

BOYS AND GIRLS REACT DIFFERENTLY TO STRESS

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 THE WORDS IN THE RIGHT ORDER

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)



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 / alterations to how a person thinks and feels.

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

_s_dy fr_m St_n f_rd_n_v_rs_ty_n th_S_s_gg_sts th_t v_ryst_r_ss_f_l_v_nts_ff_ct th_br_ns_fb_y_s_nd g_rls_n d_ff_r_ntw_y_s. R_s_rch_rss_y th_tg_rlss_ff_r_m_r_ft rtr_m_t_c_v_nts_nd_r_m_r_l_k_lyt_d_v_l_p_p_st_t r_m_t_cstr_ss_d_s_rd_r (PTSD). Th_y_ls_s_y th_t b_c_s_fth_s, g_rls_nd b_yss_h_l_d b_tr_t_d_d_ff_r_n_tly by d_c t_r_s_d_r_ng th_r_c_v_r_y pr_c_ssfr_m PTSD. L_d_r_s_rch_r Dr M_g_n K_l_b_nd_s_d: "t_s_mp_rt_n th_tp_p_l wh_w_rkw_th tr_m_t_s_dy_th_c_ns_d_r th_s_xd_ff_r nc_s_rf_nd_ngs_s_gg_st_t_s p_ss_b_l_th_t b_y_s_nd g_rls c_l_d_xh_b_td_ff_r_n ttr_m_sympt_ms_nd th_t th_y_m ght b_n_f_tfr_m d_ff_r_n t_ppr_ch_st_tr_tm_nt."

Th_r_s_rch_f_c_s_d_n_p_rt_fth_br_n th_t d_lsw_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 ths_m_n_w_lls_ff_rfr_m PTSD. R_s_rch_rss_d_sc_v_r_d th_t th_ns_l_w_sp_r_t_c_l_r ly sm_ll_ng_rls wh_h_d g_n th_r_gh_tr_m_t_c_v_nt. t_w_s_l_rg_r th_n_s_l_n b_y_s wh_h_d_xp_r_nc_d_d_s tr_ss_ng, sh_ck_ng_rfr_gh_t_n_ng_v_nt. P_st_tr_m_t_cstr_ss_d_s_rd_r_s_m_nt_l d_s_rd_r th_t c_n d_v_l_p_ft_rtr_m_t_c_v_nts, s_ch_ss_x_l_ss_lt, w_rf_r, tr_ff_c_c_l_l_s_ns, rth_r_ts_n_p_r_s_n's_l_f_. Sympt_ms_m_y_ncl_d_d_st_rb_ng_r_s_c_d_lth_ghts, n_ghtm_r_s_r_l_t_d t_th_v_nts, nd_ltr_r_t_nst_h_w_p_r_s_n th_nks_n d_f_l_s.

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.

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- (1) usual in boys who had experienced a distressing, shocking or frightening event. Post-traumatic stress
- (2) the insula was particularly small in girls who had gone through a traumatic event. It was larger than
- (3) thoughts, nightmares related to the events, and alterations to how a person thinks and feels.
- (4) 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
- (2) that they might benefit from different approaches to treatment."
- (3) important that people who work with traumatised youth consider the sex differences. Our findings suggest it is possible
- (4) assault, warfare, traffic collisions, or threats on a person's life. Symptoms may include disturbing or suicidal
- (5) develop post-traumatic stress disorder (PTSD). They also say that because of this, girls and boys should be
- (6) disorder is a mental disorder that can develop after traumatic events, such as sexual
- (7) treated differently by doctors during the recovery process from PTSD. Lead researcher Dr Megan Klabunde said: "It is
- (8) different ways. Researchers say that girls suffer more after traumatic events and are more likely to
- (9) the insula. The smaller the insula, the more likely it is that someone will suffer from PTSD. Researchers discovered that
- (10) that boys and girls could exhibit different trauma symptoms and



PUNCTUATE THE TEXT AND ADD CAPITALS

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

SPELLING

Paragraph 1

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

Paragraph 2

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

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED JUNE 26, 2017)

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

1. study a. report 6. deals with f. handles
2. affects b. influences 7. traumatic g. disturbing
3. likely c. probable 8. develop h. evolve
4. recovery d. healing 9. collisions i. crashes
5. treatment e. therapy 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 26/06/17. (It's good for your English ;-)

PUT A SLASH (/) WHERE THE SPACES ARE

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.

Find the answers in next MONDAY issue