

Burglary a threat to mental health

22nd June, 2014



A new study shows that experiencing a burglary is a serious threat to people's mental health. The survey is from the British charity Victim Support and the

home security company ADT. Researchers interviewed 1,000 people who had been burgled. They found that a quarter of them suffered from anxiety or forms of depression, while a further 25 per cent felt saddened by the thought they could no longer protect their home and family. The researchers said that feelings of insecurity set in for many people after a burglary. They reported that 37 per cent of burglary victims suddenly became afraid of being mugged in the streets, something they had not feared before being burgled.

Professor Paula Nicolson from the British Psychological Society warned that people and the police underestimate how serious a crime burglary is. Many people fail to realise it can leave victims traumatised. She said: "Burglary is frequently seen as a minor crime – one that may be resolved and forgotten by the victim....However psychologically and emotionally the experience of being burgled is likely to have a severe emotional outcome for many victims who were, up to then, leading ordinary lives." She added the undue trauma resulted for some people in "the compulsion to move house, depression, anxiety, sleeplessness and even marital breakdown".

Sources: bps.org.uk / msn.co.uk

Writing

Burglary is one of the worst crimes. Discuss this and three ways to stop it.

Chat

Talk about these words from the article.

burglary / threat / mental health / quarter / anxiety / protect / insecurity / streets / psychological / / traumatised / minor crime / depression / marital breakdown

True / False

- The study is from a U.K. prison service. T / F
- Over 10,000 people took part in the study. T / F
- A quarter of participants were sad they could not protect their home. T / F
- Over a quarter of those burgled are now afraid of street crime. T / F
- A professor thought police should view burglary being more seriously. T / F
- The professor said most people though burglary was a serious crime. T / F
- The professor said most people forget the experience of being burgled. T / F
- Some burglaries result in the break-up of marriages. T / F

Synonym Match

- | | |
|------------------|--------------------|
| 1. serious | a. miscalculate |
| 2. forms | b. consequence |
| 3. insecurity | c. attacked |
| 4. mugged | d. understand |
| 5. feared | e. grave |
| 6. underestimate | f. worried about |
| 7. realise | g. marriage |
| 8. resolved | h. types |
| 9. outcome | i. cleared up |
| 10. marital | j. defencelessness |

Discussion – Student A

- Why are people left with mental health problems after burglaries?
- What can communities do to reduce the risk of burglaries?
- Is burglary a serious or minor crime?
- Would you like CCTV cameras in your house?
- Do you do anything before you leave your house to keep it safe?
- Are you afraid of crimes happening to you?
- What should the punishment for a burglar be?
- What questions would you like to ask the researchers?

Breaking News English - The Mini Lesson

Phrase Match

- home
- a quarter of them
- feelings of
- afraid of being
- something they had not feared
- police underestimate how serious
- people fail to realise it can leave
- likely to have a severe
- leading
- marital
- suffered from anxiety
- emotional outcome
- security company
- before being burgled
- people traumatised
- ordinary lives
- mugged in the streets
- a crime burglary is
- breakdown
- insecurity

Discussion – Student B

- How common is burglary in your country?
- What is the punishment for burglary in your country?
- How do you think burglary affects mental health?
- What can be done to support burglary victims?
- How can people protect their home against burglars?
- What are the differences between burglary and robbery?
- What is a "cat burglar"?
- Do you worry about being burgled?

Spelling

- a uirseo threat
- a quarter of them suffered from ntaixye
- forms of epneodsirs
- a rfrtheu 25 per cent
- feelings of ncyiustre set in
- afraid of being mdugge in the streets
- the police iasourmteedtn how
- it can leave people stiemdauatr
- netyfuqrel seen as a minor crime
- one that may be rdlesoev and forgotten
- have a eesvr emotional outcome
- mtaalir breakdown

Answers – Synonym Match

1. e	2. h	3. j	4. c	5. f
6. a	7. d	8. i	9. b	10. g

Role Play

Role A – Stronger locks

You think stronger locks is the best defence against burglary. Tell the others three reasons why. Tell them why their things are not so good. Also, tell the others which is the least effective of these (and why): a neighbourhood watch scheme, better policing or web cams in the house.

Role B – Neighbourhood watch

You think a neighbourhood watch scheme is the best defence against burglary. Tell the others three reasons why. Tell them why their things are not so good. Also, tell the others which is the least effective of these (and why): stronger locks, better policing or web cams in the house.

Role C – Better policing

You think better policing is the best defence against burglary. Tell the others three reasons why. Tell them why their things are not so good. Also, tell the others which is the least effective of these (and why): a neighbourhood watch scheme, stronger locks or web cams in the house.

Role D – Web cams in the house

You think web cams in the house is the best defence against burglary. Tell the others three reasons why. Tell them why their things are not so good. Also, tell the others which is the least effective of these (and why): a neighbourhood watch scheme, better policing or stronger locks.

Speaking – Burgled

Rank these with your partner. Put the things you would not want to be stolen at the top. Change partners often and share your rankings.

- mobile phone
- computer
- passport
- game console
- family photos
- TV
- jewellery
- money

Answers – True False

a	F	b	F	c	T	d	T	e	T	f	F	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.