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Level 4

Boys and girls react differently to stress

13th November, 2016

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

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

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

A new study says that stressful events affect boys and girls differently. Girls could suffer more after traumatic events and be more likely to get post-traumatic stress disorder (PTSD). Girls and boys should be treated differently for PTSD. The lead researcher said: "It is possible that boys and girls could [have] different trauma symptoms and that they might benefit from different approaches to treatment."

The research was on a part of the brain called the *insula*. A smaller *insula* means PTSD is more likely. Researchers said the *insula* was very small in girls and larger than usual in boys who had experienced trauma. PTSD is a mental disorder that can develop after traumatic events. Sexual assault, war, traffic accidents, or life-threatening experiences can lead to PTSD. Symptoms may include scary or suicidal thoughts, nightmares, and changes in mood.

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-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------|--------------------|
| 1. stressful events affect | a. differently |
| 2. Girls could suffer | b. to treatment |
| 3. post-traumatic stress | c. symptoms |
| 4. boys should be treated | d. more |
| 5. The lead | e. benefit |
| 6. different trauma | f. disorder (PTSD) |
| 7. they might | g. boys |
| 8. different approaches | h. researcher |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------------|
| 1. a part of the brain | a. events |
| 2. A smaller insula means PTSD | b. usual in boys |
| 3. larger than | c. thoughts |
| 4. PTSD is a mental | d. called the insula |
| 5. develop after traumatic | e. threatening experiences |
| 6. Sexual | f. assault |
| 7. life- | g. disorder |
| 8. suicidal | h. is more likely |

LISTEN AND FILL IN THE GAPS

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

A new study (1) _____ events affect boys and girls differently. Girls could (2) _____ traumatic events and be more (3) _____ post-traumatic stress disorder (PTSD). Girls and boys should be (4) _____ PTSD. The lead researcher said: "(5) _____ boys and girls could [have] different trauma symptoms and that they (6) _____ different approaches to treatment."

The research was (7) _____ brain called the *insula*. A smaller *insula* means PTSD (8) _____. Researchers said the *insula* was very small in girls and larger (9) _____ boys who had experienced trauma. PTSD is a mental disorder (10) _____ after traumatic events. Sexual assault, war, traffic accidents, (11) _____ experiences can lead to PTSD. Symptoms may include scary (12) _____, nightmares, and changes in mood.

PUT A SLASH (/) WHERE THE SPACES ARE

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

A new study says that stressful events affect boys and girls differently. Girls could suffer more after traumatic events and be more likely to get post-traumatic stress disorder (PTSD). Girls and boys should be treated differently for PTSD. The lead researcher said: "It is possible that boys and girls could [have] different trauma symptoms and that they might benefit from different approaches to treatment." The research was on a part of the brain called the insula. A smaller insula means PTSD is more likely. Researchers said the insula was very small in girls and larger than usual in boys who had experienced trauma. PTSD is a mental disorder that can develop after traumatic events. Sexual assault, war, traffic accidents, or life-threatening experiences can lead to PTSD. Symptoms may include scary or suicidal thoughts, nightmares, and changes in mood.

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) _____

WRITING

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

Write about **stress** for 10 minutes. Read and talk about your partner’s paper.
