

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

**Level 5 – 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-5.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 4 and 6. They are (a little) harder.**

**X (Twitter)**



[X.com/SeanBanville](https://x.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

# THE READING

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-5.html>

The phenomenon of "revenge quitting" at work is growing, fuelled by social media. Revenge quitting is when a worker causes disruption in or hurts the reputation of a company. Gen Z workers are making it viral. Disgruntled employees 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-5.html>

## PARAGRAPH ONE:

- |                                  |                          |
|----------------------------------|--------------------------|
| 1. hurts the reputation          | a. of duties             |
| 2. Gen Z workers                 | b. former bosses         |
| 3. posting details of their      | c. of a company          |
| 4. rants against                 | d. sensitive information |
| 5. causing problems              | e. deleting data         |
| 6. Examples of this are          | f. are making it viral   |
| 7. not helping with the handover | g. resignations online   |
| 8. exposing                      | h. for former co-workers |

## PARAGRAPH TWO:

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

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250922-revenge-quitting-5.html>

The phenomenon of "revenge quitting" at (1) \_\_\_\_\_, fuelled by social media. Revenge quitting is when a worker causes (2) \_\_\_\_\_ hurts the reputation of a company. Gen Z workers are making it viral. Disgruntled employees are (3) \_\_\_\_\_ their resignations online. Other posts show workers walking off the job, resignation messages, (4) \_\_\_\_\_ former bosses. Other acts include causing problems for former co-workers. Examples of this (5) \_\_\_\_\_, not helping with the handover of duties, (6) \_\_\_\_\_ information.

An employer-rating website has warned of "(7) \_\_\_\_\_ revenge quitting" because of rising unhappiness among employees. A recruitment company surveyed 2,008 (8) \_\_\_\_\_ 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 had done so. A survey in Japan (10) \_\_\_\_\_ management consulting firm found that around 10 per cent of workers (11) \_\_\_\_\_ by revenge quitters because of a (12) \_\_\_\_\_ workloads.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2025/250922-revenge-quitting-5.html>

The phenomenon of "revenge quitting" at work is growing, fuelled by social media. Revenge quitting is when a worker causes disruption or hurt to the reputation of a company. Gen Z workers are making it viral. Disgruntled employees 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 percent of employees had "revenge quit". It said Gen Z workers were more likely to revenge quit. Its survey found that 26 percent of 18-to-34-year-olds had done so. A survey in Japan conducted by a management consulting firm found that around 10 percent of workers had been troubled by revenge quitters because of a sudden increase in workloads.

# 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) \_\_\_\_\_

*'Revenge quitters' leaving former job in a mess – 22nd September 2025*  
More free lessons at [breakingnewsenglish.com](https://breakingnewsenglish.com)

---

## 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-5.html>

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

[illegible]