

# NEWSREEL

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### Programmanus

av Carrie Morrison

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

- Young people's mental health in crisis

*Covid changed the generation of kids. Like, some of the social skills aren't as good as what it used to be.*

But first...

#### Dangerous School Buildings

Thousands of children in the UK are being taught in temporary classrooms – because the buildings they normally use are unsafe.

The government has discovered that buildings at over 200 schools were made using a kind of cement which is dangerous. This meant that the buildings were in danger of falling down.

A lot of schools were forced to close for a bit when the issue was first made public last year. And though they have now reopened a lot of classrooms still can't be used.

Experts estimate that it will cost the government over 150 million pounds to fix the problem.

#### Young people's mental health

Now, how has your mental health been recently?

According to a report here in the UK, the number of children wanting emergency mental health care has gone up by more than 50 per cent since lockdown.

Government guidelines say that anyone asking for emergency mental health treatment should be seen within 24 hours. But the study by the Royal College of Psychiatrists revealed that some young people are having to wait two months to be seen by a doctor.

**Carrie:** So I'm here in central London. It is a little bit windy here. And I'm here to ask young people about how they feel about this crisis.

I first spoke with Daniel.

**Carrie:** How was your mental health during lockdown?

**Daniel:** *I think at the start, it was fine. And then it kind of began to suffer after the six-month period when you're kind of locked in. I think, that's definitely tough for a lot of people.*

I also spoke with Roxie.

**Roxie:** *I must admit, actually, I was really lucky. I think, my mental health actually benefited from it, I think, which is quite rare. I found, like, going to work, the commute, and being in the office quite stressful. And I took that chance of kind of slowing down. It was what I needed, because I was constantly busy.*

**temporary**  
*tillfällig*  
**normally**  
*vanligtvis*

**to discover**  
*att upptäcka*

**to be forced to**  
*att tvingas*  
**to make public**  
*att offentliggöra*  
**to estimate**  
*att uppskatta*

**recently**  
*på sistone, nyligen*

**emergency mental healthcare**  
*akut vård för psykiska besvär*

**mental health treatment**  
*behandling för psykiska besvär*  
**to reveal**  
*att avslöja*

**to suffer**  
*att lida*

**to benefit from something**  
*att dra nytta av någonting*  
**rare**  
*sällsynt*

**Carrie:** Do you know any, like, young people, family members or friends that struggled during that time?

**to struggle**  
att kämpa

**Roxie:** *I do actually. A few of my friends had been on antidepressants for that time, they still are now. I think we all tried to stay in contact with each other and help each other out as much as we could. And we used to have kind of like zoom parties and things like that online. Which I think, kind of really helped my friends and family, to keep the morale up and keep everyone in quite a good mental health state.*

**antidepressants**  
antidepressiva läkemedel

**Daniel:** *Not so much in my family, but I mean, I've heard of friends' stories like, no, like... Especially locking down with your parents as well can be quite tough as well, because they're on your back all the time.*

**Carrie:** So since lockdown, there's been a 50% increase in children seeking emergency mental health care. Was it lockdown or anything else that could have contributed to this issue?

**to contribute**  
att bidra

**Daniel:** *Covid changed the generation of kids. Like they've been brought up slightly different, that's kind of all they knew. 'Cause I teach a lot of labs and you can see some of the social skills aren't as good as what used to be. I think as well, like, the stigmatism around mental health is definitely... it's becoming less of a taboo thing.*

**Roxie:** *I can see how it could affect children being in... maybe unsure what was going on, 'cause they hadn't got that understanding. Being stuck in, not seeing their friends, not having a routine. I can definitely see how that could affect them, 'cause it's completely different to what I kind of went through.*

**Carrie:** You had some great tips on how you did it during lockdown on having a good mental health. What do you think about supporting those young people now who are feeling those affects?

**Roxie:** *I think getting families to get together, just keep an eye on everyone's mental health.*

**Daniel:** *I think just educating more kids, like probably a younger age to open up and speak about it, I think would probably help with their mental health's.*

Thank you to Daniel and Roxie.

## The MOBO Awards 2024

*[Sprinter by Central Cee and Dave]*

That was Sprinter by rappers Central Cee and Dave. They won the MOBO award for Song of the Year.

MOBO stands for Music of Black Origin and celebrates black artists in the UK.

Raye was named Best Female Act, and Stormzy won Video of the Year for his song Mel Made Me Do It.

The UK girl group Sugababes were given the Impact Award. They reunited earlier this year after splitting up almost 20 years ago.

**to reunite**  
att återförena  
**to split up**  
att splittra

That's all for this week. I'll be back on the 9th March. Goodbye!