

## The male menopause: genuine condition or moneymaking myth?

### Level 1: Elementary – Teacher’s notes

**Article summary:** The article debunks male menopause as a clinical condition

**Time:** 60 minutes

**Skills:** Reading, Speaking, Writing

**Language focus:** Modal verbs (*can, can't, may, might, could*)

**Materials needed:** One copy of the worksheet per student

#### 1. Warmer

- a. The purpose of this activity is to get students to think about health issues and concerns, to consider how we might change how we care for ourselves as we age, and to think of a health tip to share.

#### 2. Key words

- a. Ask students to do the exercise individually and compare their answers in pairs or small groups. You may wish to note that the opposite of *psychological* is *physical*.

**Key:**

- |                     |                        |
|---------------------|------------------------|
| 1. <i>menopause</i> | 6. <i>testosterone</i> |
| 2. <i>suggest</i>   | 7. <i>level</i>        |
| 3. <i>medical</i>   | 8. <i>estrogen</i>     |
| 4. <i>symptom</i>   | 9. <i>factor</i>       |
| 5. <i>muscle</i>    | 10. <i>benefit</i>     |

- b. Before reading the article carefully, students use some of the key words to fill the gaps in the sentences to ensure that they understand and know how the words are used in other contexts.

**Key:**

- |                        |                     |
|------------------------|---------------------|
| 1. <i>symptoms</i>     | 5. <i>levels</i>    |
| 2. <i>testosterone</i> | 6. <i>estrogen</i>  |
| 3. <i>factors</i>      | 7. <i>menopause</i> |
| 4. <i>suggest</i>      | 8. <i>medical</i>   |

#### 3. Comprehension check

- a. Students answer the questions based on the information in the article. They may do this in different ways, e.g., in item 1, they may say, ‘*The recent reports were about male menopause sick pay*’ or similar.

**Key (suggested answers):**

1. *sick leave for male menopause*
2. *Male menopause is not a medical condition, and the NHS does not give sick leave for it.*
3. *It describes symptoms in some men in their late 40s to early 50s.*
4. *It’s unhelpful.*
5. *Menopause happens when a woman’s eggs are nearly gone, usually when a woman is around 50 years old.*
6. *100%*
7. *2.1%*
8. *because of another health problem*
9. *lifestyle change, weight loss, and improved general health*
10. *Money. Companies are trying to sell products to men.*

#### 4. Key language

- a. Students could be asked to do this exercise individually and then compare their answers in pairs. Remind students that ‘possibility’ means something can happen, but ‘probability’ expresses how likely it is that a thing will or won’t happen. The sentences are all used in the article. As an extension activity, you could ask students to go back to the text and find where they appear.

**Key:**

1. *could*
2. *can’t*
3. *can*
4. *might*
5. *may; could*

- b. Allow the class to try out the modals on their own. Monitor and assist students as you walk around the class. Allow time for feedback so students can share some of the sentences they have written.

## The male menopause: genuine condition or moneymaking myth?

### Level 1: Elementary – Teacher's notes

#### 5. Discussion

- a. Students discuss the statements related to the article and give their reasons and justifications for each answer, referring to their own experiences wherever possible.

#### 6. In your own words

- a. Ask students to research menopause in women.
- b. Students could then present their reports to the class. Encourage students to share the information they've gathered and their opinions about the issue. Encourage students to use some of the given phrases in their presentations when stating facts and their opinions.