SELF-INJURY AWARENESS DAY

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

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.
THE READING / TAPESCRPT

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.

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.

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SELF-INJURY AWARENESS DAY

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
SELF-INJURY AWARENESS DAY

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. ________________________________________________________________

DISCUSSION (Write your own questions)
STUDENT B’s QUESTIONS (Do not show these to student A)

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

4. ________________________________________________________________

5. ________________________________________________________________

6. ________________________________________________________________

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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.

<table>
<thead>
<tr>
<th>Q.1.</th>
<th>STUDENT 1</th>
<th>STUDENT 2</th>
<th>STUDENT 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>Q.2.</td>
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<td>Q.3.</td>
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<td>Q.4.</td>
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<tr>
<td>Q.5.</td>
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</tr>
</tbody>
</table>

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.
WRITING
Write about Self-injury Awareness Day for 10 minutes. Show your partner your paper. Correct each other’s work.
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 what 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.