

NEWSREEL

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Programmanus

av Kate Holland

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

Coming up:

- How a new app is encouraging teenagers to 'be real' on social media

Alfie: Take the picture within the moment, it doesn't matter what you look like.

But first...

Record temperatures leads to thousands of extra deaths

This summer saw record breaking temperatures all throughout Europe - including in the UK.

A report from Channel 4 News from July 18th said:

"Tropical temperatures across a brown and blazing land, the heart of England today hotter than the Caribbean and the Western Sahara."

UK officials who work with statistics announced that an extra 2,800 elderly people died because of this year's heatwave.

Scientists warned that high temperatures could return next year because of climate change and governments need to do more to protect elderly people who might struggle with the heat.

The rise of 'being real' on social media

Now, do you worry about what you look like in the videos or photos you post on social media?

encouraging

uppmuntrar

within the moment

i stunden

record breaking

rekordbrytande

blazing

flammande/sprakande

statistics

statistik

elderly people

äldre personer

governments

regeringar

struggle

kämpar

A recent report from the Centre for Mental Health in the UK found that regularly using social media apps like Instagram and Tiktok can negatively affect self esteem, especially for teenagers.

a recent report

en ny rapport

self esteem

självkänsla

The report says this is because these apps make it easy to compare yourself to others.

compare yourself

jämföra sig själv

A new mobile phone app called 'BeReal' is getting people to post 'normal' photos of daily life to try to stop you comparing yourself with your friends.

Everyday at a different time, everyone who uses the app is told to take a photo of what they are doing, even if they are just eating breakfast, brushing their teeth or studying in their bedroom.

53 million people are now using the app. I asked Alfie, who is 25, why he likes the app.

Alfie: I believe the app makes people be more real. You know, take the picture within the moment, you know? It doesn't matter what you look like or where you are, kind of thing.

within the moment

mitt i stunden

Kate: What kind of things have you posted on BeReal recently, Alfie?

Alfie: At the moment I'm on holiday in Morocco, so most of my BeReals have either been on the road, travelling to places or of food, coffee or beaches.

Kate: Do you think social media is bad for mental health?

Alfie: I don't think it's bad for your mental health, because I feel like in this day and age, it's a way of finding work. It's a way to catch up with friends.

mental health

mental/psykisk hälsa

I also spoke to 17-year-old Julia who also uses the BeReal app.

in this day and age

i den här samtiden

Julia: I used to use it much more than I do now, just because I think it is just one of those social medias that slowly takes over your life.

catch up

komma ikapp

Kate: What are your thoughts on social media apps in general?

Julia: I think it is extremely harmful to self-image, to self-confidence. Nothing on social media will ever be reality.

harmful

skadligt

self-image

själobild

self-confidence

självförtroende

Kate: Would you like to stop using social media apps?

Julia: It's so involved in daily lives and routines that I think it's impossible to cut out.

Thank you Julia and Alfie.

And Finally....

Scooby-Doo's Velma is LGBT

Are you familiar with the American children's cartoon...Scooby-Doo?

Theme Song: Scooby-Doo, where are you?

In the long-running series, four teenage friends and a dog called Scooby-Doo uncover mysteries and solve crimes.

One of the main characters called Velma was revealed to be a lesbian in a new film for the first time.

Velma: "Jinkies"

Fans had speculated for years that she might be LGBTQ+ and many people were delighted with the news!

Thanks for listening and goodbye.

Speak to you all next time.

involved

involverad

cut out

sluta med

familiar with

bekant med

uncover

avslöjar

solves crimes

löser brott

main character

huvudkaraktär

revealed

avslöjad

delighted

förtjust