

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.



HOMEWORK

- 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.
- INTERNET:** Search the Internet and find out more about PTSD. Share what you discover with your partner(s) in the next lesson.
- 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?
- 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).
- 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.
- 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.

PUT THE WORDS IN THE RIGHT ORDER

- events brains and stressful the boys Very affect of girls .
- traumatic girls events suffer Researchers more say after that .
- should doctors be Girls treated and differently boys by .
- symptoms trauma different exhibit could girls and Boys .
- approaches different from benefit might They treatment to .
- Research emotions with deals that brain the of part a on focused .
- will suffer from PTSD The more likely it is that someone .
- event girls gone traumatic in had a Small who through .
- traumatic that events can A develop mental after disorder .
- 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.

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

- post-traumatic stress ordsrdie (PTSD)
- girls and boys should be ttaedr differently
- during the ercevyro process from PTSD
- roecisnd the sex differences
- exhibit different trauma ymmsstpo
- benefit from different eochrppaas

Paragraph 2

- deals with emotions and ymhapet
- the insula was ayrprrctaiu small in girls
- sexual utsasla
- traffic oiosilscnl
- disturbing or cduaiisl thoughts
- 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 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 ;-)

- () 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."
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- () 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
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- () 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
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- () that boys and girls could exhibit different trauma symptoms and



PUT A SLASH (/) WHERE THE SPACES ARE

AstudyfromStanfordUniversityintheUSAsuggeststhatverystressfule ventsaffect-thebrainsofboysandgirlsindifferentways.Researcherssay thatgirlssuffermoreafter-traumaticeventsandaremorelikelytodevelo ppost-traumaticstressdisorder(PTS-D).Theyalsosaythatbecauseof his,girlsandboysshouldbetreateddifferentlybydoc-torsduringthereco veryprocessfromPTSD.LeadresearcherDrMeganKlabunde-said:"Itisi mportantthatpeoplehoworkwithtraumatisedyouthconsiderthesex differences.Ourfindingsuggestitispossiblethatboysandgirlscouldex hibitdiffer-enttraumasymptomsandthattheymightbenefitfromdiffere ntapproachestotreat-ment."Thereseearchfocusedonapartofthebraint hatdealswiththemotionsandempa-thy,calledtheinsula.Thesmallerthei nsula,themorelikelyitisthatsomeonewillsuf-ferfromPTSD.Researcher sdiscoveredthattheinsulawasparticularlysmallingirls-whohadgoneth roughatraumaticevent.Itwaslargerthanusualinboyswhohadex-perie ncedadistressing,shockingorfrighteningevent.Post-traumaticstr essdisorder-isamentaldisorderthatcandevelopaftertraumaticevents, suchassexualassault,war-fare,trafficcollisions,orthreatsonaperson's life.Symptomsmayincludedisturbin-gorsuicidalthoughts,nightmares relatedtotheevents,andalterationstohowaper-sonthinksandfeels.

Find the answers in next MONDAY issue