# NEWSREEL EASY
# 2024-02-24
## Programmanus
*av Carrie Morrison*

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

- Young people's mental health at risk

*I would feel, like, quite productive and quite on top of it and then other times where I literally felt like I couldn't get out of my bed.*

But first…

### Dangerous School Buildings

Hundreds of school buildings in the UK are in danger of falling down. This is because they were built using a kind of cement which experts say is unsafe.

And thousands of children are still being taught some lessons in temporary classrooms.

It's estimated that it will cost the government over 150 million pounds to fix the affected buildings.

### Young people's mental health

Now, children's mental health is a big issue across the world.

And a recent report here in the UK found that the number of children looking for emergency mental health care has gone up by 50 per cent since lockdown.

People asking for emergency treatment should be seen within 24 hours. But the report from the Royal College of Psychiatrists found that some young people are having to wait two months to be seen by a doctor.

I've been asking young people in the UK what they think.

I first spoke with Vivian.

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

**Vivian:** *I think I can call myself very lucky in that sense. Yeah, I can call myself lucky.*

Vivian says that she is lucky because her mental health wasn't affected by lockdown. I also asked Lala about her mental health.

**Lala:** *It was a little bit shambolic. There were times where I would feel, like, quite productive and quite on top of it and then other times where I literally felt like I couldn't get out of my bed.*

Lala says that her mental health was fine on some days, but on other days she really struggled.

**Carrie:** What was it about the conditions of lockdown that made, like mental health worse?

---

**dangerous**
*farlig*
**building**
*byggnad*
**unsafe**
*osäker*

**temporary**
*tillfällig*
**to estimate**
*att uppskatta*
**affected**
*påverkade*

**mental health**
*psykisk hälsa*
**issue**
*problem*

**emergency mental healthcare**
*akut vård för psykisk ohälsa*
**emergency treatment**
*akut behandling*

**to be lucky**
*att ha tur*

**shambolic**
*kaotisk, kaosartad*
**to be on top of it**
*att ha läget under kontroll*

**to struggle**
*att kämpa*

**conditions**
här: *situation*

**Vivian:** *Yeah. It's just the isolation, really. And, I think in isolation, any existing, condition or situation with immediate family, etc., it just… yeah, just harder, yeah.*

Vivian thinks everything became more intense when spending lots of time at home.

**Lala:** *Because everything was going digital as well, and so it was that idea of like being glued to a screen rather than an actual person, which made it quite difficult.*

Lala thinks that people wanted to connect with family and friends in person - rather than just online.

**Carrie:** What can people do to help young people like through if they are having mental health struggles?

**Lala:** *I think making spaces and environments and events that you can have, that aren't digital, that are actually in-person was one thing that I really liked a lot.*

Lala said having places to go and chat in-person, rather than online, really helped her with her mental health.

**Vivian:** *Just to have someone to turn to, someone you can trust and the sort of… friend slash mentor someone can reach out to.*

Vivian thinks that having that one friend or mentor to reach out to when someone's mental health is low, would really help.

Thanks to Vivian and Lala.

**Taylor Swift's impact on the Super Bowl**

*[Karma by Taylor Swift]*

Did you watch the Super Bowl this year?

Taylor Swift was in the crowd watching her boyfriend Travis Kelce, who plays for the Kansas City Chiefs.

This year's Super Bowl was watched by a record television audience of 124 million people. That's the biggest audience ever for a TV programme. And many people say that's because of Taylor Swift.

That's all for this week.

I'll be back on the 9th of March.

Goodbye!

---

**immediate family**
*nära familj*

**intense**
*intensiv*
**to be glued to a screen**
*att limmas fast vid en skärm*

**in the crowd**
*i publiken*