

www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 6

Boys and girls react differently to stress

13th November, 2016

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

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

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

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE ARTICLE

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

A study from Stanford University in the USA suggests that very stressful events affect the brains of boys and girls in different ways. Researchers say that girls suffer more after traumatic events and are more likely to develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be treated differently by doctors during the recovery process from PTSD. Lead researcher Dr Megan Klabunde said: "It is important that people who work with traumatised youth consider the sex differences. Our findings suggest it is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment."

The research focused on a part of the brain that deals with emotions and empathy, called the *insula*. The smaller the *insula*, the more likely it is that someone will suffer from PTSD. Researchers discovered that the *insula* was particularly small in girls who had gone through a traumatic event. It was larger than usual in boys who had experienced a distressing, shocking or frightening event. Post-traumatic stress disorder is a mental disorder that can develop after traumatic events, such as sexual assault, warfare, traffic collisions, or threats on a person's life. 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

WARM-UPS

1. STRESS: Students walk around the class and talk to other students about stress. 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?

study / stressful / suffer / traumatic / recovery / differences / symptoms / treatment / brain / emotions / empathy / frightening / mental / assault / warfare / suicidal

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

3. USEFUL: Students A **strongly** believe stress has a useful function; Students B **strongly** believe it doesn't. Change partners again and talk about your conversations.

4. STRESSFUL THINGS: How stressful are these things and why? How can we deal with them? Complete this table with your partner(s). Change partners often and share what you wrote.

	How stressful and why?	How we can deal with them
Exams		
Family fights		
Money worries		
Job		
Social media		
Marriage		

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

6. STRESSES: Rank these with your partner. Put the best stresses at the top. Change partners often and share your rankings.

- exams
- traffic jams
- family fights
- money worries
- dating
- social media
- school / job
- the future

BEFORE READING / LISTENING

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

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

- a. The research was from Oxford University in the UK. **T / F**
- b. The research says girls are more likely to suffer from PTSD. **T / F**
- c. Boys and girls should be treated differently for stress. **T / F**
- d. Boys and girls show different symptoms when stressed. **T / F**
- e. The research focused on a part of the brain that deals with trauma. **T / F**
- f. A part of the brain called the *insula* was bigger in girls. **T / F**
- g. PTSD is a physical disorder. **T / F**
- h. Symptoms of PTSD include having suicidal thoughts. **T / F**

2. SYNONYM MATCH:

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

- | | |
|------------------------|---------------|
| 1. study | a. disturbing |
| 2. affects | b. healing |
| 3. likely | c. report |
| 4. recovery | d. crashes |
| 5. treatment | e. probable |
| 6. deals with | f. changes |
| 7. traumatic | g. therapy |
| 8. develop | h. influences |
| 9. collisions | i. evolve |
| 10. alterations | j. handles |

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

- | | |
|---|------------------------|
| 1. girls suffer more after | a. thoughts |
| 2. during the recovery | b. symptoms |
| 3. people who work with | c. collisions |
| 4. girls could exhibit different trauma | d. with emotions |
| 5. benefit from different approaches | e. process |
| 6. the brain that deals | f. traumatic events |
| 7. sexual | g. how a person thinks |
| 8. traffic | h. to treatment |
| 9. suicidal | i. assault |
| 10. alterations to | j. traumatised youth |

GAP FILL

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

A study from Stanford University in the USA (1) _____ that very stressful events affect the brains of boys and girls in different ways. Researchers say that girls (2) _____ more after traumatic events and are more (3) _____ to develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be (4) _____ differently by doctors during the recovery (5) _____ from PTSD. Lead researcher Dr Megan Klabunde said: "It is important that people who work with traumatised youth consider the sex (6) _____. Our findings suggest it is possible that boys and girls could (7) _____ different trauma symptoms and that they might benefit from different (8) _____ to treatment."

likely
process
suggests
exhibit
differences
treated
approaches
suffer

The research focused on a (9) _____ of the brain that deals with emotions and empathy, called the *insula*. The (10) _____ the *insula*, the more likely it is that someone will suffer from PTSD. Researchers discovered that the *insula* was (11) _____ small in girls who had gone (12) _____ a traumatic event. It was larger than usual in boys who had experienced a (13) _____, shocking or frightening event. Post-traumatic stress disorder is a mental disorder that can (14) _____ after traumatic events, such as sexual assault, warfare, traffic collisions, or (15) _____ on a person's life. Symptoms may include disturbing or suicidal (16) _____, nightmares related to the events, and alterations to how a person thinks and feels.

smaller
distressing
part
threats
through
thoughts
particularly
develop

LISTENING – Guess the answers. Listen to check.

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

- 1) suggests that very stressful events affect the brains of boys and girls _____
 - a. in different weighs
 - b. in different ways
 - c. in difference ways
 - d. on different ways
- 2) girls and boys should be treated differently by doctors during _____
 - a. the recovery process
 - b. the recovering process
 - c. the recovered process
 - d. the recovers process
- 3) It is important that people who work with traumatised youth consider _____
 - a. the sexy differences
 - b. the sexist differences
 - c. the sexed differences
 - d. the sex differences
- 4) it is possible that boys and girls could exhibit different _____
 - a. trauma suction
 - b. trauma samples
 - c. trauma systems
 - d. trauma symptoms
- 5) they might benefit from different approaches _____
 - a. to treat meant
 - b. to treatment
 - c. to treatments
 - d. to tree mint
- 6) The research focused on a part of the brain that deals with _____
 - a. emotion and empathy
 - b. emotions and empathy
 - c. emotions and empathies
 - d. emotion and empathies
- 7) The smaller the insula, the more likely it is that someone will _____
 - a. suffer for PTSD
 - b. suffer from PTSD
 - c. suffers from PTSD
 - d. suffered from PTSD
- 8) the insula was particularly small in girls who had gone through _____
 - a. a traumatic events
 - b. a traumatic eventual
 - c. a traumatic eventually
 - d. a traumatic event
- 9) such as sexual assault, warfare, traffic collisions, or threats _____
 - a. on a person's live
 - b. on a person's lifer
 - c. on a person's life
 - d. on a person's lift
- 10) Symptoms may include disturbing or _____
 - a. suicidal thoughts
 - b. suicide all thoughts
 - c. suicide and thoughts
 - d. suicides thoughts

LISTENING – Listen and fill in the gaps

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

A study from Stanford University in the USA (1) _____ stressful events affect the brains of boys and girls (2) _____. Researchers say that girls suffer more after traumatic events and are (3) _____ develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be treated differently by doctors during (4) _____ from PTSD. Lead researcher Dr Megan Klabunde said: "It is important that people who work with traumatised (5) _____ sex differences. Our findings suggest it is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from (6) _____ treatment."

The research (7) _____ of the brain that deals with emotions and empathy, called the *insula*. The smaller the *insula*, the more (8) _____ someone will suffer from PTSD. Researchers discovered that the *insula* (9) _____ small in girls who had gone through a traumatic event. It was larger than usual in boys who had experienced a distressing, shocking (10) _____. Post-traumatic stress disorder is a mental disorder that can develop after traumatic events, (11) _____ assault, warfare, traffic collisions, or threats on a person's life. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, (12) _____ how a person thinks and feels.

COMPREHENSION QUESTIONS

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

1. Which university carried out the research from this article?
2. What do stressful events affect differently in boys and girls?
3. How should girls and boys who suffer from PTSD be treated?
4. Who should consider the sex differences between boys and girls?
5. What could traumatised boys and girls benefit from?
6. What does the part of the brain called the *insula* deal with?
7. How big was the *insula* in traumatised girls?
8. What did the article say PTSD was?
9. What kind of collisions were mentioned in the article?
10. What kind of thoughts are included in the symptoms of PTSD?

MULTIPLE CHOICE - QUIZ

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

- 1) Which university carried out the research from this article?
 - a) Oxford
 - b) Stanford
 - c) Sorbonne
 - d) Tokyo
- 2) What do stressful events affect differently in boys and girls?
 - a) their stomachs
 - b) chemicals
 - c) their eyes
 - d) their brains
- 3) How should girls and boys who suffer from PTSD be treated?
 - a) quickly
 - b) carefully
 - c) differently
 - d) the same
- 4) Who should consider the sex differences between boys and girls?
 - a) those who work with traumatised youth
 - b) all of us
 - c) doctors
 - d) boys
- 5) What could traumatised boys and girls benefit from?
 - a) time
 - b) different approaches to treatment
 - c) fruit
 - d) symptoms
- 6) What does the part of the brain called the *insula* deal with?
 - a) emotions and empathy
 - b) trauma and symptoms
 - c) fear and stress
 - d) the heart and soul
- 7) How big was the *insula* in traumatised girls?
 - a) over-sized
 - b) the size of a peanut
 - c) particularly small
 - d) average size
- 8) What did the article say PTSD was?
 - a) a mental disorder
 - b) the unknown
 - c) difficult
 - d) scary
- 9) What kind of collisions were mentioned in the article?
 - a) cultures
 - b) tectonic plates
 - c) planetary
 - d) traffic
- 10) What kind of thoughts are included in the symptoms of PTSD?
 - a) nice thoughts
 - b) original thoughts
 - c) suicidal thoughts
 - d) genuine thoughts

ROLE PLAY

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

Role A – Exams

You think worrying about exams is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): traffic jams, money or the future.

Role B – Traffic Jams

You think being stuck in traffic is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): exams, money or the future.

Role C – Money

You think money is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): traffic jams, exams or the future.

Role D – The Future

You think the future is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't as stressful. Also, tell the others which is the least stressful of these (and why): traffic jams, money or exams.

AFTER READING / LISTENING

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

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

stress	trauma
---------------	---------------

- 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">• very• because• during• work• possible• benefit	<ul style="list-style-type: none">• part• smaller• through• shocking• life• feels
---	--

STRESS SURVEY

From <http://www.BreakingNewsEnglish.com/1611/161113-ptsd.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.

STRESS DISCUSSION

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

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'stress'?
3. What makes you stressed?
4. Why are some people better than others at dealing with stress?
5. Why might stress affect boys and girls differently?
6. What would life be like without stress?
7. What's the most stressed you've ever been?
8. How do you think doctors deal with stress?
9. Is life becoming more stressful? Why?
10. What's the best way to manage stress?

Boys and girls react differently to stress – 13th November, 2016
Thousands more free lessons at www.BreakingNewsEnglish.com

STRESS 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 know about post-traumatic stress disorder (PTSD)?
13. What damage does stress do to the body?
14. How does stress change people?
15. Who are emotionally stronger, boys or girls?
16. Are there any advantages of feeling stressed?
17. What is the world's most stressful job?
18. What stress do you cause other people?
19. Why is it difficult for us to deal with stress?
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. _____

Copyright © www.BreakingNewsEnglish.com 2016

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

A study from Stanford University in the USA suggests that very stressful events (1) _____ the brains of boys and girls in different ways. Researchers say that girls suffer more after traumatic events and are more (2) _____ to develop post-traumatic stress disorder (PTSD). They also say that (3) _____ of this, girls and boys should be treated differently by doctors during the recovery process from PTSD. Lead researcher Dr Megan Klabunde said: "It is important that people who work with traumatised youth (4) _____ the sex differences. Our findings suggest it is possible that boys and girls could (5) _____ different trauma symptoms and that they might (6) _____ from different approaches to treatment."

The research focused on a part of the brain that deals with emotions and (7) _____, called the *insula*. The smaller the *insula*, the more likely it is that someone will suffer from PTSD. Researchers discovered that the *insula* was (8) _____ small in girls who had (9) _____ through a traumatic event. It was larger than (10) _____ in boys who had experienced a distressing, shocking or frightening event. Post-traumatic stress disorder is a mental disorder that can develop after traumatic events, such (11) _____ sexual assault, warfare, traffic collisions, or threats on a person's life. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and (12) _____ to how a person thinks and feels.

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

- | | | | | |
|-----|------------------|------------------|------------------|-------------------|
| 1. | (a) effect | (b) inflict | (c) affect | (d) afford |
| 2. | (a) likely | (b) liked | (c) likeable | (d) liking |
| 3. | (a) because | (b) due | (c) such | (d) example |
| 4. | (a) consider | (b) considerable | (c) considerate | (d) considers |
| 5. | (a) showcase | (b) exhibit | (c) parade | (d) unveil |
| 6. | (a) benefits | (b) beneficial | (c) beneficiary | (d) benefit |
| 7. | (a) homeopathy | (b) telepathy | (c) empathy | (d) antipathy |
| 8. | (a) purposefully | (b) predictably | (c) posthumously | (d) particularly |
| 9. | (a) gone | (b) went | (c) sailed | (d) breezed |
| 10. | (a) usual | (b) unusual | (c) usually | (d) useful |
| 11. | (a) was | (b) as | (c) has | (d) ease |
| 12. | (a) altercations | (b) alternatives | (c) alterations | (d) alliterations |

SPELLING

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

Paragraph 1

1. post-traumatic stress ordsrdie (PTSD)
2. girls and boys should be ttaeedr differently
3. during the ercevyro process from PTSD
4. roecsind the sex differences
5. exhibit different trauma ymmsstpo
6. benefit from different eochrppaas

Paragraph 2

7. deals with emotions and ymhapet
8. the *insula* was ayrpllrectaiu small in girls
9. sexual utsasla
10. traffic oiosilscnl
11. disturbing or cduaiisl thoughts
12. reialsantot to how a person thinks

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () usual in boys who had experienced a distressing, shocking or frightening event. Post-traumatic stress
- () the *insula* was particularly small in girls who had gone through a traumatic event. It was larger than
- () thoughts, nightmares related to the events, and alterations to how a person thinks and feels.
- () The research focused on a part of the brain that deals with emotions and empathy, called
- (**1**) A study from Stanford University in the USA suggests that very stressful events affect the brains of boys and girls in
- () that they might benefit from different approaches to treatment."
- () important that people who work with traumatised youth consider the sex differences. Our findings suggest it is possible
- () assault, warfare, traffic collisions, or threats on a person's life. Symptoms may include disturbing or suicidal
- () develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be
- () disorder is a mental disorder that can develop after traumatic events, such as sexual
- () treated differently by doctors during the recovery process from PTSD. Lead researcher Dr Megan Klabunde said: "It is
- () different ways. Researchers say that girls suffer more after traumatic events and are more likely to
- () the *insula*. The smaller the *insula*, the more likely it is that someone will suffer from PTSD. Researchers discovered that
- () that boys and girls could exhibit different trauma symptoms and

PUT THE WORDS IN THE RIGHT ORDER

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

1. events brains and stressful the boys Very affect of girls .
2. traumatic girls events suffer Researchers more say after that .
3. should doctors be Girls treated and differently boys by .
4. symptoms trauma different exhibit could girls and Boys .
5. approaches different from benefit might They treatment to .
6. Research emotions with deals that brain the of part a on focused .
7. will suffer from PTSD The more likely it is that someone .
8. event girls gone traumatic in had a Small who through .
9. traumatic that events can A develop mental after disorder .
10. disturbing suicidal Symptoms include or thoughts may .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

A study from Stanford University in the USA *suggests / suggesting* that very stressful events affect the brains of boys and girls in *difference / different* ways. Researchers say that girls suffer *many / more* after traumatic events and are more *likely / likeable* to develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be treated *differently / different* by doctors during the *recover / recovery* process from PTSD. Lead researcher Dr Megan Klabunde said: "It is important *what / that* people who work with traumatised youth *consider / considering* the sex differences. Our findings suggest it is *possible / possibility* that boys and girls could exhibit different trauma symptoms and that they might *benefit / beneficial* from different approaches to treatment."

The research *focused / focus* on a part of the brain that deals with emotions and empathy, *calling / called* the insula. The smaller the insula, the more likely it is that someone will suffer *for / from* PTSD. Researchers discovered that the insula was *particular / particularly* small in girls who had gone through a *traumatic / trauma* event. It was larger than *unusual / usual* in boys who had experienced a *distress / distressing*, shocking or frightening event. Post-traumatic stress disorder is a mental disorder that can *development / develop* after traumatic events, such as sexual assault, warfare, traffic collisions, or threats *on / at* a person's life. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and *alterations / altercations* to how a person thinks and feels.

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

_ st_dy fr_m St_nf_rd _n_v_rs_ty _n th_ _S_ s_gg_sts
th_t v_ry str_ssf_l _v_nts _ff_ct th_ br__ns _f b_ys _nd
g_rls _n d_ff_r_nt w_ys. R_s__rch_rs s_y th_t g_rls
s_ff_r m_r_ _ft_r tr__m_t_c _v_nts _nd _r_ m_r_
l_k_ly t_ d_v_l_p p_st-tr__m_t_c str_ss d_s_rdr
(PTSD). Th_y _ls_ s_y th_t b_c__s_ _f th_s, g_rls _nd
b_ys sh__ld b_ tr__t_d d_ff_r_ntly by d_ct_rs d_rng
th_ r_c_v_ry pr_c_ss fr_m PTSD. L__d r_s__rch_r Dr
M_g_n Kl_b_nd_ s__d: "t_s _mp_rt_nt th_t p__pl_
wh_ w_rk w_th tr__m_t_s_d y__th c_ns_d_r th_ s_x
d_ff_r_nc_s. __r f_nd_ngs s_gg_st _t_s p_ss_bl_ th_t
b_ys _nd g_rls c__ld _xh_b_t d_ff_r_nt tr__m_
sympt_ms _nd th_t th_y m_gh_t b_n_f_t fr_m d_ff_r_nt
_ppr__ch_s t_ tr__tm_nt."

Th_ r_s__rch f_c_s_d _n _p_rt _f th_ br__n th_t d__ls
w_th _m_t__ns _nd _mp_thy, c_ll_d th_ __ns_l_. Th_
sm_ll_r th_ __ns_l_, th_ m_r_ l_k_ly _t_s th_t
s_m__n_ w_ll s_ff_r fr_m PTSD. R_s__rch_rs
d_sc_v_r_d th_t th_ __ns_l_ w_s p_rt_c_l_rly sm_ll_n
g_rls wh_ h_d g_n thr__gh _tr__m_t_c _v_nt. _t w_s
l_rg_r th_n _s__l _n b_ys wh_ h_d _xp_r__nc_d _
d_str_ss_ng, sh_ck_ng _r fr_gh_t_n_ng _v_nt. P_st-
tr__m_t_c str_ss d_s_rdr _s _m_nt_l d_s_rdr th_t
c_n d_v_l_p _ft_r tr__m_t_c _v_nts, s_ch_s s_x__l
_ss__lt, w_rf_r_, tr_ff_c c_ll_s__ns, _r thr__ts _n _
p_rs_n's l_f_. Sympt_ms m_y _ncl_d_ d_st_rb_ng _r
s__c_d_l th__gh_t_s, n_gh_tm_r_s r_l_t_d t_ th_ _v_nts,
_nd _lt_r_t__ns t_ h_w _p_rs_n th_nks _nd f__ls.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

a study from stanford university in the usa suggests that very stressful events affect the brains of boys and girls in different ways researchers say that girls suffer more after traumatic events and are more likely to develop post-traumatic stress disorder (ptsd) they also say that because of this girls and boys should be treated differently by doctors during the recovery process from ptsd lead researcher dr megan klabunde said "it is important that people who work with traumatised youth consider the sex differences our findings suggest it is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment"

the research focused on a part of the brain that deals with emotions and empathy called the *insula* the smaller the *insula* the more likely it is that someone will suffer from ptsd researchers discovered that the *insula* was particularly small in girls who had gone through a traumatic event it was larger than usual in boys who had experienced a distressing shocking or frightening event post-traumatic stress disorder is a mental disorder that can develop after traumatic events such as sexual assault warfare traffic collisions or threats on a person's life symptoms may include disturbing or suicidal thoughts nightmares related to the events and alterations to how a person thinks and feels

PUT A SLASH (/) WHERE THE SPACES ARE

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

A study from Stanford University in the USA suggests that very stressful events affect the brains of boys and girls in different ways. Researchers say that girls suffer more after traumatic events and are more likely to develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be treated differently by doctors during the recovery process from PTSD. Lead researcher Dr Megan Klabunde said: "It is important that people who work with traumatised youth consider these sex differences. Our findings suggest it is possible that boys and girls could exhibit different trauma symptoms and that they might benefit from different approaches to treatment." The research focused on a part of the brain that deals with emotions and empathy, called the *insula*. The smaller the *insula*, the more likely it is that someone will suffer from PTSD. Researchers discovered that the *insula* was particularly small in girls who had gone through a traumatic event. It was larger than usual in boys who had experienced a distressing, shocking or frightening event. Post-traumatic stress disorder is a mental disorder that can develop after traumatic events, such as sexual assault, warfare, traffic collisions, or threats on a person's life. Symptoms may include disturbing or suicidal thoughts, nightmares related to the events, and alterations to how a person thinks and feels.

FREE WRITING

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

Write about **stress** for 10 minutes. Comment on your partner’s paper.

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 PTSD. Share what you discover with your partner(s) in the next lesson.

3. STRESS: Make a poster about stress and how to manage it. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PTSD: Write a magazine article about PTSD. Include imaginary interviews with people who have PTSD. Write about how they dealt with it.

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 stress. Ask him/her three questions about it. Give him/her three of your ideas on how to manage it. 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 F h T

SYNONYM MATCH (p.4)

- | | |
|-----------------|---------------|
| 1. study | a. report |
| 2. affects | b. influences |
| 3. likely | c. probable |
| 4. recovery | d. healing |
| 5. treatment | e. therapy |
| 6. deals with | f. handles |
| 7. traumatic | g. disturbing |
| 8. develop | h. evolve |
| 9. collisions | i. crashes |
| 10. alterations | j. changes |

COMPREHENSION QUESTIONS (p.8)

1. Stanford University
2. Their brains
3. Differently
4. People who work with traumatised youth
5. Different approaches to treatment
6. Emotions and empathy
7. Particularly small
8. A mental disorder
9. Traffic collisions
10. Suicidal thoughts

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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