

SELF-INJURY AWARENESS DAY

http://www.eslHolidayLessons.com/03/self-injury_awareness_day.html

CONTENTS:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Listening / Reading Gap Fill	5
Choose the Correct Word	6
Multiple Choice	7
Spelling	8
Put the Text Back Together	9
Scrambled Sentences	10
Discussion	11
Student Survey	12
Writing	13
Homework	14

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

Self-injury Awareness Day is on March 1 every year. This day is to raise awareness of the mental health problem of self-injury. People talk about why they choose to injure themselves in the hope they may prevent others from doing so. Organizations also run campaigns to raise awareness about self-injury to the medical community and to the general public. Around one per cent of us use self-injury to deal with difficulties in our lives. Despite this, it is a greatly misunderstood condition. Police and hospital staff often think self-injurers are suicidal and so do not give them the help they need. Some people wear orange awareness ribbons to show their support for awareness of this terrible problem.

Self-injury is the deliberate injury to your body without any intention to commit suicide. The illness is listed as a mental condition that is linked to personality disorders and depression. The most common way of self-injury is cutting the skin in places the injurer can easily hide. Many self-injurers prefer to conceal their injuries. Other methods include skin picking, hair pulling, alcohol abuse and forms of anorexia and bulimia. Many self-injurers say they get physical pleasure from their behaviour. The body releases natural drugs, endorphins, in response to physical injury. These give a person pleasant feelings and reduce anxiety and stress. Statistics show that four times more women than men do self-injury.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|---|-----------------------------------|
| 1. raise awareness of the mental health | a. with difficulties in our lives |
| 2. People talk about why they | b. this terrible problem |
| 3. use self-injury to deal | c. are suicidal |
| 4. it is a greatly misunderstood | d. problem of self-injury |
| 5. hospital staff often think self-injurers | e. condition |
| 6. show their support for awareness of | f. choose to injure themselves |

Paragraph 2

- | | |
|--------------------------------------|-------------------------------|
| 1. Self-injury is the deliberate | a. from their behaviour |
| 2. The illness is listed as a mental | b. do self-injury |
| 3. The most common way of self- | c. their injuries |
| 4. self-injurers prefer to conceal | d. injury is cutting the skin |
| 5. they get physical pleasure | e. condition |
| 6. four times more women than men | f. injury to your body |

LISTENING GAP FILL

Self-injury Awareness Day is on March 1 every year. _____ raise awareness of the mental health problem of self-injury. People talk about _____ to injure themselves in the hope they may prevent others from doing so. Organizations also _____ raise awareness about self-injury to the medical community and to the general public. Around one per _____ self-injury to deal with difficulties in our lives. Despite this, it is a greatly misunderstood condition. Police and hospital staff often think self-injurers are suicidal _____ them the help they need. Some people wear orange awareness ribbons _____ support for awareness of this terrible problem.

Self-injury is the _____ your body without any intention to commit suicide. The illness is listed as a mental condition _____ personality disorders and depression. The most common way of self-injury is cutting the _____ injurer can easily hide. Many self-injurers prefer to conceal their injuries. Other methods include skin picking, hair pulling, alcohol abuse _____ anorexia and bulimia. Many self-injurers say they get physical pleasure from their behaviour. The body releases natural drugs, endorphins, _____ physical injury. These give a person pleasant feelings and reduce anxiety and stress. _____ four times more women than men do self-injury.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

Self-injury Awareness Day is on March 1 every year. This day is to raise awareness of the mental health _____ of self-injury. People talk about why they _____ to injure themselves in the hope they may prevent others from doing _____. Organizations also run campaigns to raise awareness about self-injury to the medical _____ and to the general public. Around one per cent of us use self-injury to _____ with difficulties in our lives. Despite this, it is a _____ misunderstood condition. Police and hospital staff often think self-injurers are suicidal and so do not give them the help they _____. Some people wear orange awareness ribbons to _____ their support for awareness of this terrible problem.

so
choose
deal
need
problem
show
community
greatly

Self-injury is the _____ injury to your body without any intention to commit _____. The illness is listed as a mental condition that is _____ to personality disorders and depression. The most common way of self-injury is _____ the skin in places the injurer can easily hide. Many self-injurers prefer to conceal their injuries. Other _____ include skin picking, hair pulling, alcohol abuse and forms of anorexia and bulimia. Many self-injurers say they get physical _____ from their behaviour. The body releases natural drugs, endorphins, in response to physical injury. These give a person _____ feelings and reduce anxiety and stress. Statistics _____ that four times more women than men do self-injury.

cutting
suicide
pleasure
show
methods
deliberate
pleasant
linked

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

Self-injury Awareness Day is on March 1 every year. This day is to *raise / rise* awareness of the mental health problem of self-injury. People talk about why they *chosen / choose* to injure themselves in the hope they may prevent others from *doing / do* so. Organizations also run campaigns *for / to* raise awareness about self-injury to the medical community and to the general public. Around one per cent of us *use / using* self-injury to deal with difficulties in our lives. *In spite / Despite* this, it is a greatly misunderstood condition. Police and hospital staff often think self-injurers are *suicide / suicidal* and so do not give them the help they need. Some people wear orange awareness ribbons to show their *supportive / support* for awareness of this terrible problem.

Self-injury is the deliberate *injury / injured* to your body without any intention to commit suicide. The illness is listed as a *mentally / mental* condition that is linked to personality disorders and depression. The most common way of self-injury *are / is* cutting the skin in places the injurer can easily hide. Many self-injurers *prefer / rather* to conceal their injuries. Other methods include skin picking, hair pulling, alcohol abuse and forms of anorexia and bulimia. Many self-injurers *talk / say* they get physical pleasure *from / of* their behaviour. The body releases natural drugs, endorphins, *in / an* response to physical injury. These give a person pleasant feelings and reduce anxiety and stress. Statistics show *that / which* four times more women than men do self-injury.

MULTIPLE CHOICE

Self-injury Awareness Day is on March 1 every year. This day is to (1) _____ awareness of the mental health problem of self-injury. People talk about why they (2) _____ to injure themselves in the hope they may prevent others from doing so. Organizations also run campaigns to raise awareness about self-injury to the (3) _____ community and to the general public. Around one per cent of us use self-injury to deal (4) _____ difficulties in our lives. Despite this, it is a greatly misunderstood condition. Police and hospital staff often think self-injurers are (5) _____ and so do not give them the help they need. Some people wear orange awareness ribbons to show their support for awareness (6) _____ this terrible problem.

Self-injury is the deliberate (7) _____ to your body without any intention to commit suicide. The illness is listed as a mental condition that is linked to personality disorders and depression. The most (8) _____ way of self-injury is cutting the skin in places the injurer can easily hide. Many self-injurers prefer (9) _____ conceal their injuries. Other methods include skin picking, hair pulling, alcohol abuse and forms of anorexia and bulimia. Many self-injurers say they (10) _____ physical pleasure from their behaviour. The body releases natural drugs, endorphins, in response to (11) _____ injury. These give a person pleasant feelings and reduce anxiety and stress. Statistics (12) _____ that four times more women than men do self-injury.

Put the correct words from this table into the article.

- | | | | | |
|-----|--------------|-----------------|------------------|-----------------|
| 1. | (a) rise | (b) raise | (c) rising | (d) arose |
| 2. | (a) chosen | (b) choice | (c) choose | (d) choosing |
| 3. | (a) medicine | (b) medical | (c) medicinal | (d) medication |
| 4. | (a) deal | (b) dealt | (c) dealing | (d) dealer |
| 5. | (a) suicide | (b) suicides | (c) suicide pact | (d) suicidal |
| 6. | (a) of | (b) to | (c) at | (d) in |
| 7. | (a) injured | (b) injuring | (c) injury | (d) injury time |
| 8. | (a) commonly | (b) commoner | (c) commons | (d) common |
| 9. | (a) to | (b) for | (c) by | (d) with |
| 10. | (a) do | (b) get | (c) make | (d) be |
| 11. | (a) physics | (b) physicality | (c) physician | (d) physical |
| 12. | (a) shown | (b) showy | (c) show | (d) show off |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. mnteal health problem
2. tnpvere others from doing so
3. the algneer public
4. eadl with difficulties
5. hospital tffsa
6. this ileerbtr problem

Paragraph 2

7. mmoict suicide
8. The most nommoc way
9. aelyis hide
10. syahiplc pleasure
11. The body sseaerl natural drugs
12. ueecdr anxiety and stress

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- (**1**) Self-injury Awareness Day is on March 1 every year. This day is to raise awareness of the mental health
- () community and to the general public. Around one per cent of us use self-injury to deal with difficulties in
- () Self-injury is the deliberate injury to your body without any intention to commit suicide. The illness is listed as a
- () our lives. Despite this, it is a greatly misunderstood condition. Police and hospital staff often think self-injurers are
- () problem of self-injury. People talk about why they choose to injure themselves in the hope they may prevent
- () say they get physical pleasure from their behaviour. The body releases natural drugs, endorphins, in response to
- () others from doing so. Organizations also run campaigns to raise awareness about self-injury to the medical
- () mental condition that is linked to personality disorders and depression. The most common way of self-injury is
- () suicidal and so do not give them the help they need. Some people wear orange awareness
- () cutting the skin in places the injurer can easily hide. Many self-injurers prefer to conceal their injuries. Other
- () methods include skin picking, hair pulling, alcohol abuse and forms of anorexia and bulimia. Many self-injurers
- () physical injury. These give a person pleasant feelings and reduce anxiety and
- () ribbons to show their support for awareness of this terrible problem.
- () stress. Statistics show that four times more women than men do self-injury.

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. health raise of mental problem awareness the

2. themselves they People choose talk to about injure why

3. cent use injury per us - one of self Around

4. are think suicidal self hospital - staff injurers often

5. wear people Some ribbons awareness orange

6. the to Self is injury body injury deliberate your -

7. condition mental a as listed is illness The

8. most The skin the cutting is injury - self of way common

9. Many to self conceal - their injurers injuries prefer

10. These feelings pleasant person a give

DISCUSSION (Write your own questions)

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

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

Copyright © www.ESL Holiday Lessons.com

DISCUSSION (Write your own questions)

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

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

Copyright © www.ESL Holiday Lessons.com

THE SELF-INJURY AWARENESS DAY SURVEY

Write five questions about Self-injury Awareness Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

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

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

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 more information about Self-injury Awareness Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about Self-injury Awareness Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about Self-injury Awareness Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.