



PROGRAMMANUS

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Welcome to Newsreel,

Could you imagine swimming to school every day? A charity in the Philippines helps children get to school safe and dry.

Liam. If we really want to tackle body confidence, we have to work with young people.

Also, in today's show: changing attitudes about body image
I'm Layla May, reporting from London.

- **Could you imagine swimming to school every day?**

Children in isolated communities in the Philippines have to swim to school because they don't have another option. A charity called The Yellow Boat Project helps these children get to school safe and dry by buying yellow school boats.

Listen to Jay Jaboneta explain why he started the charity, taken from Facebook:

Jay Jaboneta: It was one of my friends who encountered this community of seaweed farmers.... where children were basically swimming when they were going to school...it made me think we should do something about it.

Jaboneta says when one of his friends discovered a community of children who had to swim to school, he wanted to help. However, this situation is a reality not just for one community but for many communities in the Philippines.

Since they donated their first boat, the charity has built more than 4,600!

- **And now, changing attitudes about body image**

Teens worry about the way they look and compare themselves with others. Some campaigns like Be Real have been set up to help people.

imagine
föreställa sig

charity
välgörenhetsorganisation

encountered
träffade på
seaweed
sjögräs

community
grupp, samhälle

has been set up
har startats

Liam: *Let's give an avenue for people to feel more confident about their bodies.*

confident
säkra

I met with Liam Preston, the head of Be Real.

Liam: *With all of the pressures within society for people to look a certain way, for people to have certain weight or shape, the campaign is there to say it's okay to be who you are and the way you look.*

society
samhälle

Liam: *Over the last two years we've created something called our Be Real Ambassadors and that's around real people telling their real stories about their body confidence journeys*

15-year-old dancer Kianna is the youngest Be Real Ambassador. I decided to meet with Kianna before her dance class:

ambassador
som företräder något

Layla: *Why do you want to help others with body confidence?*
Kianna: *If we all help each other, then there's no judgement*

judgement
dömande

Kianna experienced body image issues when she was around 10 years old and uses her passion for dance as a way to make her feel better about herself.

issues
problem

Kianna: *I do dance, what I started to do there is not worry about what everybody else, what's considered to be perfect and normal because there isn't anything like that*

considered
anses

Kianna chooses to not worry about what everybody thinks of her. She believes social media is to blame for young people worrying about it.

is to blame for
har skuld i

Sometimes it's good to switch off from online platforms because it can sometimes make you feel worse about yourself.

switch off
stänga av

- **And finally, Freezing cold in the US**

There's been a deep freeze gripping much of the United States. Parts of the country have been colder than Antarctica!

gripping
som hållit fast

They call it the Polar Vortex and it's been so cold that people were told not even to go out. Listen to members of the public who were outside in Chicago, taken from Sky News:

wind chills
kalla vindar

Woman: *It's terrible I can't believe that I'm out here, but I am because I have to go to work.*

Man: *It's awful. I'm headed to Florida on Saturday because of it*

Officials warned people not to take deep breaths outside and to even minimise talking. With wind chills of down to -50 degrees Celsius, the surface of your skin could freeze in minutes!

That's all for today. We'll be back again on the 23rd February! Thanks for listening!