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## **Level 2**

# **Hip-hop can help mental illness**

**13th November, 2014**

<http://www.breakingnewsenglish.com/1411/141113-hip-hop-2.html>

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**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-2.html>

Doctors at the famous Cambridge University think that hip-hop can help depressed and mentally ill people. They say with 'hip-hop therapy,' many of the words to the songs hip-hop can reach out to people with emotional problems. A team of doctors wrote a report about this in a special medical magazine. The doctors said a lot of hip-hop music speaks of getting over hardships and big difficulties in life. In particular, hip-hop talks about being poor, being unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses.

The report on hip-hop and mental health says hip-hop artists use their talents to describe their world and be free. There's often a message of hope in the lyrics. They describe how want to be - the cars they want, the people they want to date. The doctors chose five hip-hop songs for the therapy. One is a classic 1982 tune by Grandmaster Flash. Another is a track called 'Juicy' by The Notorious BIG. This tells people they can be successful even if others say they cannot. BIG explains how teachers said he would be nothing, but then he became a superstar.

Sources: <http://www.telegraph.co.uk/science/science-news/11221425/Hip-hop-could-help-with-depression-and-mental-illness-says-Cambridge-University.html>  
<http://medicalxpress.com/news/2014-11-hip-psych-aims-tackle-mental.html>

# MATCHING

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-2.html>

## PARAGRAPH ONE:

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1. Doctors at the famous              | a. hardships            |
| 2. depressed and mentally             | b. therapy              |
| 3. hip-hop                            | c. magazine             |
| 4. reach out to people with emotional | d. in life              |
| 5. a special medical                  | e. Cambridge University |
| 6. getting over                       | f. to depression        |
| 7. big difficulties                   | g. ill people           |
| 8. problems that can lead             | h. problems             |

## PARAGRAPH TWO:

- |                                    |                  |
|------------------------------------|------------------|
| 1. hip-hop                         | a. to date       |
| 2. use their                       | b. be successful |
| 3. There's often a message of hope | c. talents       |
| 4. They describe how they          | d. 1982 tune     |
| 5. the people they want            | e. artists       |
| 6. One is a classic                | f. a superstar   |
| 7. This tells people they can      | g. want to be    |
| 8. but then he became              | h. in the lyrics |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-2.html>

Doctors at the famous Cambridge University (1) \_\_\_\_\_ help depressed and mentally ill people. They say with (2) \_\_\_\_\_ many of the words to the songs hip-hop can (3) \_\_\_\_\_ with emotional problems. A team of doctors wrote a report about this in a special medical magazine. The doctors said (4) \_\_\_\_\_ music speaks of getting over hardships and big difficulties in life. In particular, hip-hop (5) \_\_\_\_\_, being unpopular, and about crime and drugs. These are all problems that can lead to depression (6) \_\_\_\_\_.

The report on hip-hop and mental (7) \_\_\_\_\_ artists use their talents to describe their (8) \_\_\_\_\_. There's often a message of hope in the lyrics. They describe how want to be - (9) \_\_\_\_\_, the people they want to date. The doctors chose five hip-hop (10) \_\_\_\_\_. One is a classic 1982 tune by Grandmaster Flash. Another is a track called 'Juicy' by The Notorious BIG. This tells people they can be (11) \_\_\_\_\_ others say they cannot. BIG explains how teachers said he would be nothing, (12) \_\_\_\_\_ a superstar.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1411/141113-hip-hop-2.html>

Doctors at the famous Cambridge University think that hip-hop can help depressed and mentally ill people. They say with 'hip-hop therapy,' many of the words to the song hip-hop can reach out to people with emotional problems. A team of doctors wrote a report about this in a special medical magazine. The doctors said a lot of hip-hop music speaks of getting over hardships and big difficulties in life. In particular, hip-hop talks about being poor, being unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses. The report on hip-hop and mental health says hip-hop artists use their talent to describe their world and be free. There's often a message of hope in the lyrics. They describe how they want to be - the cars they want, the people they want to date. The doctors chose five hip-hop songs for the therapy. One is a classic 1982 tune by Grandmaster Flash. Another is a track called 'Juicy' by The Notorious B.I.G. This tells people they can be successful even if others say they cannot. B.I.G. explains how teachers said he would be nothing, but then he became a superstar.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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*Hip-hop can help mental illness - 13th November, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

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b)

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c)

---

d)

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e)

---

f)

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g)

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h)

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