

UNIT 2

DIFFICULTIES IN LIFE

READING I: BULLYING

PREVIEW THE READING

A. Quick Discussion : Discuss these questions with your classmates.

1. Have you ever been bullied? If so, what happened? How did you feel?
2. Have you ever been a bully yourself? If so, what happened? How did you feel?
3. Why do people bully others? What do they gain from it?

B. Fill in the blanks with the words in the box.

spread	extreme	report	insult(v)	rumor	severe
threaten	isolated	skip	neglect(n)	crucial	prevent

1. There is a/ an _____ that the factory is going to shut down, but do not panic as the owners haven't said a word up to now.
2. Brain and George think that they are the cleverest students in the class. They always _____ their classmates' intelligence and treat them as if they were stupid.
3. Social media can be dangerous when people _____ false information without checking the facts.
4. Some criminals _____ to kidnap or kill children and ask for money from their parents.
5. The storm was so _____ that many roads were completely blocked by fallen trees.
6. Climbing that mountain in winter is a / an _____ sport that only professionals should attempt.
7. After moving to a new country, Glen felt lonely and _____ from her old friends.
8. If you see anything suspicious, you should _____ it to the police immediately.
9. Drinking enough water is _____ to stay healthy, especially in hot weather.
10. A good security system can help _____ crimes in the neighborhood.
11. Some students are nervous and _____ school to avoid taking an important exam.
12. The _____ of historical buildings can lead to their complete destruction over time.

Bullying



Bullying is a serious issue in schools around the world. It can take many forms, including physical bullying, verbal bullying, and cyber bullying. Cyber-bullying is a newer form of bullying. It involves using the Internet to attack, insult, threaten and spread rumors about other people. Bullying can affect anyone, but it often targets students who are seen as different in some way, whether due to their appearance, interests, or background.

The effects of bullying can be severe. Students who are bullied may experience feelings of sadness, loneliness, and even depression. Some may feel so isolated that they begin to skip school or lose interest in their studies. In extreme cases, bullying can lead to self-harm or thoughts of suicide.

It is important to recognize the signs of bullying, not only for the students who are being bullied but also for those who might be bullying others. Bullies often come from environments where they may have experienced violence, neglect themselves. It is crucial that schools create an environment where bullying is not tolerated and where students feel safe and supported.

There are various ways to prevent bullying. Teachers and staff can educate students about kindness and respect for others, and encourage them to report bullying when they see it. Students can also be encouraged to stand up for each other and help those who are being bullied. Parents and guardians should also play a role in talking to their children about the effects of bullying and encouraging positive behavior.

By addressing bullying in schools and creating a supportive environment, we can help all students feel safe, confident, and ready to learn.

C. Read the article and answer the questions below.

1. What are some reasons why certain students are targeted by bullies?
2. What are some of the emotional and academic consequences of bullying for victims?
3. How can we recognize someone is being bullied at school?
4. What role do the school staff play in preventing bullying?

D. Are the following sentences True or False? Correct the false ones.

- _____ 1. Bullying only happens in form of physical aggression, such as hitting or pushing.
- _____ 2. Bullying has no real impact on a student's academic performance.
- _____ 3. Some bullies act aggressively because they have experienced violence or neglect in their own lives.
- _____ 4. Reporting bullying to a teacher or adult can help stop it from happening.
- _____ 5. Schools should not get involved in bullying situations because students should handle their own problems.



WRITING I:

OPINION ESSAY OUTLINE

- Question: "....." Do you agree or disagree? Why?

Introduction:

- ✓ Paraphrasing the question / general statements/ a hook / attention grabber..
- ✓ Thesis statement (agree/disagree?)

Body paragraphs:

1st : Reason 1, supporting ideas

2nd : Reason 2, supporting ideas

3rd : Reason 3, supporting ideas

Conclusion:

- ✓ Restatement of your thesis statement
- ✓ Suggestions/predictions/final thoughts

BRAINSTORMING

Brainstorming is a way of gathering ideas about a topic. When you brainstorm write down every idea that comes to you. Don't worry now about whether the ideas are good or silly, useful or not. You can decide that later. Right now you are gathering as many ideas as you can.

Listing

- Use a separate, whole sheet of paper
- Write your topic at the top.
- Write down as many ideas as you can about your topic.
- Write single words or short phrases, but don't write long sentences.
- Write down every idea that comes to you, and don't worry about whether the ideas are "good" or "bad".

Editing your list

After you brainstorm, you need to go back and see which ideas you can use. This is called editing.

- Underline or highlight the good ideas.
- Cross out ideas that are not related to your topic.

THE STRUCTURE OF AN OPINION ESSAY

Introduction



Enormous effort is put into researching
and.....
.....
..... Therefore, from my
personal perspective,.....

Body



Firstly, For example,
.....
.....

The second reason is
..... Furthermore,.....
.....

Next, I'm convinced that
.....
.....

Conclusion



To summarise, The reasons for
this are

Why you should vaccinate your kids

Since Edward Jenner introduced the first successful smallpox vaccine by injecting an eight-year-old boy with cowpox pus in 1796, vaccines have been an important part of public health care around the world (“Edward Jenner”). Yet today, many parents choose not to vaccinate their children. Because vaccines are widely supported by research, have few side effects, and have proven successful in halting the spread of disease, I believe it is important that all parents continue to vaccinate their children.

Firstly, all major health organizations, including the Centres for Disease Control and the World Health Organization, recommend vaccination. The value of vaccination is supported by research from around the world, and researchers are constantly working to improve the safety and effectiveness of vaccines. Epidemiologists, the scientists whose job is to study the outbreak of disease, all recommend vaccination.

Additionally, parents do not worry about the safety of vaccines. While side effects do occur, they are usually minor, like redness or swelling around the site of an injection. In Canada, only about one in a million doses of vaccine leads to serious side effects (“Fact and Fiction”). The most famous study linking vaccines to autism, one which got many parents worried about vaccination, has been proven false and the doctor who conducted the study has had his medical license taken away (Triggle).

Finally, around the world, increased vaccination leads to better public health. Diseases like smallpox and polio which once killed and disabled millions of people are virtually unknown today thanks to immunization programs. Yet in countries like Afghanistan and Pakistan where the Taliban discourage immunization, rates of polio are on the rise again (Nordland).

In conclusion, if and when you have children, please get them vaccinated. The risks are minimal and you’ll not only be following the best advice of medical science and protecting your own child from disease; you’ll be helping in the fight to eradicate infectious diseases in your community

Why you should vaccinate your kids

OUTLINE

- **Introduction:** Vaccines have few side effects, and have proven successful in halting the spread of disease.
Thesis Statement: I believe it is important that all parents continue to vaccinate their children.
- **1st Body**
- **Topic Sentence:** Firstly, all major health organizations, including the Centres for Disease Control and the World Health Organization, recommend vaccination.
- **Supporting Ideas**
Vaccination is supported by research
Epidemiologists recommend vaccination
- **2nd Body**
- **Topic Sentence:** Additionally, parents don't worry about the safety of vaccines.
- **Supporting Ideas**
Side effects are minor
The study linking vaccines to autism has been proven false
- **3rd Body**
- **Topic Sentence:** Finally, around the world, increased vaccination leads to better public health.
- **Supporting Ideas**
Smallpox and polio are virtually unknown today
Immunization programs
- **Concluding Sentence:** In conclusion, if and when you have children, please get them vaccinated

Stating Opinions

Successful writers clearly state their opinions when they write an opinion essay. You can state your opinion with opinion phrases or with modals. Remember to support your opinion with details.

Opinion phrases In my opinion, In my view, I believe (that) I think (that)	In my opinion, both parties have a role to play in dealing with this global problem.
Modals should / shouldn't ought to need to/ don't need to/ must / don't have to	The government needs to play a larger role in fighting obesity. Individuals ought to make better food choices .

Notice how writers often use different words to mean think when they present their opinion about an argument. This helps avoid repetition.

Many people	think argue believe claim feel insist suggest	that individuals should be responsible for their own health.
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Opinion Essay Guided Exercise

PRACTICE 1: Read the model opinion essay. Then answer the questions.

Most people love watching some kind of television, but hate the commercials that interrupt the TV programs. I guess you could say that I'm different from most people because I love commercials. In fact, I think the commercials are almost as good as the shows I'm watching. You won't find me leaving the room to get a snack or something to drink when a commercial comes on. I'm the one paying attention because I think television commercials are great.

First of all, I think most commercials are funny. Some advertisers like to make fun of mistakes that people make. For example, a car insurance company has an ad showing a man trimming a tree in his yard. The next thing you know, a huge tree limb falls on his neighbor's car. It's what they used to call slapstick humor, and I think it's very funny. In another example, some guys are moving into a new apartment and they are installing an air conditioner into a window, and it falls out and onto someone's car. I enjoy these kinds of commercials because they provide a glimpse of human behavior that I find entertaining.

Additionally, I like to see commercials that my senses respond to, in particular my sense of taste. When I see a close-up of some mouth-watering food, I get so hungry that I have to eat it. I frequently call for takeout right then and there, or I run to the kitchen and try to create what I've just seen on the screen. When I see a new car ad where the car is driving through mountain roads, it makes me want to book a trip out west to enjoy the same scenery. And when I hear music I like as the background to one of my programs, I make sure to pay attention to the credits at the end to find out the name of the musician so I can listen to that person again.

Finally, TV advertising provides me with information about coming attractions: future TV programs, events, or movies. When I see a commercial for a movie that will soon be released, I can decide if it's something I want to see or not. If there's a TV program coming up, I can set my DVR for it well in advance.

To summarize, you could say I'm very unusual because I don't mind commercials while I'm watching my favorite TV programs. I don't find commercials to be interruptions. I love them because I think they're funny, entertaining, and informative. I think TV would be pretty dull without them.

1. What is the thesis statement?

2. What are the three reasons and examples that the writer uses to support his or her opinion?

Reason 1: *I think a lot of commercials are funny.*

Examples: A huge tree limb falls on a neighbor's car; an air conditioner falls out of a window and onto someone's car.

Reason 2: _____.

Examples: _____.

Reason 3: _____.

Examples: _____.

SAMPLE ESSAY

BULLYING AT SCHOOL MUST BE STOPPED

Bullying is a serious problem in schools that affects students' mental health, self confidence, and academic success. Many students suffer from verbal, physical, or online bullying and these make school a stressful and unsafe place. In my opinion, to reduce bullying, schools should enforce strict rules, educate students about its effects, and encourage open communication.

First of all, schools must have strict rules and punishments for bullying. Many bullies continue their behavior because they do not fear consequences. If schools introduce stronger punishments, students may think twice before bullying others.

Secondly, educating students about the effects of bullying can help prevent it. When students understand how bullying harms others, they may be less likely to do it. Schools can organize anti-bullying campaigns, classroom discussions, and activities that teach kindness and empathy. This can create a more positive and respectful school environment.

Finally, open communication between students, teachers and parents is essential. Many victims feel afraid to speak up. Schools create safe spaces where students feel comfortable sharing their experiences. Teachers and parents must also listen carefully and support students who face bullying.

In conclusion, bullying is a serious issue that needs to be stopped. Schools can reduce bullying by enforcing strict rules, educating students, and encouraging open communication.

WRITING TASK 1: Choose one of the topics below and write a well- developed opinion essay.

- 1. Adulthood is more stressful than childhood. Do you agree or disagree?**
- 2. Social media makes bullying worse. Do you agree or disagree?**

SELF-ASSESSMENT	YES	NO
Does the essay include an introductory paragraph, two / three body paragraphs, and a concluding paragraph?		
Does the essay start with an introductory paragraph with a hook and give important background information regarding the topic?		
Is there a clear thesis statement?		
Do the body paragraphs provide details and /or examples ?		
Does the concluding paragraph summarize the information you have put in the essay?		
Have you used the opinion phrases and modals suitably?		
Does the essay include vocabulary from the unit?		
Did you check your essay for punctuation, spelling, and grammar?		

READING II

THE HIDDEN THREAT

A. Match the words with the definitions.

- | | |
|------------------|---|
| ___1. harm | a. a deep cut or injury to the skin or body |
| ___2. visible | b. to look for or try to find something |
| ___3. wound | c. to identify or understand something as familiar |
| ___4. victim | d. damage or injury caused to someone or something |
| ___5. deception | e. a situation where someone is caught and unable to escape |
| ___6. doubt | f. something that can be seen or noticed easily. |
| ___7. disorder | g. a person who suffers harm or abuse |
| ___8. trapped | h. a mental or physical condition that affects normal function |
| ___9. seek | i. a trick or act of lying to make someone believe something |
| ___10. recognize | j. a feeling of uncertainty or lack of confidence in something. |

B. Fill in the blanks with the words in the box.

manipulation	verbal	anxiety	boundaries	awareness
respect	gaslighting	abuse	self esteem	threat

1. _____ is a form of psychological violence where a person makes someone doubt their reality.
2. A common effect of psychological violence is _____, which causes constant worry and fear.
3. People are experiencing emotional _____ often feel trapped and unable to leave the situation.
4. In a healthy relationship, both people should treat each other with _____ and kindness.
5. _____ abuse includes insults, shouting, and humiliation
6. _____ can be used by abusers to control their victims through guilt or fear.
7. Victims of emotional abuse often struggle with low _____, feeling worthless or unimportant.

WORK WITH THE READING

THE HIDDEN THREAT



Psychological violence, also known as emotional abuse, is a form of mistreatment that harms a person's mental and emotional well-being. Unlike physical violence, it does not leave visible wounds, but its effects can be just as damaging. Psychological violence can occur in various relationships, including family, romantic partnerships, friendships, and the workplace.

One common form of psychological violence is manipulation, where the abuser controls or influences the victim's thoughts and actions through guilt, fear, or deception. Another form is verbal abuse, which includes insults, threats and constant criticism. Gaslighting, a tactic used to make the victim doubt their own reality, is also a powerful tool of psychological violence.

The effects of psychological violence can be severe. Victims often suffer from anxiety, depression, low self-esteem, and even post-traumatic stress disorder. In many cases, they may feel trapped in the situation, unable to escape because of fear, dependence, or emotional attachment to the abuser.

Preventing psychological violence requires awareness and education. People should learn to recognize the signs of emotional abuse and seek help when needed. Support from friends, families, or professionals can be crucial to be free from toxic situations.

Recognizing psychological violence is the first step toward stopping it. Everyone deserves to be treated with kindness and respect. No one should suffer in silence.

C. Read the passage and answer the questions below.

1. What is psychological violence, and how is it different from physical violence?

2. In which types of relationships can psychological violence occur?

3. What are some of the effects of psychological violence on victims?

D. Write True (T) or False(F) and correct the false ones.

- ___ 1. Psychological violence leaves visible wounds like physical violence.
- ___ 2. Manipulation involves controlling a victims thoughts through guilt or fear.
- ___ 3. Gaslighting makes victims doubt their own identity.
- ___ 4. Psychological violence has no severe effects on mental health.



WRITING II

Opinion Essay Guided Exercises

PRACTICE 2:

Read these introductory paragraphs to different opinion essays. Which is the best thesis statement for each essay?

1. Advertising has been around for many years, and most people just accept it as part of our lives. But I was watching TV with my young son the other night when he pointed out to me the name of a particular computer that he noticed on the show we were watching. That's when I realized that advertising has invaded our lives too much. If my son recognizes a company logo that easily, I wonder how much more advertising he is being exposed to without even realizing it? Enough is enough.

- a. There should not be any advertising on the internet.
- b. Advertising products within television shows should be banned.
- c. We need to find a way to increase the amount of advertising in our lives.

2. While watching my son's baseball game the other night, I noticed something new on the fence surrounding the field. There was a huge advertisement for a popular brand of soda. I was absolutely shocked! How could an advertisement for junk food be placed in view of all of the children and parents? I realize now that this huge corporation is giving money to my son's school, but at what cost?

- a. Advertisements for unhealthy food or drinks should not be on school property.
- b. I think soda advertisements are very funny.
- c. I think it's wonderful that companies are paying for sports programs.

3. With new technology, advertising can be very deceptive. For example, many beauty ads show women with perfect skin and hair. In reality, their photos have been “touched up” by computer software programs. Men, too, are shown as very muscular and strong, when the reality may be quite different. Men and women both age naturally, but advertisements show a different kind of person—one who never gets old.

- a. I think changing the way someone looks in a photo is an outdated advertising trick.
- b. I think advertisements should show people of different ages, shapes, and sizes, not just young people.
- c. I think computer software programs are very innovative.

PRACTICE 3: Read the following essay and write the missing sentences.

IN OR OUTSIDE OF SCHOOL?

Some people strongly believe that they learn more outside of school. However, I disagree with this belief as most of the knowledge that I have learned in my life has been through school _____.

Firstly, there are many experts in various fields that can guide a student. Outside of school, it is difficult to find people as knowledgeable as the teachers you can find within schools. This lack of experts makes learning about anything outside of school difficult. The advantages of having teachers really become obvious when students begin to study subjects at advanced levels. To learn anything extensively, teachers are absolutely necessary.

Secondly, going to school allows students to come into contact with others that have interests similar to their own. Having a group of peers that are studying the same topics can be an incredible resource for knowledge. For instance, these peers can provide the necessary help and support when a student has trouble learning about a difficult subject. I have had many experiences in school where my peers have helped me to understand a difficult concept.

Finally, going to school provides a structured environment where a person is exposed to a number of different viewpoints and subjects. Since students need to take many different courses, they get a much broader understanding of a field. Those who choose to learn outside of a school are less likely to encounter views that differ from their own or to be exposed to new schools of thought.

In brief, _____

SAMPLE ESSAY

CYBERBULLYING

Cyberbullying is a growing problem that affects many people, especially teenagers. Unlike traditional bullying, it happens online and can follow victims everywhere. Many people do not take it seriously, but cyberbullying can cause real harm. Cyberbullies should face serious consequences because their actions hurt victims emotionally, can lead to real-world danger and often go unpunished.

First, cyberbullying causes emotional harm. Victims often feel anxious, depressed, and worthless because of hurtful comments, threats, or rumors spread online. Since these messages can reach many people quickly, victims may feel helpless. In some cases cyberbullying led to suicide. If bullies faced serious consequences, they might stop.

Second, cyberbullying can lead to real-world dangers. Sometimes online threats turn into physical violence. For example, sharing personal information online can lead to stalking or identity theft. False rumors can also ruin a person's reputation at school or work. Stricter punishments can prevent these dangers.

Finally, cyberbullying often goes unpunished, so bullies continue hurting others without fear. Schools and governments should take stronger action by creating stricter rules and laws.

In conclusion, to stop cyberbullying which has a lot of negative effects on victims, authorities should do their best by enforcing rules.

WRITING TASK 2: Choose one of the topics below and write a well- developed opinion essay.

- 1. Schools should create strict regulations to prevent bullying. What do you think?**
- 2. Social media and online interactions contribute to psychological violence. Do you agree or disagree?**

SELF-ASSESSMENT	YES	NO
Does the essay include an introductory paragraph, two / three body paragraphs, and a concluding paragraph?		
Does the essay start with an introductory paragraph with a hook and give important background information regarding the topic?		
Is there a clear thesis statement?		
Do the body paragraphs provide details and /or examples ?		
Does the concluding paragraph summarize the information you have put in the essay?		
Have you used the opinion phrases and modals suitably?		
Does the essay include vocabulary from the unit?		
Did you check your essay for punctuation, spelling, and grammar?		