

THREE DECISIVE MOMENTS?

The twenty-first century is still very young, but already it's produced many life-changing events, both positive and negative. Which of these events will future generations see as turning points in history? We've chosen three. Do you think they were decisive moments?

The terrorist attack on New York's iconic Twin Towers on 11th September 2001 shocked citizens of every nation. Americans watched in horror, unable to believe that extremists from distant lands could attack them in their own country, causing chaos, fear and death. The government reacted by starting the 'War on Terror' and invading Iraq. If the 9/11 attacks hadn't taken place, the Americans would probably never have gone into Iraq. Many believe it was this that radicalised thousands of Muslims and later created ISIS.

On 4th February 2004 two university students at Harvard University launched the first social networking site. Mark Zuckerberg and Eduardo Saverin at first limited membership to students at their university, but as the site became more popular, they extended it to other US universities too. Would communication have developed in the same way if the boys hadn't launched their site? We'll never know! But we know that just two years later, in 2006, Facebook had over 12 million users and today it has over 1 billion! It has revolutionised the way we communicate.

On 20th January 2009 millions of people watched the inauguration of Barack Obama, the first African-American US president. Obama's election seemed like a new beginning in the USA's history, an era of tolerance and equality.

Unfortunately, he faced many challenges during his presidency and many of his ambitious plans didn't get approved. If he'd had fewer difficulties, he would perhaps have achieved more. And if Obama's presidency had been more successful, would Americans

have voted
for someone
so different to
him in 2016?





SELF-ESTEEM

We live in a world of images. We constantly see images in the media of glamorous actors, singers and sports champions, all of them people with amazing bodies, beautiful faces, successful lives and incredible talents. Then we watch adverts on TV with beautiful models in them. We see people we know on social media sites sharing photos of all the exciting moments in their lives, apparently having a great time. At the same time, we have an image of ourselves and our own lives in our minds and we often compare this self-image with these media-generated images of others who seem so much better than us. This is good for advertisers – if we want to be like the people in their adverts, we'll buy their products – but it's bad for our self-esteem. This is because when we constantly compare ourselves to these exaggerated images of other people it can make us feel unhappy and inadequate. We feel we're not as attractive, successful or popular as they are. Our self-image suffers. A poor self-image leads to low self-esteem, and this can make it hard to be happy in life. So, what should we do to build our self-esteem? Think about how you judge yourself and answer these questions:

- 1 Do you feel proud of your successes, even if they are very small?
- 2 Do you look for the positive things in yourself, rather than focusing only on the negative things?
- 3 Do you aim for goals that are possible, rather than impossible dreams?
- 4 Do you actively look for new activities and interests, to discover what your talents are?

If your answer to any of the above questions is no, then try to change it to yes! You can take active steps to build your self-esteem and your life will change if you do!

Social Media

Social media has been around for a long time and it has certainly changed the way teens communicate every day. Mark Zuckerberg launched Facebook in 2004 and other social media apps, like WhatsApp, Snapchat, Instagram and Twitter quickly followed. Since then, these apps have become one of the main ways that teenagers interact socially, but have they really changed the way young people make friends?



A recent survey has shown that more than half of American teenagers have made at least one new friend online in the last year, and a whopping 64% of them used a social networking site. However, in this weird world of online friendships, online friends stay online. Most teens have never met their online friends in person! We all like to have lots of friends, of course, but online friendships can be a negative experience, especially when you feel you haven't been to as many parties as your peers or you haven't made as many friends in the last year. Surveys have shown that over 50% of teens have felt sad when they realise their friends have been to parties, but they didn't invite them.



In addition, some teens lie on social media about what is happening in their lives. Around 40% of teenagers have felt pressure to post only content that makes them look good, or that will get a lot of likes. More worryingly, 25% of teens have also lost friends because of what happened online (it's easier to post a nasty comment than say it in person!). Both sexes have experienced this, but teenage girls have experienced it more than boys.

Video games now also play an important role in making and maintaining new and old friendships, especially (unsurprisingly!) for teenage boys. Ten or fifteen years ago boys played more sport and socialised through training clubs and sports matches, but nowadays over 57% of boys have made new friends through gaming compared to 13% of girls. Have these boys ever met their gaming friends? No, of course they haven't!



WHAT IS FAKE NEWS?

Fake news is something we've been hearing a lot about in the media, but what does it mean?

Fake news stories are stories published online that are completely invented, but that writers **pretend** are true. It's also sometimes used to refer to websites that publish very distorted or exaggerated information. These sites often use sensational headlines, so that we are curious about the story and

5 click on a particular web page. This is known as **click-baiting**. Every time we do this, website owners earn money from advertisers – this can often be thousands of pounds. Fake news can be very dangerous because it is not always easy to tell what is fake news and what isn't. In addition, a lot of people in the public eye can use the claim of fake news to say that real news isn't true.

But is fake news a new phenomenon? Historian Graham Brown told us it wasn't new. He explained that

10 his team were doing research into the first printed news **pamphlets**, which appeared in the fifteenth century. He said that actually fake news had been around for centuries. In the past, writers frequently said that the stories they wrote were true, when in fact they were based on **rumours** – and no one ever checked the facts! It wasn't until the first real newspapers were published in the seventeenth century that regulations were gradually introduced and news reporting became more reliable.

15 So why has fake news become such a problem now? Well, this is mainly because fake news stories circulate on the internet, where these regulations don't apply. The good news is that internet regulators have recognised the problem and are starting to design solutions. Facebook promised that it would label suspicious stories in future with an alert that says, 'Disputed by fact-checkers', and browsers like Google Chrome said they were going to add a similar feature to their search engines.



The environment



Want to help
the environment?
Add your voice
to **OURS!**

We are a group of teenagers from Bristol who are seriously concerned about ¹ **climate change** and its effects. We want to make people more aware of just how serious ² **global warming** is. We want everyone to help us reduce ³ **carbon emissions** from cars by choosing to buy electric and hybrid cars.

The ⁴ **fossil fuels** we've been using for hundreds of years are now killing our planet. If we don't stop producing vast quantities of carbon dioxide, the Earth will continue to suffer.

The problem is having a huge impact on ⁵ **weather patterns** around the world.

⁶ **Natural disasters** are becoming normal. Terrible

⁷ **droughts** mean that in some

parts of the world vast areas are becoming deserts.

In others ⁸ **floods** and

⁹ **hurricanes** mean freak winds and water are

destroying people's lives.

But we can change things.

In the 1970s when scientists shocked the world with news of the massive hole in the ¹⁰ **ozone layer** over Antarctica,

governments from many countries agreed to take action.

The result is that now the hole in the ozone layer has stopped growing and is in fact smaller!

We can do the same about carbon emissions. Simple changes like more electric cars will help solve the carbon problem. If you care about our planet, subscribe to our newsletter online and add your voice to ours.

www.kidsforclimate.org

PLANT POWER!

Everyone suffers occasionally from a headache, a bad cold or a **skin rash**. Most of us go to the chemist's to buy the usual medicines for these conditions, but some people believe these medicines are a waste of time and that natural remedies are more effective.

Personally, if I had a cold, I'd take a couple of paracetamol. Or, if I my head hurt, I'd take an aspirin. However, my grandmother has other ideas. She has always used natural remedies, common plants from her garden and food from her kitchen, to cure every day illnesses. She believes that if people used natural remedies instead of medicines, they wouldn't suffer from unpleasant **side effects**. And, she says, they would get better just as quickly.

10 So if you tell my grandmother you're feeling nauseous, she'll make you some ginger and lemon tea. For a sore throat she'll recommend **sucking** a piece of garlic. If you have a rash, she'll make a paste from cold porridge to put on your skin. If you suffer from insomnia, she'll make you a glass of cherry juice to drink at bedtime.

Natural remedies like these are intriguing, but do they really work? If you had a sore throat, would garlic actually help at all? Surprisingly, scientists say that most of these traditional cures have a basis in fact. Garlic contains allicin, a substance that can kill the bacteria that cause throat infections, so it really would help, if you took it for a sore throat. Porridge is made from **oatmeal**, which has anti-inflammatory properties. It's perfect for calming skin irritations like acne or eczema. Cherries are full of melatonin, the same hormone your body produces to regulate sleep. It seems like my grandma knows what she's talking about after all!



The benefits of exercise

why are teenagers not listening?

Teachers and doctors in the USA are worried about the recent rise in cases of obesity and diabetes in American teenagers. They are also alarmed at the drop in the number of teens doing regular exercise. They believe there is a strong link between these two trends.

The US Department of Health and Human Services carried out a national survey into physical activity in American children in 2013. They found that although 77% of primary school children do regular exercise, the figure is only 29% in high school students.

Medical research shows that regular physical activity is good for our bodies and our minds. It helps build healthy bones and muscles in growing teens. It can also reduce the risk of serious illness like diabetes and heart disease in later life. Physical activity also reduces feelings of depression and anxiety and improves concentration. Scientists tell us that students who exercise can concentrate more so they produce better work and are happier. So why are our teenagers not exercising?

Adolescence is a time when our bodies change shape as we become adults. As a result many teenagers feel sensitive about their appearance and abilities. PE classes can be extremely stressful for some teens because they feel uncomfortable about their bodies. Many of them don't enjoy team sports as a result and start avoiding sport and exercise altogether.

But the benefits of physical activity are huge. So why are we making teens participate in team sports they hate? There are so many other enjoyable physical activities they could try! Schools and sports clubs need to start offering non-competitive activities like tai chi or yoga instead, and non-team sports like running or cycling. Most of all we need to convince teenagers that they can all find an activity they enjoy.

They can then feel the amazing benefits of exercise. It really doesn't matter what size or shape they are!



Home entertainment: The way we watch

A In the years after World War II watching TV used to be a communal activity. Televisions used to be expensive and not many people had one at home. People would meet in bars and cafés, or go to the home of a lucky friend with a TV, to watch major events like the 1948 Olympic Games in London. These were special occasions, so there would often be food and drink to share and a real party atmosphere!

B In the late 1950s and 1960s televisions became less expensive and more people were able to buy them. However, the technology was still very basic. Televisions were big and they didn't use to switch on immediately. Instead they'd take about half an hour to **heat up** before you could see a picture! Families used to enjoy watching TV in the evenings. They would sit around the TV set in their living room together, but there would be lots of arguments about what to watch as they only used to have one TV!

C As TV became more popular there were more programmes like soap operas and serials. Viewers would wait in anticipation for the next episode and used to discuss it with their friends and colleagues the next day. They didn't want to miss their favourite programmes so video recorders became really popular in the 1970s. Viewers would **preset** their video recorder and then they could choose when to watch. This certainly reduced arguments at home!

D In the last 20 years, the way we watch TV has changed enormously. There are hundreds of channels, **catch-up services** and online streaming. This means we can choose what we watch and when we watch it. But the biggest revolution has been in the technology we use. Tablets, phones and laptops mean we no longer watch with other people. From the communal activity it used to be, watching TV has become an individual activity we enjoy alone.

Glossary

heat up : riscaldarsi

preset : programmare

catch-up services : servizi che permettono di rivedere online



STARTER

B

My stuff

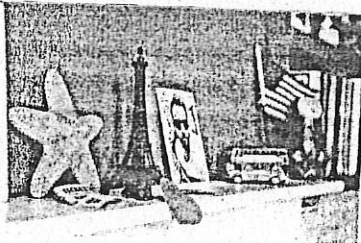
Grammar: *there is / are; some / any; a lot of, a little, a few; too much / many, too little / few*
Vocabulary: technology

DECLUTTER YOUR LIFE!

You know the saying 'tidy house, tidy mind'? Well, decluttering is the first step towards a tidy mind. Decluttering means removing all the things that you don't need and creating a clean and tidy space. Here are some simple steps to help you declutter.

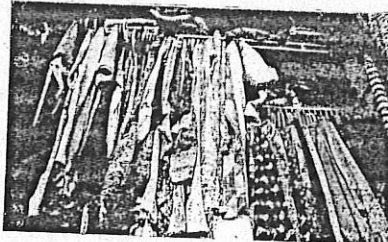
1 Keep your memories in your mind

We all collect too many objects. We buy things like souvenirs, medals, certificates, badges to help us remember special places or events in the past – but guess what? You can still remember those special moments without all these objects! You have your memories safe in your mind!



2 Reduce your wardrobe

Have you got too many clothes? What about all those T-shirts from past holidays and events? How often do you wear them? There's too little space in your wardrobe for things you don't wear. Take unwanted clothes to a charity shop – just keep a few favourite items.



3 Go digital

You don't need any CDs or DVDs now! All the music and films you want are on the internet, so download them. And is there any excuse for keeping books? Buy an e-reader and make a little space on your shelves!

