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**Level 4 – 22nd September 2025**

## **'Revenge quitters' leaving former job in a mess**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

"Revenge quitting" is growing, fuelled by social media. Revenge quitting is when a worker quits and does bad things against the company. Unhappy workers are posting details of their resignations online. Other posts show workers walking off the job, resignation messages, or rants against former bosses. Other acts include causing problems for former co-workers. Examples of this are deleting data, not helping with the handover of duties, and exposing sensitive information.

An employer-rating website has warned of "a wave of revenge quitting" because of rising unhappiness among employees. A recruitment company surveyed 2,008 workers and found that 15 per cent of employees had "revenge quit". It said Gen Z workers were more likely to revenge quit. Its survey found that 26 per cent of 18- to 34-year-olds had done so. A survey in Japan conducted by a management consulting firm found that around 10 per cent of workers had been troubled by revenge quitters because of a sudden increase in workloads.

Sources: <https://mainichi.jp/english/articles/20250911/p2a/00m/0na/011000c>  
<https://moneywise.com/employment/gen-z-workers-championing-revenge-quitting-are-just-a-symptom-of-a-larger-crisis-now-plaguing-us-workplaces>  
<https://www.theguardian.com/money/2025/sep/03/meet-the-revenge-quitters-why-people-are-ditching-their-jobs-and-refusing-to-go-quietly>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

## PARAGRAPH ONE:

- |  |                          |
|--|--------------------------|
| 1. Revenge quitting                      | a. co-workers            |
| 2. fuelled                               | b. sensitive information |
| 3. does bad things                       | c. off the job           |
| 4. posting details of their resignations | d. is growing            |
| 5. Other posts show workers walking      | e. online                |
| 6. causing problems for former           | f. by social media       |
| 7. not helping with the handover         | g. against the company   |
| 8. exposing                              | h. of duties             |

## PARAGRAPH TWO:

- |                                       |                           |
|---------------------------------------|---------------------------|
| 1. warned of a wave of                | a. 2,008 workers          |
| 2. rising unhappiness                 | b. had done so            |
| 3. A recruitment company surveyed     | c. by revenge quitters    |
| 4. Gen Z workers were more            | d. in workloads           |
| 5. 26 per cent of 18- to 34-year-olds | e. among employees        |
| 6. conducted by a management          | f. likely to revenge quit |
| 7. workers had been troubled          | g. revenge quitting       |
| 8. a sudden increase                  | h. consulting firm        |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

"Revenge quitting" is growing, (1) \_\_\_\_\_ media. Revenge quitting is when a worker (2) \_\_\_\_\_ bad things against the company. Unhappy workers are (3) \_\_\_\_\_ their resignations online. Other posts show workers walking off the job, resignation messages, (4) \_\_\_\_\_ former bosses. Other acts include (5) \_\_\_\_\_ former co-workers. Examples of this are deleting data, not helping with the (6) \_\_\_\_\_, and exposing sensitive information.

An employer-rating website has warned of "a (7) \_\_\_\_\_ quitting" because of rising unhappiness among employees. A recruitment (8) \_\_\_\_\_ workers and found that 15 per cent of employees had "revenge quit". It said Gen Z workers were (9) \_\_\_\_\_ revenge quit. Its survey found that 26 per cent of 18- to 34-year-olds (10) \_\_\_\_\_. A survey in Japan conducted by a management (11) \_\_\_\_\_ that around 10 per cent of workers had been troubled by revenge quitters because of a (12) \_\_\_\_\_ workloads.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

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# QUITTING JOBS SURVEY

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

Write five GOOD questions about quitting jobs 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

## WRITING

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-4.html>

Write about **quitting jobs** for 10 minutes. Read and talk about your partner's paper.

[illegible]