

'Sexist' poll says women moody 10 days a year

24th September, 2014



Researchers who claim women are grumpy for the equivalent of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company

called Healthspan conducted the survey, which involved interviewing 1,000 women and 1,000 men about what affects their mood. The study said in a typical week, the average woman reckons she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist. It reported that the study was, "carried out by scientists who could have been spending their time doing something useful". It added the study reinforced sexist stereotypes of women being over-emotional.

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a barometer of our overall well being. The research shows both men and women are susceptible to being in a bad mood from time to time." She added that: "Women crave 'me time' and men tend to rely on their partners to help lift them out of their moods." Ms Brown commented on causes for women becoming moody, saying: "Everyday challenges from bad traffic to failing technology can tip women into a bad mood." Other bad-mood triggers the survey highlighted include feeling fat, worrying about money, breaking a nail, fearing their partners were 'not listening' and bad weather.

Sources: *Metro.co.uk / The Telegraph*

Writing

Men are grumpier than women. Discuss.

Chat

Talk about these words from the article.

grumpy / equivalent / vitamin / mood / a typical week / sexist / stereotypes / psychotherapist / barometer / susceptible / crave / everyday challenges / triggers

True / False

- Researchers say women get grumpy for ten days in a row. T / F
- Research on bad moods was conducted by a vitamin company. T / F
- The study found women are in a bad mood for 5 hours a week. T / F
- A newspaper said the study reinforced sexist stereotypes of women. T / F
- A psychotherapist said moods are a thermometer of our well being. T / F
- A spokeswoman said men really craved 'me time'. T / F
- The woman said bad traffic and technology make women moody. T / F
- The study said bad moods were triggered in women by highlights. T / F

Synonym Match

- | | |
|-----------------|-----------------|
| 1. grumpy | a. prompts |
| 2. conducted | b. strengthened |
| 3. affects | c. moody |
| 4. reckons | d. health |
| 5. reinforced | e. believes |
| 6. well being | f. long for |
| 7. susceptible | g. carried out |
| 8. crave | h. focused on |
| 9. triggers | i. influences |
| 10. highlighted | j. prone to |

Discussion – Student A

- Whose moods are worse, men's or women's?
- When and why do you crave 'me time'?
- Do men rely more on partners to help them out of their moods?
- Are men or women more affected by triggers mentioned in the article?
- What do you do when someone is in a mood?
- What's the biggest bad mood you've ever had?
- What do you do to come out of a bad mood?
- What questions would you like to ask 'Metro' newspaper?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|---------------------------------------|---------------------------|
| 1. grumpy for the equivalent | a. sexist |
| 2. around five hours | b. of their moods |
| 3. "incredibly" and "extraordinarily" | c. stereotypes of women |
| 4. spending their time | d. our overall well being |
| 5. reinforced sexist | e. in a bad mood |
| 6. Moods are a barometer of | f. 'me time' |
| 7. susceptible to | g. of ten days a year |
| 8. Women crave | h. the survey highlighted |
| 9. lift them out | i. being in a bad mood |
| 10. Other bad-mood triggers | j. doing something useful |

Discussion – Student B

- How moody are you?
- What things put you in a bad mood?
- Do you think 5 hours a week for women to be moody is right?
- Is this a useful study?
- Could the researchers have spent their time doing more useful things?
- Does a study like this reinforce sexist stereotypes?
- Why did the article focus on women and not men?
- Are women moodier than men, or is it the other way round?

Spelling

- the eeatulqvni of ten days a year
- A nivaimt company called Healthspan
- in a ylctap week
- lirtaedxnariyo sexist
- the study reinforced sexist orsysetetpe
- women being over-iotomlaen
- Moods are a tbromraee
- our ollaver well being
- ptcilusebes to being in a bad mood
- Women rvaec 'me time'
- Everyday lecgسالneh
- Other bad-mood igerstrg

Answers – Synonym Match

1. c	2. g	3. i	4. e	5. b
6. d	7. j	8. f	9. a	10. h

Role Play

Role A – Being overweight

You think being overweight is the biggest trigger for bad moods. Tell the others 3 reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being hungry or your friends' Facebook updates.

Role B – Not knowing what to wear

You think not knowing what to wear is the biggest trigger for bad moods. Tell the others 3 reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): being overweight, being hungry or your friends' Facebook.

Role C – Being hungry

You think being hungry is the biggest trigger for bad moods. Tell the others three reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being overweight or your friends' Facebook updates.

Role D – Your friends' Facebook updates

You think your friends' Facebook updates are the biggest trigger for bad moods. Tell the others reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being hungry or being overweight.

Speaking – Bad mood

Rank these with your partner. Put the best things to get out of a bad mood at the top. Change partners often and share your rankings.

- | | |
|-------------|------------|
| • chocolate | • exercise |
| • a walk | • music |
| • Facebook | • a movie |
| • shopping | • sleep |

Answers – True False

a	F	b	T	c	T	d	T	e	F	f	F	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.