

NEWSREEL EASY

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Programmanus

av Carrie Morrison

Hi, and welcome to Newsreel Easy. I'm Carrie Morrison. Coming up:

- Why people are using social media to diagnose themselves

Ibrahim: I wasn't well-supported, and it was just, 'Hey, here's a diagnosis and we're throwing you into the deep end'.

But first...

Jakub Jankto coming out

The Czech footballer, Jakub Jankto, has come out as gay.

Jakub is the first male international football player to ever come out as gay during their playing career.

Shivani Dave, a presenter and player for the team Goal Diggers, says Jakub's announcement means a lot to the LGBTQ+ community.

Shivani: I think it's great when footballers come out. It normalises being LGBTQ+ in such a macho environment.

Neurodiverse diagnoses

Now, have you seen TikTok videos that talk about autism?

Charities that work with people with autism, ADHD, and other neurological conditions, are worried that lots of teenagers are watching these videos. And make them think they have these conditions when they don't.

diagnose

diagnostisera

well-supported

betydande stöd

weren't able to

kunde inte

during

under (tiden)

announcement

tillkännagivande

normalises

normaliserar (göra något mer normalt)

environment

miljö (omgivning)

neurodiverse

neurodiversitet (variationer i hjärnan)

conditions

tillstånd

charities

välgörenhetsorganisationer

The charity ADHD-UK says the rise in teenagers turning to social media for information is because people have to wait a long time to be diagnosed by doctors.

I spoke to Ibrahim and Lucy about how they got diagnosed and their thoughts on self-diagnosis.

Ibrahim: My name is Ibrahim. I was initially diagnosed with dyslexia. And then later on in life, I also sort of realised that I may have ADHD.

Lucy: My name is Lucy Neary and I have ADHD, which was diagnosed just a couple of years ago.

So what was the process of getting diagnosed like for you?

Lucy: I kind of self-diagnosed myself for a while. And then had a bit of "imposter syndrome" where I was like, 'No, don't be silly'. And almost felt a bit nervous to take that route. I almost didn't want somebody to say no because I sort of finally felt like I had some understanding.

Lucy says she went to see a doctor because she wanted them to confirm that she did have ADHD. But, she was nervous about going.

Ibrahim, what about you?

Ibrahim: I wasn't well-supported, and it was just, 'Hey, here's a diagnosis and we're throwing you into the deep end'.

Ibrahim says even after being diagnosed he didn't get much support.

And what do you think about people diagnosing themselves after watching Tik Tok videos?

Ibrahim: I'm all for people going on their journey of discovery and better understanding themselves. And I think that is beautiful and amazing. And I think the earlier you do it, the better.

turning to
vänder sig till

initially
initialt (inledningsvis)
realised
insåg

getting diagnosed
få en diagnos
imposter syndrome
bluffsyndrom (att man känner sig som en bluffare)

route
väg
confirm
bekräfta

well-supported
bra stöd
(thrown) into the deep end
(kastats) in i djupet

journey
resa
discovery
upptäckande

Ibrahim says it can be a good thing for people to do their own research because it helps them learn more about themselves.

research
forskning

Hogwarts Legacy

A new Harry Potter video game has been released. It's called Hogwarts Legacy.

legacy
arv

But a lot of people are refusing to play the game because of the harmful things the author J K Rowling has said about transgender people.

refusing
vägrar

The Twitch streamer Boba asked gamers not to buy the game. Instead, she called on them to give money to support transgender people. So far Boba has raised over £10,000.

harmful
skadliga

That's all for this week.

transgender
transpersoner

Speak to you again soon.

called on them
uppmanade dem

Goodbye!

support
stödja

raised
samlat in