



Programmanus

av Kate Holland

Hi! Welcome to another episode of Newsreel Easy with me, Kate Holland.

Coming up.

- Scotland makes period products free.
- And online bullying during the Covid-19 pandemic.

Jesse: So it's not just you experiencing it but everyone else watching and hearing the comments about you.

Scotland Makes Period Products Free

Periods are a normal part of growing up.

Everyone who has a period needs to use period products. These can be tampons, pads, or reusable products. They allow us to have comfortable and safe periods.

But there are millions of people across the world who cannot afford them. This can impact your health and wellbeing. We call this period poverty.

Some young people are missing school during their period, because they feel embarrassed or ashamed.

Last year, Scotland became the first country in the world to make these products free for anyone who needs them.

This is Tina Leslie from the charity Freedom 4 Girls. Tina thinks that one of the best solutions is to provide reusable period products. One is called a menstrual cup.

Tina Leslie: So you only need to get hold of one menstrual cup and it lasts you ten years.

That means you only need to buy one every ten years.

period products

mensskydd

growing up

att växa upp

pads

bindor

reusable

återanvändbara

impact

påverka

poverty

fattigdom

to feel

embarrassed

att skämmas

solutions

lösningar

menstrual cup

menskopp

Online Bullying During the Covid-19 Pandemic

Online bullying has increased during the Covid-19 pandemic. One in three young people in the UK said they experienced bullying during lockdown. I've been investigating why this is happening.

This is Olivia. She's 18 years old and she lives in Manchester. She thinks that more bullying is happening because young people are spending more time online.

Olivia: Online bullying has definitely increased over the past year throughout the lockdown because of the amount of people that are now using social media.

Olivia hasn't been directly affected by online bullying herself. But, seeing negative and abusive comments to other people has still had a big impact on her.

Olivia: You start to question every little thing about yourself.

Seeing abuse online might make you worried about how you look, or what you say when you're active online.

Jesse is 14 and from Kendall in North England. He thinks that when bullying happens online, it can be worse.

Jesse: One time I've seen online bullying this year was when people at my school made a Tik Tok video about other people in my year, saying quite hurtful things. And I think it's a lot harder when it's something that is uploaded online for everyone to see. So it's not just you experiencing it, but everyone else watching and hearing the comments about you.

Jesse says that more people can see it when bullying happens online. So. What should be done about it?

Jesse: I'd say the best thing to do is report it, and then take a screenshot or get some sort of evidence to show to someone you trust so that they can help too.

Asking for help is one way to deal with online bullying.

Anne-Marie: Don't feel like putting makeup on my cheeks...

This is Anne-Marie singing her song about ignoring the bullies and loving yourself, Perfect to Me.

*Anne-Marie: I'm not a supermodel from a magazine, mmh-mmh
I'm okay with not being perfect
'Cause that's perfect to me*

That's all for today! I'll be back on the 13th March with more Newsreel Easy. Bye!

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