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Level 3

Hip-hop can help mental illness

13th November, 2014

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Doctors at Britain's world famous Cambridge University believe that hip-hop music can help people who are depressed or mentally ill. They call it 'hip-hop therapy'. The doctors said that many of the lyrics (the words to the songs) in hip-hop music can reach out to people with emotional problems. A team of doctors wrote a report about this. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming hardships and big difficulties in life. In particular, hip-hop has lyrics 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 skills and talents not only to describe the world they see, but also as a means of breaking free. There's often a message of hope in amongst the lyrics, describing the place where they want to be - the cars they want to own, the models they want to date." The doctors chose five hip-hop songs as part of the therapy. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a track called 'Juicy' by The Notorious BIG. This has lyrics that tell people they can be successful even if others say they cannot be. BIG explains how teachers told him he would "amount to nothing" but then 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>

WARM-UPS

1. HIP-HOP: Students walk around the class and talk to other students about hip-hop. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

world famous / depressed / mental health / emotional problems / medical / lyrics / hip-hop artists / skills / talents / hope / therapy / successful / nothing / superstar

Have a chat about the topics you liked. Change topics and partners frequently.

3. THERAPY: How can these things help people who are depressed? Complete this table with your partner(s). Change partners often and share what you wrote.

	Helpful things	Not so helpful
Hip-hop		
Rivers		
Food		
English		
Gaming		
Community work		

4. SUPERSTAR: Students A **strongly** believe everyone has the ability to be a superstar; Students B **strongly** believe qqqqqq. Change partners again and talk about your conversations.

5. MUSIC: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- hip-hop
- classical
- folk
- jazz
- rock
- electronic
- punk
- country

6. LYRICS: Spend one minute writing down all of the different words you associate with the word "lyrics". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. The report about hip-hop and therapy is from Oxford University. | T / F |
| b. Doctors say hip-hop can help people with emotional problems. | T / F |
| c. Doctors say people should write hip-hop lyrics to overcome hardships. | T / F |
| d. Hip-hop only has lyrics about sad things. | T / F |
| e. The report says artists use hip-hop as a way to be free. | T / F |
| f. Doctors said there's always a message of hope in hip-hop lyrics. | T / F |
| g. A hip-hop track from 1982 is part of the 'hip-hop therapy'. | T / F |
| h. A hip-hop superstar said his teachers told him he would never succeed. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|-------------------|
| 1. help | a. put into words |
| 2. depressed | b. defeating |
| 3. lyrics | c. way |
| 4. overcoming | d. sad |
| 5. lead to | e. selected |
| 6. describe | f. result in |
| 7. means | g. aid |
| 8. chose | h. become |
| 9. track | i. words |
| 10. amount to | j. song |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|--------------------------------|
| 1. Doctors at Britain's world | a. skills and talents |
| 2. help people who | b. as part of the therapy |
| 3. reach | c. lead to depression |
| 4. overcoming | d. free |
| 5. These are all problems that can | e. are depressed |
| 6. Hip-hop artists use their | f. hardships |
| 7. as a means of breaking | g. be successful |
| 8. The doctors chose five hip-hop songs | h. famous Cambridge University |
| 9. lyrics that tell people they can | i. to nothing |
| 10. teachers told him he would amount | j. out to people |

GAP FILL

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

Doctors at Britain's world (1) _____ Cambridge University believe that hip-hop music can help people who are (2) _____ or mentally ill. They call it 'hip-hop therapy'. The doctors said that many of the (3) _____ (the words to the songs) in hip-hop music can reach out to people with (4) _____ problems. A team of doctors wrote a report about this. The report is in a special medical (5) _____ called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming hardships and big (6) _____ in life. In particular, hip-hop has lyrics about being poor, being (7) _____, and about crime and drugs. These are all problems that can lead to depression and mental (8) _____.

difficulties
lyrics
illnesses
emotional
famous
unpopular
depressed
magazine

The report on hip-hop and mental health says: "Hip-hop artists use their skills and talents not only to (9) _____ the world they see, but also as a means of breaking (10) _____. There's often a message of hope in (11) _____ the lyrics, describing the place where they want to be - the cars they want to (12) _____, the models they want to date." The doctors chose five hip-hop songs as part of the (13) _____. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a (14) _____ called 'Juicy' by The Notorious BIG. This has lyrics that tell people they can be (15) _____ even if others say they cannot be. BIG explains how teachers told him he would "(16) _____ to nothing" but then became a superstar.

own
track
free
amount
amongst
therapy
successful
describe

LISTENING – Guess the answers. Listen to check.

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

- 1) hip-hop music can help people who are depressed _____
 - a. or mentally ill
 - b. or mental ill
 - c. or mentally ill
 - d. or mental ill
- 2) hip-hop music can reach out to people with _____
 - a. emotional problems
 - b. emotion all problems
 - c. emotional problem
 - d. emotion all problems
- 3) hip-hop music speaks of overcoming hardships and big _____
 - a. difficulties in live
 - b. difficulty in life
 - c. difficulties in lifes
 - d. difficulties in life
- 4) lyrics about being poor, being unpopular, and about _____
 - a. crime and drugs
 - b. crime on drug
 - c. crime end drugs
 - d. crime and drug
- 5) These are all problems that can _____
 - a. lead two depression
 - b. lead too depression
 - c. lead through depression
 - d. lead to depression
- 6) The report on hip-hop and mental health says hip-hop artists use _____
 - a. their skills and talent
 - b. their skills and talents
 - c. their skill and talents
 - d. their skill and talent
- 7) There's often a message of hope in _____
 - a. amongst the lyric
 - b. amongst the lyricists
 - c. amongst the lyrical
 - d. amongst the lyrics
- 8) The doctors chose five hip-hop songs as part _____
 - a. of the therapist
 - b. of the therapies
 - c. of the therapy
 - d. of the therapeutic
- 9) This has lyrics that tell people they can be successful even if others _____
 - a. say they cannot been
 - b. say they cannot believe
 - c. say they cannot be
 - d. say they cannot bee
- 10) teachers told him he would _____
 - a. amounts to nothing
 - b. amount to nothing
 - c. amounted to nothing
 - d. a mount to nothing

LISTENING – Listen and fill in the gaps

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

Doctors at Britain's world famous Cambridge University believe that hip-hop music can help people (1) _____ or mentally ill. They call it 'hip-hop therapy'. The doctors said that (2) _____ (the words to the songs) in hip-hop music can reach out to people with emotional problems. A team of doctors (3) _____ this. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music (4) _____ hardships and big difficulties in life. In particular, hip-hop (5) _____ poor, being unpopular, and about crime and drugs. These are all problems that can lead to depression (6) _____.

The (7) _____ mental health says: "Hip-hop artists use their skills and talents not only to describe the world they see, but also as a (8) _____. There's often a message of hope in amongst the lyrics, (9) _____ where they want to be - the cars they want to own, the models they want to date." The doctors chose five hip-hop songs as (10) _____. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a track called 'Juicy' by The Notorious BIG. This (11) _____ people they can be successful even if others say they cannot be. BIG explains how teachers told him he (12) _____ but then became a superstar.

COMPREHENSION QUESTIONS

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

1. Where do the doctors who wrote the report work?

2. Who did the doctors say 'hip-hop therapy' can reach out to?

3. What is 'The Lancet Psychiatry'?

4. What does a lot of hip-hop music speak of overcoming?

5. What can problems lead to apart from mental illnesses?

6. What do hip-hop artists use to describe the world?

7. What message is often in the lyrics of hip-hop?

8. How many songs did the doctors choose for the 'hip-hop therapy'?

9. What is the name of the track by The Notorious BIG?

10. Who told The Notorious BIG he would amount to nothing?

MULTIPLE CHOICE - QUIZ

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

1. Where do the doctors who wrote the report work?
 - a) Cambridge University
 - b) MIT
 - c) Tokyo University
 - d) The Hip-Hop University
2. Who did the doctors say 'hip-hop therapy' can reach out to?
 - a) doctors
 - b) opera lovers
 - c) those with emotional problems
 - d) rappers
3. What is 'The Lancet Psychiatry'?
 - a) the name of a hip-hop artist
 - b) a type of therapy
 - c) a hip-hop tune
 - d) a magazine
4. What does a lot of hip-hop music speak of overcoming?
 - a) hurdles
 - b) hardships
 - c) parties
 - d) sound
5. What did the article say can problems lead to apart from mental illnesses?
 - a) depression
 - b) money worries
 - c) health issues
 - d) arguments
6. What do hip-hop artists use to describe the world?
 - a) fashion
 - b) brushes
 - c) record players
 - d) their skills and talents
7. What message is often in the lyrics of hip-hop?
 - a) an old one
 - b) an e-mail
 - c) a message of hope
 - d) a message for the world
8. How many songs did the doctors choose for the 'hip-hop therapy'?
 - a) 4
 - b) 5
 - c) 6
 - d) 7
9. What is the name of the track by The Notorious BIG?
 - a) OMG
 - b) Wow and Wow
 - c) Juicy
 - d) Yum Yum
10. Who told The Notorious BIG he would amount to nothing?
 - a) a record producer
 - b) his teachers
 - c) Lady Gaga
 - d) The Notorious SMALL

ROLE PLAY

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

Role A – Hip-hop

You think hip-hop is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, jazz or punk rock.

Role B – Opera

You think opera is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or punk rock.

Role C – Jazz

You think jazz is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, hip-hop or punk rock.

Role D – Punk rock

You think punk rock is the best music to help with emotional problems. Tell the others three reasons why. Tell them why their music is no good. Also, tell the others which is the worst of these (and why): opera, jazz or hip-hop.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'mental' and 'illness'.

mental	illness
---------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• world• ill• reach• problems• speaks• lead	<ul style="list-style-type: none">• skills• means• hope• five• track• amount
--	---

HIP-HOP SURVEY

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

Write five GOOD questions about Hip-hop in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

HIP-HOP DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'hip-hop'?
- 3) How does hip-hop make you feel?
- 4) What different kinds of hip-hop are there?
- 5) Do you understand why some people don't like hip-hop?
- 6) Is hip-hop modern-day poetry?
- 7) What do you know about how hip-hop first started?
- 8) Is American hip-hop better than hip-hop from other countries?
- 9) Do you think 'hip-hop therapy' is a good idea?
- 10) How can hip-hop help people with mental illnesses?

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HIP-HOP DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Is hip-hop music, or is it a different kind of art?
- 13) How has hip-hop changed culture?
- 14) What are the good and bad things about hip-hop?
- 15) What do you think of the names of hip-hop artists?
- 16) What music do you think would be the best therapy?
- 17) What songs would you use as therapy?
- 18) What do you think you will amount to in life?
- 19) Should all hip-hop give a message of hope?
- 20) What questions would you like to ask one of the doctors?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Doctors at Britain's (1) _____ famous Cambridge University believe that hip-hop music can help people who are (2) _____ or mentally ill. They call it 'hip-hop therapy'. The doctors said that many of the lyrics (the words (3) _____ the songs) in hip-hop music can reach out to people with emotional problems. A team of doctors wrote a report about (4) _____. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming hardships and big difficulties in life. In (5) _____, hip-hop has lyrics about being poor, being unpopular, and about crime and drugs. These are all problems that can lead (6) _____ depression and mental illnesses.

The report on hip-hop and mental health says: "Hip-hop artists (7) _____ their skills and talents not only to describe the world they see, but also as a means of breaking free. There's often a (8) _____ of hope in amongst the lyrics, describing the place where they want to be - the cars they want to (9) _____, the models they want to date." The doctors chose five hip-hop songs (10) _____ part of the therapy. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a track called 'Juicy' by The Notorious BIG. This has lyrics (11) _____ tell people they can be successful even if others say they cannot be. BIG explains how teachers told him he would "(12) _____ to nothing" but then became a superstar.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|----------------|---------------|
| 1. | (a) Earth | (b) world | (c) globe | (d) planet |
| 2. | (a) depress | (b) depresses | (c) depressing | (d) depressed |
| 3. | (a) at | (b) to | (c) by | (d) as |
| 4. | (a) all | (b) whole | (c) this | (d) every |
| 5. | (a) particular | (b) peculiar | (c) practical | (d) particles |
| 6. | (a) to | (b) on | (c) in | (d) of |
| 7. | (a) useful | (b) using | (c) usage | (d) use |
| 8. | (a) message | (b) messages | (c) messaged | (d) messaging |
| 9. | (a) down | (b) own | (c) crown | (d) frown |
| 10. | (a) to | (b) be | (c) as | (d) on |
| 11. | (a) who | (b) when | (c) that | (d) this |
| 12. | (a) sum | (b) amount | (c) totally | (d) whole |

SPELLING

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

Paragraph 1

1. Britain's world osfamu Cambridge University
2. people who are pdereesds or mentally ill
3. many of the lcsryi in hip-hop music
4. a special medical zmeainga
5. overcoming diahsprsh
6. In iaupltcrar, hip-hop has lyrics about...

Paragraph 2

7. bcdseire the world they see
8. a egasesm of hope
9. part of the ryepath
10. One of them is the ialsscc 1982 tune
11. they can be lucfseuscs
12. told him he would oautmn to nothing

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () of the lyrics (the words to the songs) in hip-hop music can reach out to people with emotional
- () magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming
- () problems. A team of doctors wrote a report about this. The report is in a special medical
- () therapy. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another
- (**1**) Doctors at Britain's world famous Cambridge University believe that hip-hop music can help people who
- () own, the models they want to date." The doctors chose five hip-hop songs as part of the
- () The report on hip-hop and mental health says: "Hip-hop artists use their skills and talents not
- () is a track called 'Juicy' by The Notorious BIG. This has lyrics that tell people they can be successful even if others
- () say they cannot be. BIG explains how teachers told him he would "amount to nothing" but then became a superstar.
- () only to describe the world they see, but also as a means of breaking free. There's often a message of
- () unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses.
- () hardships and big difficulties in life. In particular, hip-hop has lyrics about being poor, being
- () hope in amongst the lyrics, describing the place where they want to be - the cars they want to
- () are depressed or mentally ill. They call it 'hip-hop therapy'. The doctors said that many

PUT THE WORDS IN THE RIGHT ORDER

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

1. people who are depressed Hip-hop music can help.

2. reach can Hip-hop problems emotional with people to out .

3. a this team wrote about A doctors report of.

4. music speaks Hip of - overcoming hop hardships.

5. depression are that to These problems lead all can.

6. and Hip artists skills hop their talents - use.

7. a hope the often of amongst There's message in lyrics.

8. as chose therapy part five of songs hip-hop Doctors the .

9. they can be successful This has lyrics that tell people.

10. him nothing he would Teachers amount told to.

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Doctors at Britain's *world / worldly* famous Cambridge University believe that hip-hop music can help people *who / those* are depressed or mentally ill. They call it 'hip-hop therapy'. The doctors said that *many / much* of the lyrics (the words to the songs) in hip-hop music can *teach / reach* out to people with emotional *problematic / problems*. A team of doctors wrote a report about *this / them*. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music *speaks / speaking* of overcoming hardships and *big / biggish* difficulties in life. In particular, hip-hop has lyrics about being *poor / poorly*, being unpopular, and about crime and drugs. These are all problems that can lead *for / to* depression and mental illnesses.

The report *on / in* hip-hop and mental health says: "Hip-hop artists use their skills and talents *not / nor* only to describe the world they see, but also as a means of breaking *freely / free*. There's often a message of hope in amongst the lyrics, describing the place where they want to *been / be* - the cars they want to own, the models they want to *date / dating*." The doctors chose five hip-hop songs as part *of / for* the therapy. One of them is the classic 1982 *tune / tuned* 'The Message' by Grandmaster Flash & The Furious Five. Another is a *track / tractor* called 'Juicy' by The Notorious BIG. This has lyrics that tell people they can be *success / successful* even if others say they cannot be. BIG explains how teachers told him he *will / would* "amount to nothing" but then became a superstar.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

D_octors i_n B_r_i_t_a_i_n's w_o_r_l_d f_o_r m_o_s_t C_o_m_b_r_d_g_e
i_n v_e_r_s_i_t_y b_e_l_i_e_v_e_t_h_a_t h_i_p-h_o_p m_u_s_i_c c_a_n h_e_l_p
p_e_o_p_l_e w_h_o'r_d_p_r_e_s_s_e_d_d_r_e_m_e_n_t_a_l_l_y. T_h_e_y c_a_l_l_t_h_i_s
'h_i_p-h_o_p t_h_e_r_a_p_y'. T_h_e d_o_c_t_o_r_s s_a_y t_h_a_t m_a_n_y o_f t_h_e
l_y_r_i_c_s (t_h_e w_o_r_d_s t_h_a_t t_h_e_s_i_n_g_s) i_n h_i_p-h_o_p m_u_s_i_c c_a_n
r_e_c_h_a_n_g_e t_h_e p_e_o_p_l_e w_i_t_h t_h_e_i_r m_e_n_t_a_l p_r_o_b_l_e_m_s. T_h_e m_o_s_t
o_f d_o_c_t_o_r_s w_r_i_t_e r_e_p_o_r_t_s a_b_o_u_t t_h_i_s. T_h_e r_e_p_o_r_t_s i_n
t_h_e s_p_e_c_i_a_l m_e_d_i_c_a_l m_a_g_a_z_i_n_e c_a_l_l_e_d 'T_h_e L_a_n_c_e_t
P_s_y_c_h_i_a_t_r_y'. T_h_e d_o_c_t_o_r_s s_a_y t_h_a_t i_f h_i_p-h_o_p m_u_s_i_c
s_p_e_a_k_s o_f v_e_r_m_e_n_t_a_l h_a_r_d_s_h_i_p_s a_n_d b_e_g_i_n_n_i_n_g d_e_p_r_e_s_s_e_d
i_n l_i_f_e. I_n p_a_r_t_i_c_u_l_a_r, h_i_p-h_o_p h_a_s l_y_r_i_c_s a_b_o_u_t b_e_i_n_g
p_a_i_r, b_e_i_n_g i_n p_a_i_r, a_n_d a_b_o_u_t c_r_a_m_a_n_d d_r_u_g_s.
T_h_e_s_e a_r_e a_l_l p_r_o_b_l_e_m_s t_h_a_t c_a_n l_e_a_d t_o d_e_p_r_e_s_s_e_d
a_n_d m_e_n_t_a_l i_l_l_n_e_s_s_e_s.

T_h_e r_e_p_o_r_t i_n h_i_p-h_o_p a_n_d m_e_n_t_a_l h_e_a_l_t_h_s_s_y_s: "H_i_p-
h_o_p a_r_t_i_s_t_s u_s_e t_h_e_i_r s_k_i_l_l_s a_n_d t_a_l_e_n_t_s n_o_t o_n_l_y t_o
d_e_s_c_r_i_b_e t_h_e w_o_r_l_d t_h_e_y_s_e_e, b_u_t t_h_e_s_e m_e_a_n_s o_f
b_r_o_k_e_n_g f_r_o_m. T_h_e_r_e's a_n_o_t_h_e_r m_e_s_s_a_g_e o_f h_i_p_o_p i_n
a_m_o_n_g_s_t t_h_e l_y_r_i_c_s, d_e_s_c_r_i_b_i_n_g t_h_e p_l_a_c_e w_h_e_r_e t_h_e_y
w_e_n_t t_o b_e - t_h_e c_i_r_c_l_e t_h_e_y w_e_n_t t_o t_h_e w_o_r_l_d, t_h_e m_e_d_i_c_a_l
t_h_e_y w_e_n_t t_o d_o_t." T_h_e d_o_c_t_o_r_s c_h_o_s_e o_f v_e_r h_i_p-h_o_p
s_i_n_g_s a_s p_a_r_t o_f t_h_e t_h_e_r_a_p_y. I_n o_n_e o_f t_h_e m_o_s_t t_h_e
c_l_a_s_s_i_c 1982 t_u_n_e 'T_h_e M_e_s_s_a_g_e' b_y G_r_e_n_d_m_e_n_t_a_l F_l_a_s_h
& T_h_e F_r_e_s_h F_e_v_e. I_n t_h_e r_e_s_u_l_t_i_n_g t_r_a_c_k c_a_l_l_e_d 'J_u_c_y'
b_y T_h_e N_e_t_w_o_r_k's B_G. T_h_e_s_e h_a_s l_y_r_i_c_s t_h_a_t t_e_l_l p_e_o_p_l_e
t_h_e_y c_a_n b_e s_a_f_e a_n_d h_e_a_l_t_h_y i_n t_h_e_s_e d_a_y_s t_h_e_y c_a_n n_o_t
b_e. B_G e_x_p_l_a_i_n_s h_o_w t_h_e c_h_a_n_g_e i_n t_h_e m_e_n_t_a_l h_e_a_l_t_h_y w_o_r_l_d
"m_e_n_t_a_l t_h_i_n_g" b_e_t t_h_e_n b_e_c_o_m_e_s p_a_r_t o_f t_h_e r_e_s_t_o_r_y.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

doctors at Britain's world famous Cambridge University believe that hip-hop music can help people who are depressed or mentally ill they call it 'hip-hop therapy' the doctors said that many of the lyrics (the words to the songs) in hip-hop music can reach out to people with emotional problems a team of doctors wrote a report about this the report is in a special medical magazine called 'the Lancet Psychiatry' the doctors said a lot of hip-hop music speaks of overcoming hardships and big difficulties in life in particular hip-hop has lyrics 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 skills and talents not only to describe the world they see but also as a means of breaking free there's often a message of hope in amongst the lyrics describing the place where they want to be - the cars they want to own the models they want to date" the doctors chose five hip-hop songs as part of the therapy one of them is the classic 1982 tune 'the message' by Grandmaster Flash & the Furious Five another is a track called 'Juicy' by the Notorious B.I.G. this has lyrics that tell people they can be successful even if others say they cannot be big explains how teachers told him he would "amount to nothing" but then became a superstar

PUT A SLASH (/) WHERE THE SPACES ARE

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

Doctors at Britain's world famous Cambridge University believe that hip-hop music can help people who are depressed or mentally ill. They call it 'hip-hop therapy'. The doctors said that many of the lyrics (the words to the songs) in hip-hop music can reach out to people with emotional problems. A team of doctors wrote a report about this. The report is in a special medical magazine called 'The Lancet Psychiatry'. The doctors said a lot of hip-hop music speaks of overcoming hardships and big difficulties in life. In particular, hip-hop has lyrics 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 skills and talents not only to describe the world they see, but also as a means of breaking free. There's often a message of hope in among the lyrics, describing the place where they want to be - the car they want to own, the model they want to date." The doctors chose five hip-hop songs as part of the therapy. One of them is the classic 1982 tune 'The Message' by Grandmaster Flash & The Furious Five. Another is a track called 'Juicy' by The Notorious B.I.G. This has lyrics that tell people they can be successful even if others say they cannot be. B.I.G. explains how a teacher told him he would "amount to nothing" but then became a superstar.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about hip-hop. Share what you discover with your partner(s) in the next lesson.

3. HIP-HOP: Make a poster about hip-hop. Show your work to your classmates in the next lesson. Did you all have similar things?

4. THERAPY: Write a magazine article about hip-hop therapy. Include imaginary interviews with people who think it's a good idea and with people who don't think it's a good idea.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on hip-hop. Ask him/her three questions about hip-hop. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d F e T f F g T h T

SYNONYM MATCH (p.4)

- | | |
|---------------|-------------------|
| 1. help | a. aid |
| 2. depressed | b. sad |
| 3. lyrics | c. words |
| 4. overcoming | d. defeating |
| 5. lead to | e. result in |
| 6. describe | f. put into words |
| 7. means | g. way |
| 8. chose | h. selected |
| 9. track | i. song |
| 10. amount to | j. become |

COMPREHENSION QUESTIONS (p.8)

1. Cambridge University
2. Those with emotional problems
3. A medical magazine
4. Hardships
5. Depression
6. Their skills and talents
7. A message of hope
8. Five
9. Juicy
10. His teachers

MULTIPLE CHOICE - QUIZ (p.9)

1. a 2. c 3. d 4. b 5. a 6. d 7. c 8. b 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)