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Programmanus

av Kate Holland

Hello, I'm Kate Holland, welcome to Newsreel

- Coming up: Should girl's football get more money?
Jay: Excuse me, what about us? We're as good as you guys.
- And can binge watching TV series be good for you?
Leon: I think it's good because I quite like to binge watch shows, to get away from schoolwork and everything that's going on

More Money to Girl's Football

Over three million women and girls play Football regularly in England and its popularity is growing quickly.

But when the country went back into so-called lockdown because of Coronavirus, all the girls' football clubs were forced to close, while many boys' teams were allowed to carry on playing.

When the hashtag “Is it because I’m a girl” started trending on social media, the football authorities announced that the top girls’ clubs could reopen.

But many have stayed shut – because they have much less money than boys’ clubs.

I've been speaking to Jay who runs her own football team Star Sisters FC. She told me she thinks it's unfair that male clubs have more money

Jay: Whenever I see men's organisations getting the funds, I'm like, excuse me, what about us, we're as good as you guys. And I just feel like, they should have maybe distributed a fair amount of funds to both women and men.

regularly	<i>nedstägnings av sambälet</i>
regelbundet	<i>p.g.a. corona</i>
lockdown	<i>tillåtna</i>
allowed	<i>fortsätta</i>
carry on	<i>started trending</i>
startsätta	<i>blev populär</i>
football authorities	<i>fotbollsförbund</i>
announced	<i>meddelade</i>
runs	<i>driver</i>
driver	<i>funds</i>
funds	<i>finansiering, pengar</i>
distributed	<i>fördelat, betalat ut</i>

Now, can binge-watching TV actually be bad for you?

A lot of scientists have said that sitting still for hours in front of the TV is bad for your health as it disturbs your sleep patterns and means you don't take enough exercise

But others say binge-watching can also have some positive effects. I've been speaking online to mental health expert Lee Chambers.

Lee Chambers: *Binge watching, especially at the moment in the world that we live in, it's great for when we're feeling a little bit bored and when we're feeling a little bit anxious, because by watching a series we become familiar with the characters in the series. We start to actually connect to them on an emotional level.*

Kate: And can it also have a positive physical effect?

Lee: *It does trigger a lot of our, you know, positive hormonal responses, such as dopamine and oxytocin; and that can actually make us feel better in times of challenge. And ultimately its entertainment so it can take us on a little bit of a journey.*

Kate: And when can binge watching be bad for you?

Lee: *Probably the biggest issue around binge watching, is if it starts to impact on our sleep, which it quite often does as many people tend to binge watch in the evening. Certainly, the reduction in our sleep quality affects a lot of different areas of our lives. So, our emotions are affected by how much we sleep.*

I also spoke to 17 year-old Leon on the phone about when and why he enjoys binge-watching TV.

Leon: *I think it's good because I quite like to binge watch shows, to get away from schoolwork and everything that's going on, so I only usually binge on weekends because I often don't have time to do it in the week. But when I do, it's a nice escape from my coursework and everything.*

Leon also told me he found binge-watching educational programmes helpful when he was revising for exams

binge-watching

streckkolla

scientists

forskare

sleep patterns

sovmönster

bored

uttråkad

anxious

oroliga

become familiar with

lära känna

trigger

att utlösa

dopamine/oxytocin

ung:"glädje"/kärlekshormon"

times of challenge

utmanande tider

impact

påverka

reduction

minskning

emotions

känslor

escape

(vardags)flykt

educational programmes

utbildningsprogram

revise for exams

plugga, gå igenom material

inför prov

Leon: I definitely watched a lot of documentaries on certain things I was studying. However, I think you need to balance it with notetaking and testing yourself because it's very easy to just watch something educational and tell yourself this is all I need to do.

Well, that is all from me today. I'll be back on December the 12th for our 10 minute review of the year.

notetaking

att ta anteckningar