You think best friends are the best people to help young teenage girls. Tell the others three reasons why. Tell them why their people aren't as good. Also, tell the others who of these would be the least effective (and why): teachers, parents or counselors.

Role D – Counselors

You think counselors are the best people to help young teenage girls. Tell the others three reasons why. Tell them why their people aren't as good. Also, tell the others who of these would be the least effective (and why): teachers, best friends or parents.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'self' and 'harm'.

self	harm

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• steep• reports• 600• 68• constant• those	<ul style="list-style-type: none">• health• trend• important• early• life• common
---	--

SELF-HARM SURVEY

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Write five GOOD questions about self-harm 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.

SELF-HARM DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'self'?
3. What difficulties do teenage girls have?
4. Why do people harm themselves?
5. How big a problem is this in your country?
6. Why do you think there has been a steep rise?
7. Why are 13-16-year-olds the biggest group of self-harmers?
8. Why are girls bigger self-harmers than boys?
9. How difficult was life for you at the age of 15?
10. What advice do you have for 15-year-old girls?

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SELF-HARM DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'harm'?
13. What do you think about what you read?
14. What stresses do young girls have today?
15. Do you think life was easier for teenagers 50 years ago?
16. What would you do if your friend was self-harming?
17. What do you know about self-harming?
18. What stresses do you have in your life?
19. How can we reduce the level of suicide?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been a (1) _____ rise in reports of self-harm among young teenage girls in the United Kingdom. A new study from the British Medical Journal (2) _____ that more and more girls aged 13 to 16 (3) _____ from self-inflicted harm. Researchers from the University of Manchester looked at data on nearly 17,000 patients from more than 600 doctors' (4) _____. The researchers found that there was a 68 per cent increase in self-harm among 13- to 16-year-old girls over the three-year period of the study. During the same period, rates stayed (5) _____ among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates among girls are three times higher than (6) _____ for boys.

Doctor Nav Kapur, study author and professor of psychiatry and population health, said increasing stress and psychological problems were probably (7) _____ was fuelling the (8) _____. He said: "We must take self-harm seriously. It's important to understand its (9) _____ causes." A UK children's charity said: "Self-harm can often be an expression of a deeper problem, which is why (10) _____ intervention services to support these children are (11) _____. Without this, the consequences really can be a matter of life or death." Self-harm is one of the biggest risk factors for suicide among teens. Suicide is now the second most common (12) _____ of death in the under-25s worldwide.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|----------------|-------------------|
| 1. | (a) steeply | (b) steepness | (c) steep | (d) steeped |
| 2. | (a) reports | (b) reporter | (c) reporting | (d) report |
| 3. | (a) suffer | (b) buffer | (c) puffer | (d) duffer |
| 4. | (a) surgeries | (b) operations | (c) procedures | (d) interventions |
| 5. | (a) contents | (b) recant | (c) recent | (d) constant |
| 6. | (a) them | (b) that | (c) they | (d) those |
| 7. | (a) what | (b) that | (c) which | (d) those |
| 8. | (a) trended | (b) trendiness | (c) trendy | (d) trend |
| 9. | (a) underlying | (b) underling | (c) under | (d) under-lit |
| 10. | (a) fast | (b) early | (c) speed | (d) ancient |
| 11. | (a) viral | (b) vital | (c) rival | (d) rebel |
| 12. | (a) cause | (b) crease | (c) cease | (d) course |

SPELLING

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Paragraph 1

1. a psete rise
2. British Medical alonrJu
3. self-ldifneitc harm
4. doctors' egerursis
5. During the same dioerp
6. rates stayed tnaosctn

Paragraph 2

7. professor of spytachyir
8. what was llgefinu the trend
9. understand its dyelrniugn causes
10. an ersspnoiex of a deeper problem
11. early nnirvtneoti
12. the biggest risk factors for csieiid

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Number these lines in the correct order.

- () most common cause of death in the under-25s worldwide.
- () seriously. It's important to understand its underlying causes." A UK children's charity said: "Self-harm can often
- () said self-harm rates among girls are three times higher than those for boys.
- (**1**) There has been a steep rise in reports of self-harm among young teenage girls in the United Kingdom. A new study
- () be an expression of a deeper problem, which is why early intervention services to support these children are
- () 13- to 16-year-old girls over the three-year period of the study. During the same period, rates stayed
- () constant among 10- to 12-year-old girls and 17- to 19-year-olds. The study
- () from the British Medical Journal reports that more and more girls aged 13 to 16 suffer from self-
- () or death." Self-harm is one of the biggest risk factors for suicide among teens. Suicide is now the second
- () inflicted harm. Researchers from the University of Manchester looked at data on nearly 17,000 patients from more
- () stress and psychological problems were probably what was fuelling the trend. He said: "We must take self-harm
- () Doctor Nav Kapur, study author and professor of psychiatry and population health, said increasing
- () vital. Without this, the consequences really can be a matter of life
- () than 600 doctors' surgeries. The researchers found that there was a 68 per cent increase in self-harm among

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

1. harm self- of reports in rise steep a been has There .
2. self- from suffer 16 to 13 aged girls More harm inflicted .
3. on Data doctors 600 than more from patients 17,000 nearly .
4. stayed rates , period same the During constant .
5. higher than those for boys Rates among girls are three times .
6. Problems trend the fuelling was what probably were .
7. causes important understand underlying It's to its .
8. or can death be The a consequences matter really of life .
9. is for harm suicide biggest one risk of factors the Self- .
10. is second cause Suicide the common death now most of .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been a *steep / stoop* rise in reports of self-harm among young teenage girls in the United Kingdom. A new study from the British Medical Journal reports that more and more girls *ageing / aged* 13 to 16 suffer from self-inflicted harm. Researchers from the University of Manchester looked at data *in / on* nearly 17,000 *patients / patience* from more than 600 doctors' *surgeries / operations*. The researchers found that there was a 68 per cent increase *on / in* self-harm among 13- to 16-year-old girls *over / above* the three-year period of the *study / studying*. During the same period, rates stayed *content / constant* among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates among girls are three times higher than *those / them* for boys.

Doctor Nav Kapur, study author and *professorial / professor* of psychiatry and population health, said increasing *stressed / stress* and psychological problems were probably what was *fuelled / fuelling* the trend. He said: "We must take self-harm *serious / seriously*. It's important to understand its underlying *caused / causes*." A UK children's charity said: "Self-harm can often be an expression of a *deeper / deepen* problem, which is why early intervention services to support these children are *vitality / vital*. Without this, the consequences really can be a *matter / mutter* of life or death." Self-harm is one of the biggest *risky / risk* factors for suicide among teens. Suicide is now the second most common cause *for / of* death in the under-25s worldwide.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Th_r_ h_s b__n _ st__p r_s_ _n r_p_rts _f s_lf-h_rm
_m_ng y__ng t__n_g_ g_rls _n th_ _n_t_d K_ngd_m. _
n_w st_dy fr_m th_ Br_t_sh M_d_c_l J__rn_l r_p_rts
th_t m_r_ _nd m_r_ g_rls _g_d 13 t_ 16 s_ff_r fr_m
s_lf-_nfl_ct_d h_rm. R_s__rch_rs fr_m th_ _n_v_rs_ty
_f M_nch_st_r l__k_d _t d_t_ _n n__rly 17,000
p_t__nts fr_m m_r_ th_n 600 d_ct_rs' s_rg_r__s. Th_
r_s__rch_rs f__nd th_t th_r_ w_s _ 68 p_r c_nt
_ncr__s _n s_lf-h_rm _m_ng 13- t_ 16-y__r-_ld g_rls
_v_r th_ thr__-y__r p_r__d _f th_ st_dy. D_r_ng th_
s_m_p_r__d, r_t_s st_y_d c_nst_nt _m_ng 10- t_ 12-
y__r-_ld g_rls _nd 17- t_ 19-y__r-_lds. Th_ st_dy s__d
s_lf-h_rm r_t_s _m_ng g_rls _r_ thr__ t_m_s h_g_h_r
th_n th_s_ f_r b_ys.

D_ct_r N_v K_p_r, st_dy __th_r _nd pr_f_ss_r _f
psych__try _nd p_p_l_t__n h__lth, s__d _ncr__s_ng
str_ss _nd psych_l_g_c_l pr_bl_ms w_r_ pr_b_bly wh_t
w_s f__ll_ng th_ tr_nd. H_s__d: "W_ m_st t_k_ s_lf-
h_rm s_r__sly. _t's _mp_rt_nt t_ _nd_rst_nd _ts
_nd_rly_ng c__s_s." _ _K ch_ldr_n's ch_r_ty s__d:
"S_lf-h_rm c_n _ft_n b_ _n _xpr_ss__n _f _d__p_r
pr_bl_m, wh_ch _s why __rly _nt_rv_nt__n s_rv_c_s t_
s_pp_rt th_s_ ch_ldr_n _r_ v_t_l. W_th__t th_s, th_
c_ns_q__nc_s r__lly c_n b_ _m_tt_r _f l_f_ _r d__th."
S_lf-h_rm _s _n_ _f th_ b_gg_st r_sk f_ct_rs f_r
s__c_d_ _m_ng t__ns. S__c_d_ _s n_w th_ s_c_nd
m_st c_mm_n c__s_ _f d__th _n th_ _nd_r-25s
w_rldw_d_.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

there has been a steep rise in reports of self-harm among young teenage girls in the united kingdom a new study from the british medical journal reports that more and more girls aged 13 to 16 suffer from self-inflicted harm researchers from the university of manchester looked at data on nearly 17000 patients from more than 600 doctors' surgeries the researchers found that there was a 68 per cent increase in self-harm among 13- to 16-year-old girls over the three-year period of the study during the same period rates stayed constant among 10- to 12-year-old girls and 17- to 19-year-olds the study said self-harm rates among girls are three times higher than those for boys

doctor nav kapur study author and professor of psychiatry and population health said increasing stress and psychological problems were probably what was fuelling the trend he said "we must take self-harm seriously it's important to understand its underlying causes" a uk children's charity said "self-harm can often be an expression of a deeper problem which is why early intervention services to support these children are vital without this the consequences really can be a matter of life or death" self-harm is one of the biggest risk factors for suicide among teens suicide is now the second most common cause of death in the under-25s worldwide

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

There has been a steep rise in reports of self-harm among young teenage girls in the United Kingdom. A new study from the British Medical Journal reports that more and more girls aged 13 to 16 suffer from self-inflicted harm. Researchers from the University of Manchester looked at data on nearly 17,000 patients from more than 600 doctors' surgeries. The researchers found that there was a 68 percent increase in self-harm among 13- to 16-year-old girls over the three-year period of the study. During the same period, rates stayed constant among 10- to 12-year-old girls and 17- to 19-year-olds. The study said self-harm rates among girls are three times higher than those for boys. Doctor Nav Kapur, study author and professor of psychiatry and population health, said increasing stress and psychological problems were probably what was fuelling the trend. He said: "We must take self-harm seriously. It's important to understand its underlying causes." A UK children's charity said: "Self-harm can often be an expression of a deeper problem, which is why early intervention services to support these children are vital. Without this, the consequences really can be a matter of life or death." Self-harm is one of the biggest risk factors for suicide among teens. Suicide is now the second most common cause of death in the under-25s worldwide.

ACADEMIC WRITING

From <https://breakingnewsenglish.com/1710/171021-self-harm.html>

Teenage years are the hardest in our lives. Discuss.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news. Share what you discover with your partner(s) in the next lesson.

3. SELF-HARM: Make a poster about self-harm. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TEENAGE YEARS: Write a magazine article about our teenage years. Discuss whether schools should give more support to help young people get through this difficult time. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on self-harm. Ask him/her three questions about it. Give him/her three of your ideas on how to help young teenagers. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d T e F f F g T h F

SYNONYM MATCH (p.4)

- | | |
|------------------|----------------|
| 1. steep | a. sharp |
| 2. study | b. report |
| 3. increase | c. rise |
| 4. consequences | d. results |
| 5. cause | e. reason |
| 6. psychological | f. emotional |
| 7. fuelling | g. stimulating |
| 8. underlying | h. fundamental |
| 9. vital | i. essential |
| 10. common | j. prevalent |

COMPREHENSION QUESTIONS (p.8)

1. A steep rise
2. Nearly 17,000
3. 68%
4. They stayed constant
5. Three
6. Psychiatry
7. Self-harm
8. A deeper problem
9. Life and death
10. The under-25s

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)