

## Unemployed young people very stressed

16<sup>th</sup> January, 2015



A new survey from Britain shows that a third of young, unemployed people regularly "fall apart" emotionally.

They are so

stressed or unhappy that they cannot control their emotions, so they have problems living a "normal" life. The survey is from a youth charity called the Prince's Trust. Its researchers asked questions to 2,200 people who did not have a job. Almost half of them said they often felt anxious about everyday situations, and that they tried not to meet new people. One in eight of those surveyed said they were too stressed to leave the house. The charity said: "Thousands of young people feel like prisoners in their own homes. Without the right support, these young people become socially isolated."

Many of these young people struggle with day-to-day life, which means it becomes more and more difficult to find a job. Britain's Employment Minister Esther McVey said: "Our young people are some of the best and most talented in the world." She said it was important to try and match these people with the right jobs. Researcher David Fass added: "Young people are our future and it is important that we invest in them and provide them with the tools they need to reach their full potential." Jack, 25, explained how hard it was for him to be unemployed. He said: "I would wake up and wouldn't want to leave the house. I stopped speaking to my friends and I had absolutely no confidence speaking to people."

Sources: Belfast Telegraph / Independent / BBC

## Writing

The government should give everyone a job. Discuss.

## Chat

Talk about these words from the article.

*survey / unemployed / fall apart / stressed / emotions / charity / prisoners / isolated / struggle / day-to-day life / talented / our future / full potential / speaking / confidence*

## True / False

- Around 33% of young jobless people in the UK feel very stressed. T / F
- Nearly all young, unemployed people find it easy to live normal lives. T / F
- Interviewers questioned 22,000 unemployed people. T / F
- Many young people said they feel like their home is a prison. T / F
- Britain's Employment Minister said young people had little talent. T / F
- The Employment Minister said there were no jobs for the unemployed. T / F
- A man in his twenties explained the difficulties of being unemployed. T / F
- The man has lost the confidence to speak to people. T / F

## Synonym Match

- |                |               |
|----------------|---------------|
| 1. regularly   | a. worried    |
| 2. emotions    | b. skillful   |
| 3. normal      | c. promise    |
| 4. anxious     | d. feelings   |
| 5. support     | e. fit        |
| 6. talented    | f. frequently |
| 7. match       | g. help       |
| 8. provide     | h. totally    |
| 9. potential   | i. regular    |
| 10. absolutely | j. supply     |

## Discussion – Student A

- What is unemployment like in your country?
- Why do you think people 'fall apart'?
- Why does being unemployed affect people so badly?
- What would you do if you were unemployed?
- Do you ever feel anxious about everyday situations?
- Do you ever try not to meet new people?
- Have you ever felt like a prisoner?
- How can we help people who feel socially isolated?

# BreakingNewsEnglish - The Mini Lesson

## Phrase Match

- |                                           |                           |
|-------------------------------------------|---------------------------|
| 1. a third of young, unemployed people    | a. with day-to-day life   |
| 2. they cannot control                    | b. isolated               |
| 3. they often felt anxious about everyday | c. in their own homes     |
| 4. young people feel like prisoners       | d. their full potential   |
| 5. these young people become socially     | e. regularly "fall apart" |
| 6. young people struggle                  | f. and most talented      |
| 7. some of the best                       | g. speaking to people     |
| 8. it is important that we                | h. their emotions         |
| 9. the tools they need to reach           | i. invest in them         |
| 10. I had absolutely no confidence        | j. situations             |

## Discussion – Student B

- How difficult is it to find a job in your country?
- If you had no job, would you do anything?
- How talented are the workers in your country?
- What is your perfect job?
- What tools do you need to reach your full potential?
- How hard would it be for you to be unemployed?
- What advice do you have for Jack?
- What questions would you like to ask Esther McVey?

## Spelling

- A new sveury from Britain shows...
- "fall apart" litaoylmnoe
- living a "aonlrm" life
- felt uionsxa about everyday situations
- feel like rssonerip in their own homes
- these young people become aoillycs isolated
- lutggser with day-to-day life
- best and most ntaleed
- it is important that we tiesnv in them
- ordipev them with the tools
- reach their full tnteoapli
- absolutely no fdneieoncc

### Answers – Synonym Match

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

## Role Play

### Role A – Shopping

You think shopping is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): studying English, public transport or money.

### Role B – Studying English

You think studying English is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): shopping, public transport or money.

### Role C – Public transport

You think public transport is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): studying English, shopping or money.

### Role D – Money

You think money is the most stressful thing. Tell the others three reasons why. Tell them why their things aren't so stressful. Also, tell the others which is the least stressful of these (and why): studying English, public transport or shopping.

## Speaking – Everyday situations

Rank these with your partner. Put the most stressful at the top. Change partners often and share your rankings.

- |                    |                          |
|--------------------|--------------------------|
| • shopping         | • being with family      |
| • TV news          | • using public transport |
| • working          | • thinking about money   |
| • studying English | • walking in the street  |

### Answers – True False

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