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Programmanus

av Kate Holland

KATE: Hi, and welcome to Newsreel. I'm Kate Holland.

Coming up:

The pros and cons of online learning

LUKE: *If there's problem with online, you don't get to focus.*

But first...

Mental Health Issues

A new report shows that record numbers of children and young people are seeking help for their mental health in the UK.

The report was published by the Royal College of Psychiatrists.

It says that twice as many young people as before the pandemic need support for a range of issues including anxiety, depression and eating disorders.

And children are also having to wait much longer for treatment. Sue Peacock told the BBC that her teenage daughter has been waiting for two and a half years.

SUE PEACOCK: *We don't know how long it's going to before she receives help. You know, I do wonder if as a result of those delays, you know, she might end up needing medication.*

Pros and Cons of Online Learning

Young people across the UK are now back at school – after months of learning remotely. They're getting used to updated school rules about wearing face masks, regularly testing for COVID and social distancing.

Stella Williamson, a pupil at London City School for Girls, told BBC London News about how strange she found the testing booths at the start of term.

mental health

psykisk hälsa

a range of issues

en rad olika problem

anxiety

ångest

eating disorders

ätstörningar

treatment

behandling

receives

får

delays

förseningar

pros and cons

fördelar och

nackdelar

learning remotely

lära sig/studera på

distans

social distancing

att hålla avstånd

STELLA WILLIAMSON: *It's sort of weird that Covid testing is still here after a year. I think that feels quite strange. Because I think everyone sort of thought it was going to be like maybe a two-week quarantine and then we'd be back.*

KATE: I've been finding out how young people are feeling about being back at school.

And reflecting on the last 18 months when much learning and socializing has been done at home through screens.

I spoke to 13-year-old Luke about his experience... How did you find online learning?

LUKE: *It's a lot easier to concentrate. You also get to sleep in longer which is good.*

KATE: *Was there anything you didn't like about it?*

LUKE: *It does often – quite often – go wrong. If there's problem with online, you don't get to focus.*

You can't do like interactive lessons. With drama it's a lot harder; same with music because you don't have all the instruments.

KATE: Eva, who's 13, had a slightly different experience.

EVA: *The hardest thing, I think, was probably the mental side and having to actually make myself do the work. Because when you're at school, all the adults, they tell you to do your work, but I guess it was mainly me being my own tutor when I was doing online learning, so I had to push myself to do it.*

I did feel a little bit lonely, but yes, I just texted my friends a lot and we did fun Zoom calls together, but I just was very glad when I got to see them again.

KATE: *Were there any good sides to online learning?*

EVA: *I liked the fact, definitely, that I could go at my own pace, and if I wanted to have a break for lunch or have a snack, I could just go and do that, but also I guess the fact that there wasn't much structure to my day made my sleep habits and things like that go a little bit downhill. Basically, I just went to bed late!*

KATE: *Was there anything else you liked about the experience?*

EVA: *We didn't get any homework – that was one good thing!*

KATE: *And finally, Eva, is there anything you feel this experience has taught you?*

quarantine

karantän, att inte få gå ut

reflecting

tänka tillbaka

experience

upplevelse

tutor

handledare

texted

sms:ade

pace

takt

go downhill

försämras

has taught you

har lärt dig

EVA: I think it's really made me appreciate what we're able to do at the moment, and being able to see families and travel, and it's really made me appreciate the fact that we have a lot of freedom and we can do whatever we want.

KATE: Thanks so much, Luke and Eva.

That's it for today. Thanks for listening and speak to you all soon! Goodbye!

appreciate

uppskatta

freedom

frihet