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## Level 3

### Loneliness is becoming a big danger to health

8th August, 2017

<http://www.breakingnewsenglish.com/1708/170808-loneliness.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/1708/170808-loneliness.html>

New research suggests that loneliness and social isolation may increase the risk of dying early by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness affected the risk of early death. They said loneliness can occur even if people are surrounded by family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have little or no contact with others. The research showed that the risk of premature death was 50 per cent lower for adults who mixed with friends and family. Researchers found that loneliness, social isolation, and living alone were all associated with an increased risk of early death.

The researchers added that loneliness, social isolation, and living alone could be more dangerous than obesity. Professor Julianne Holt-Lunstad said the results of her research are worrying because the population is aging. She said: "Many nations around the world now suggest we are facing a 'loneliness epidemic'. The challenge we face now is what can be done about it." She suggested that one way to help with this problem is to teach social skills to children in schools. She also said doctors should talk more about loneliness to their patients. In addition, she said people should prepare for their old age social life like they take out pensions to prepare for their financial future.

Sources: <http://www.medicalnewstoday.com/articles/318723.php>  
<https://psychcentral.com/news/2017/08/06/loneliness-epidemic-growing-into-biggest-threat-to-public-health/124226.html>  
<http://www.telegraph.co.uk/science/2017/08/06/loneliness-deadlier-obesity-study-suggests/>

# WARM-UPS

**1. LONELINESS:** Students walk around the class and talk to other students about loneliness. 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?

research / isolation / dying / loneliness / surrounded / contact / risk / living alone / dangerous / obesity / aging / epidemic / social skills / patients / old age / pension

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

**3. SOCIAL SKILLS** A **strongly** believe all children should learn social skills to avoid loneliness later in life; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. ADVICE:** What advice would you give these people who are lonely? Complete this table with your partner(s). Change partners often and share what you wrote.

	Why they might be lonely	Advice
A schoolchild		
A teenager		
A newlywed		
A business person		
A rock star		
An old person		

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

**6. HELP:** Rank these with your partner. Put the people who can best help others with loneliness at the top. Change partners often and share your rankings.

- family
- doctors
- neighbours
- local community
- friends
- co-workers
- social media
- yourself

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

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

- a. Research suggests loneliness raises the risk of an early death by 50%. **T / F**
- b. Research says people are not lonely when with family and friends. **T / F**
- c. Researchers did not look at the effects of social isolation. **T / F**
- d. Researchers said living alone did not lead to loneliness. **T / F**
- e. The research said loneliness was more dangerous than obesity. **T / F**
- f. Many countries suggested there was a loneliness epidemic. **T / F**
- g. A professor said doctors should talk to patients about loneliness. **T / F**
- h. The professor said a pension would help with loneliness in our old age. **T / F**

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- |                       |                |
|-----------------------|----------------|
| <b>1. suggests</b>    | a. hazardous   |
| <b>2. risk</b>        | b. happen      |
| <b>3. occur</b>       | c. get ready   |
| <b>4. premature</b>   | d. related     |
| <b>5. associated</b>  | e. problem     |
| <b>6. dangerous</b>   | f. shows       |
| <b>7. worrying</b>    | g. furthermore |
| <b>8. challenge</b>   | h. untimely    |
| <b>9. in addition</b> | i. chance      |
| <b>10. prepare</b>    | j. concerning  |

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

- |                                              |                               |
|----------------------------------------------|-------------------------------|
| 1. increase the risk of dying early          | a. are worrying               |
| 2. surrounded                                | b. death                      |
| 3. the dangers to health                     | c. to their patients          |
| 4. the risk of premature                     | d. than obesity               |
| 5. associated with an increased              | e. of social isolation        |
| 6. could be more dangerous                   | f. by 50 per cent             |
| 7. the results of her research               | g. for their financial future |
| 8. we are facing a                           | h. risk of early death        |
| 9. doctors should talk more about loneliness | i. 'loneliness epidemic'      |
| 10. they take out pensions to prepare        | j. by family                  |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

New research (1) \_\_\_\_\_ that loneliness and social isolation may increase the risk of dying (2) \_\_\_\_\_ by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness (3) \_\_\_\_\_ the risk of early death. They said loneliness can occur even if people are (4) \_\_\_\_\_ by family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have (5) \_\_\_\_\_ or no contact with others. The research showed that the risk of premature death was 50 per cent (6) \_\_\_\_\_ for adults who mixed with friends and family. Researchers (7) \_\_\_\_\_ that loneliness, social isolation, and living (8) \_\_\_\_\_ were all associated with an increased risk of early death.

*early*  
*lower*  
*found*  
*surrounded*  
*suggests*  
*alone*  
*affected*  
*little*

The researchers added that loneliness, social isolation, and living alone could be more dangerous than (9) \_\_\_\_\_. Professor Julianne Holt-Lunstad said the (10) \_\_\_\_\_ of her research are worrying because the population is aging. She said: "Many nations around the world now suggest we are (11) \_\_\_\_\_ a 'loneliness epidemic'. The challenge we face now is what can be (12) \_\_\_\_\_ about it." She suggested that one way to help with this problem is to teach social (13) \_\_\_\_\_ to children in schools. She also said doctors should talk more about loneliness to their (14) \_\_\_\_\_. In addition, she said people should prepare for their old (15) \_\_\_\_\_ social life like they take out pensions to prepare for their financial (16) \_\_\_\_\_.

*facing*  
*skills*  
*future*  
*obesity*  
*age*  
*done*  
*patients*  
*results*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

- 1) research suggests that loneliness and social isolation may increase the risk \_\_\_\_\_
  - a. of dye in early
  - b. of die in early
  - c. of dying early
  - d. of drying early
- 2) find out how loneliness affected the risk \_\_\_\_\_
  - a. off early death
  - b. of early death
  - c. from early death
  - d. over early death
- 3) They said loneliness can occur even if people are \_\_\_\_\_ family
  - a. surrounded by
  - b. surrounded buy
  - c. surround it by
  - d. surrounding by
- 4) The research showed that the risk of premature death \_\_\_\_\_
  - a. was 50% low a
  - b. was 50% lowlier
  - c. was 50% allow a
  - d. was 50% lower
- 5) loneliness, social isolation, and living alone were all associated \_\_\_\_\_ risk
  - a. with an un-creased
  - b. with an on creased
  - c. with an in creased
  - d. with an increased
- 6) social isolation, and living alone could be more dangerous \_\_\_\_\_
  - a. that obese city
  - b. than obesity
  - c. them obesity
  - d. than obese city
- 7) the results of her research are worrying because the \_\_\_\_\_
  - a. population is age in
  - b. population is raging
  - c. population is age old
  - d. population is aging
- 8) Many nations around the world now suggest we are facing a ' \_\_\_\_\_ '
  - a. lonely nest epidermis
  - b. loneliest epidemic
  - c. loneliness epidermis
  - d. loneliness epidemic
- 9) She also said doctors should talk more about loneliness \_\_\_\_\_
  - a. too their patients
  - b. to their patient
  - c. to their patients
  - d. to their patience
- 10) like they take out pensions to prepare for their \_\_\_\_\_
  - a. financially future
  - b. financial future
  - c. financials future
  - d. finance all future

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

New research suggests that loneliness (1) \_\_\_\_\_ may increase the (2) \_\_\_\_\_ early by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness affected the risk (3) \_\_\_\_\_. They said loneliness can occur even if people are surrounded by family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have (4) \_\_\_\_\_ contact with others. The research showed that the risk of (5) \_\_\_\_\_ was 50 per cent lower for adults who mixed with friends and family. Researchers found that loneliness, social isolation, and living (6) \_\_\_\_\_ associated with an increased risk of early death.

The researchers added that loneliness, social isolation, and living alone could be more dangerous (7) \_\_\_\_\_. Professor Julianne Holt-Lunstad said the results of (8) \_\_\_\_\_ worrying because the population is aging. She said: "Many nations around the world now suggest (9) \_\_\_\_\_ 'loneliness epidemic'. The challenge we face now is what can be done about it." She suggested that one way to help with this problem is (10) \_\_\_\_\_ skills to children in schools. She also said doctors should talk more about loneliness to their patients. (11) \_\_\_\_\_, she said people should prepare for their old age social life like they (12) \_\_\_\_\_ to prepare for their financial future.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

1. By how much could loneliness and isolation raise the risk of an early death?
2. What is the name of the university that conducted the research?
3. Who can lonely people be surrounded by that might surprise people?
4. What kind of contact do people have if they are in social isolation?
5. What increased the risk of early death besides loneliness and isolation?
6. What did a professor say loneliness might be more dangerous than?
7. What did the professor say was aging?
8. What kind of epidemic did the professor talk about?
9. What did the professor say children in schools should be taught?
10. What did the professor say people should prepare for in their old age?



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

- 1) By how much could loneliness and isolation raise the risk of an early death?
  - a) 58%
  - b) 50%
  - c) 55%
  - d) 47%
- 2) What is the name of the university that conducted the research?
  - a) University of Notre Dame
  - b) Carnegie Mellon University
  - c) Massachusetts Institute of Technology
  - d) Brigham Young University
- 3) Who can lonely people be surrounded by that might surprise people?
  - a) family and friends
  - b) strangers
  - c) doctors
  - d) university lecturers
- 4) What kind of contact do people have if they are in social isolation?
  - a) eye contact
  - b) slight contact
  - c) little or no contact
  - d) social contact
- 5) What increased the risk of early death besides loneliness and isolation?
  - a) salt
  - b) living alone
  - c) crime
  - d) stress
- 6) What did a professor say loneliness might be more dangerous than?
  - a) socializing
  - b) stress
  - c) obesity
  - d) contact
- 7) What did the professor say was aging?
  - a) dangers
  - b) social contact
  - c) risk
  - d) the population
- 8) What kind of epidemic did the professor talk about?
  - a) a loneliness epidemic
  - b) a viral epidemic
  - c) a worldwide epidemic
  - d) a beatable epidemic
- 9) What did the professor say children in schools should be taught?
  - a) social skills
  - b) loneliness studies
  - c) how to be happy
  - d) pensions advice
- 10) What did the professor say people should prepare for in their old age?
  - a) illness
  - b) their social life
  - c) finances
  - d) fitness

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

## **Role A – Doctors**

You think doctors are the best people to help with loneliness. Tell the others three reasons why. Tell them what is wrong with their forms of help. Also, tell the others which is the worst of these (and why): neighbours, social media or you.

## **Role B – Neighbours**

You think neighbours are the best people to help with loneliness. Tell the others three reasons why. Tell them what is wrong with their forms of help. Also, tell the others which is the worst of these (and why): doctors, social media or you.

## **Role C – Social Media**

You think social media is the best way to help with loneliness. Tell the others three reasons why. Tell them what is wrong with their forms of help. Also, tell the others which is the worst of these (and why): neighbours, doctors or you.

## **Role D – Yourself**

You think you are the best people to help with loneliness. Tell the others three reasons why. Tell them what is wrong with their forms of help. Also, tell the others which is the worst of these (and why): neighbours, social media or doctors.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

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

<b>danger</b>	<b>health</b>
---------------	---------------

- 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"><li>• early</li><li>• dying</li><li>• even</li><li>• little</li><li>• mixed</li><li>• contact</li></ul>	<ul style="list-style-type: none"><li>• could</li><li>• worrying</li><li>• nations</li><li>• face</li><li>• patients</li><li>• age</li></ul>
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# LONELINESS SURVEY

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

Write five GOOD questions about loneliness 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.

# LONELINESS DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'lonely'?
3. What do you think about loneliness?
4. How lonely do you get?
5. What does loneliness do to people?
6. How can we help people who are lonely?
7. What do you do when you get lonely?
8. How does the Internet make people lonelier?
9. Will we become lonelier in the future?
10. What should governments do to reduce loneliness?

*Loneliness is becoming a big danger to health – 8th August, 2017*  
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# LONELINESS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'alone'?
13. What do you think about what you read?
14. How would loneliness affect you?
15. Why might loneliness be more dangerous than obesity?
16. What might happen in a 'loneliness epidemic'?
17. What social skills should children learn about loneliness?
18. How can doctors help their patients with loneliness?
19. How could people prepare for their old-age social life?
20. What questions would you like to ask the researchers?

## **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/1708/170808-loneliness.html>

New research suggests that loneliness and (1) \_\_\_\_\_ isolation may increase the risk of dying (2) \_\_\_\_\_ by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness (3) \_\_\_\_\_ the risk of early death. They said loneliness can occur (4) \_\_\_\_\_ if people are surrounded by family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have little or no contact with others. The research showed that the risk (5) \_\_\_\_\_ premature death was 50 per cent lower for adults who mixed with friends and family. Researchers found that loneliness, social isolation, and living alone were all associated (6) \_\_\_\_\_ an increased risk of early death.

The researchers added that loneliness, social isolation, and living (7) \_\_\_\_\_ could be more dangerous than obesity. Professor Julianne Holt-Lunstad said the results (8) \_\_\_\_\_ her research are worrying because the population is aging. She said: "Many nations around the world now suggest we are (9) \_\_\_\_\_ a 'loneliness epidemic'. The challenge we face now is what can be (10) \_\_\_\_\_ about it." She suggested that one way to help with this problem is to teach social skills to children in schools. She also said doctors should talk (11) \_\_\_\_\_ about loneliness to their patients. In addition, she said people should prepare for their old age social life like they take out pensions to prepare (12) \_\_\_\_\_ their financial future.

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

- |     |              |               |                |               |
|-----|--------------|---------------|----------------|---------------|
| 1.  | (a) socially | (b) socialism | (c) social     | (d) socialist |
| 2.  | (a) early    | (b) quick     | (c) fast       | (d) before    |
| 3.  | (a) affected | (b) effected  | (c) infected   | (d) afflicted |
| 4.  | (a) even     | (b) ever      | (c) eventually | (d) event     |
| 5.  | (a) at       | (b) of        | (c) by         | (d) to        |
| 6.  | (a) to       | (b) of        | (c) by         | (d) with      |
| 7.  | (a) lonely   | (b) loner     | (c) alone      | (d) lonesome  |
| 8.  | (a) by       | (b) at        | (c) for        | (d) of        |
| 9.  | (a) facing   | (b) faces     | (c) face       | (d) faced     |
| 10. | (a) done     | (b) doing     | (c) does       | (d) do        |
| 11. | (a) many     | (b) more      | (c) much       | (d) must      |
| 12. | (a) at       | (b) of        | (c) for        | (d) from      |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

## Paragraph 1

1. social nlaiootis
2. cresinae the risk of dying early
3. roudreusnd by family and friends
4. little or no ntaoct with others
5. the risk of umrrpteae death
6. were all asscedoiat with an...

## Paragraph 2

7. more dangerous than iyetbso
8. the ltnaiupop is aging
9. we are facing a loneliness cieeimpd
10. She setdgugse that
11. they take out niopssne
12. prepare for their icnalinfa future



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

**Number these lines in the correct order.**

- ( ) no contact with others. The research showed that the risk of premature death was 50 per cent
- ( ) for their old age social life like they take out pensions to prepare for their financial future.
- ( ) obesity. Professor Julianne Holt-Lunstad said the results of her research are worrying because the population is
- ( ) The researchers added that loneliness, social isolation, and living alone could be more dangerous than
- ( ) lower for adults who mixed with friends and family. Researchers found that loneliness, social
- ( ) isolation, and living alone were all associated with an increased risk of early death.
- ( ) aging. She said: "Many nations around the world now suggest we are facing a 'loneliness
- ( **1** ) New research suggests that loneliness and social isolation may increase the risk of dying early
- ( ) talk more about loneliness to their patients. In addition, she said people should prepare
- ( ) this problem is to teach social skills to children in schools. She also said doctors should
- ( ) family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have little or
- ( ) by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find
- ( ) out how loneliness affected the risk of early death. They said loneliness can occur even if people are surrounded by
- ( ) epidemic'. The challenge we face now is what can be done about it." She suggested that one way to help with

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

1. risk Social may the isolation increase 50% by early dying of .
2. affected of Find loneliness risk death how the early out .
3. people no is contact have with little others or This when .
4. risk The was death lower premature of 50% adults for .
5. associated of with early an death increased All risk .
6. more be could alone Living obesity than dangerous .
7. challenge The it about done be can what is now face we .
8. teach to is problem this with help to way One skills social .
9. their more patients about Doctors loneliness should to talk .
10. financial take to their They pensions for future out prepare .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

New research suggests that *lonely / loneliness* and social isolation may increase the risk of *dying / die* early by 50 per cent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness affected the *risky / risk* of early death. They said loneliness can occur even if people are *surrounded / surrounding* by family and friends. Researchers also looked at the *dangerous / dangers* to health of social isolation. This is when people have *small / little* or no contact with others. The research showed that the risk of *premature / mature* death was 50 per cent lower for adults who *mixture / mixed* with friends and family. Researchers found that loneliness, *social / socially* isolation, and living alone were all *association / associated* with an increased risk of early death.

The researchers *added / addition* that loneliness, social isolation, and living *alone / lone* could be more dangerous than *obese / obesity*. Professor Julianne Holt-Lunstad said the results *of / off* her research are worrying because the population is aging. She said: "Many nations around the world now suggest we are *faced / facing* a 'loneliness epidemic'. The challenge we face now is what can be *doing / done* about it." She suggested that one way to help with this problem is to *teach / teaching* social skills to children in schools. She also said *doctors / doctor* should talk more about loneliness to their patients. In addition, she said people should *preparation / prepare* for their old age social life like they take *out / in* pensions to prepare for their financial future.

**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/1708/170808-loneliness.html>

N\_w r\_s\_\_rch s\_gg\_sts th\_t l\_n\_l\_n\_ss \_nd s\_c\_\_l  
\_s\_l\_t\_\_n m\_y \_ncr\_\_s th\_r\_sk \_f dy\_ng \_\_rly by 50  
p\_r\_c\_nt. Th\_r\_s\_\_rch \_s fr\_m Br\_gh\_m Y\_\_ng  
\_n\_v\_rs\_ty \_n th\_ \_S\_. R\_s\_\_rch\_rs tr\_\_d t\_f\_nd \_\_t  
h\_w l\_n\_l\_n\_ss \_ff\_ct\_d th\_r\_sk \_f \_\_rly d\_\_th. Th\_y  
s\_\_d l\_n\_l\_n\_ss c\_n \_cc\_r \_v\_n \_f p\_\_pl\_ \_r\_  
s\_rr\_\_nd\_d by f\_m\_ly \_nd fr\_\_nds. R\_s\_\_rch\_rs \_ls\_  
l\_\_k\_d \_t th\_d\_ng\_rs t\_h\_\_lth \_f s\_c\_\_l \_s\_l\_t\_\_n.  
Th\_s \_s wh\_n p\_\_pl\_ h\_v\_l\_ttl\_ \_r\_n\_c\_nt\_ct w\_th  
\_th\_rs. Th\_r\_s\_\_rch sh\_w\_d th\_t th\_r\_sk \_f  
pr\_m\_t\_r\_d\_\_th w\_s 50 p\_r\_c\_nt l\_w\_r\_f\_r\_d\_Its wh\_  
m\_x\_d w\_th fr\_\_nds \_nd f\_m\_ly. R\_s\_\_rch\_rs f\_\_nd  
th\_t l\_n\_l\_n\_ss, s\_c\_\_l \_s\_l\_t\_\_n, \_nd l\_v\_ng \_l\_n\_  
w\_r\_\_ll \_ss\_c\_\_t\_d w\_th \_n \_ncr\_\_s\_d r\_sk \_f \_\_rly  
d\_\_th.

Th\_r\_s\_\_rch\_rs \_dd\_d th\_t l\_n\_l\_n\_ss, s\_c\_\_l  
\_s\_l\_t\_\_n, \_nd l\_v\_ng \_l\_n\_c\_\_ld b\_m\_r\_d\_ng\_r\_\_s  
th\_n \_b\_s\_ty. Pr\_f\_ss\_r J\_l\_\_nn H\_l\_t-L\_nst\_d s\_\_d  
th\_r\_s\_Its \_f h\_r\_r\_s\_\_rch \_r\_w\_rry\_ng b\_c\_\_s th\_  
p\_p\_l\_t\_\_n s\_g\_ng. Sh\_s\_\_d: "M\_ny n\_t\_\_ns \_r\_\_nd  
th\_w\_rld n\_w s\_gg\_st w\_\_r\_f\_c\_ng \_'l\_n\_l\_n\_ss  
\_p\_d\_m\_c'. Th\_ch\_llng\_w\_f\_c\_n\_w\_s wh\_t c\_n b\_  
d\_n\_\_b\_\_t\_t." Sh\_s\_gg\_st\_d th\_t \_n\_w\_y t\_h\_lp  
w\_th th\_s pr\_bl\_m\_s t\_t\_ch\_s\_c\_\_l sk\_lls t\_ch\_ldr\_n  
\_n sch\_\_ls. Sh\_\_ls\_s\_\_d d\_ct\_rs sh\_\_ld t\_lk m\_r\_  
\_b\_\_t l\_n\_l\_n\_ss t\_th\_\_r p\_t\_\_nts. \_n \_dd\_t\_\_n, sh\_  
s\_\_d p\_\_pl\_ sh\_\_ld pr\_p\_r\_f\_r th\_\_r \_ld\_g\_s\_c\_\_l  
l\_f\_l\_k\_th\_y t\_k\_\_t p\_ns\_\_ns t\_pr\_p\_r\_f\_r th\_\_r  
f\_n\_nc\_\_l f\_t\_r\_.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

new research suggests that loneliness and social isolation may increase the risk of dying early by 50 per cent the research is from brigham young university in the usa researchers tried to find out how loneliness affected the risk of early death they said loneliness can occur even if people are surrounded by family and friends researchers also looked at the dangers to health of social isolation this is when people have little or no contact with others the research showed that the risk of premature death was 50 per cent lower for adults who mixed with friends and family researchers found that loneliness social isolation and living alone were all associated with an increased risk of early death

the researchers added that loneliness social isolation and living alone could be more dangerous than obesity professor julianne holt-lunstad said the results of her research are worrying because the population is aging she said "many nations around the world now suggest we are facing a 'loneliness epidemic' the challenge we face now is what can be done about it" she suggested that one way to help with this problem is to teach social skills to children in schools she also said doctors should talk more about loneliness to their patients in addition she said people should prepare for their old age social life like they take out pensions to prepare for their financial future

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1708/170808-loneliness.html>

New research suggests that loneliness and social isolation may increase the risk of dying early by 50 percent. The research is from Brigham Young University in the USA. Researchers tried to find out how loneliness affects the risk of early death. They said loneliness can occur even if people are surrounded by family and friends. Researchers also looked at the dangers to health of social isolation. This is when people have little or no contact with others. The research showed that the risk of premature death was 50 percent lower for adults who mixed with friends and family. Researchers found that loneliness, social isolation, and living alone were all associated with an increased risk of early death. The researchers added that loneliness, social isolation, and living alone could be more dangerous than obesity. Professor Julianne Holt-Lunstad said the results of her research are worrying because the population is aging. She said: "Many nations around the world now suggest we are facing a 'loneliness epidemic'. The challenge we face now is what can be done about it." She suggested that one way to help with this problem is to teach social skills to children in schools. She also said doctors should talk more about loneliness to their patients. In addition, she said people should prepare for their old age socially like they take out pension to prepare for their financial future.







# 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 this news. Share what you discover with your partner(s) in the next lesson.

**3. LONELINESS:** Make a poster about loneliness. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. PLANNING FOR OLD AGE:** Write a magazine article about loneliness and planning for old age. Include imaginary interviews with people who are for and against it.

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 loneliness. Ask him/her three questions about it. Give him/her three of your ideas on how to make people less lonely. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

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

## SYNONYM MATCH (p.4)

11. suggests

12. risk

13. occur

14. premature

15. associated

16. dangerous

17. worrying

18. challenge

19. in addition

20. prepare

k. shows

l. chance

m. happen

n. untimely

o. related

p. hazardous

q. concerning

r. problem

s. furthermore

t. get ready

## COMPREHENSION QUESTIONS (p.8)

1. 50 per cent
2. Brigham Young University
3. Family and friends
4. Little or no contact
5. Living alone
6. Obesity
7. The population
8. A loneliness epidemic
9. Social skills
10. Their social life

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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