

EXAMEN DE FIN D'ÉTUDES SECONDAIRES – Sessions 2024**QUESTIONNAIRE**

Date :	24.02.2024	Horaire :	8.30-11.30	Durée :	3 heures	
Discipline :	Anglais	Type :	Ecrit	Section(s) :	GEA	
					Numéro du candidat :	

PART A READING COMPREHENSION**Healthy relationships make the biggest difference**

By Sharon Gray, Youth Justice Board Member, Education Consultant at Wholehearted Learning and former Head Teacher of special and mainstream schools.

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For much of my career in education, I have worked in special schools with children experiencing severe social, emotional and mental health difficulties. I've seen first-hand how being in a physically and psychologically safe environment supported them to grow and achieve positive outcomes in life.

A. ____ In a youth justice context, we need this understanding to support children to meet their needs, manage their behaviour and ultimately to reduce crime, leading to fewer victims and safer communities.

So, why is it that children with ACEs are more likely to struggle when it comes to regulating their behaviour? I can best explain this through neuroscience. Neuroscience is the study of how the brain and nervous system develops and its impact on behaviour and cognitive functions.

We know that exposure to ACEs and trauma in early life can affect the structure and function of a child's developing brain and nervous system. In fact, scans show that the part of the brain called the amygdala is more active in children who have experienced these stresses, leading to an exaggerated fear response. **B.** ____

The fight-flight-freeze response is a type of stress response that helps the body to react to real or perceived threats, like an oncoming car or a growling dog. 'Freezing' is fight-or-

flight on hold. It's also called reactive immobility or attentive immobility. It involves similar physiological changes, but instead, the child may stay completely still and get ready for the next move. For example, they might: daydream, hide under a table, refuse to come into a space or classroom, or refuse to move. When a child can't fight or run from perceived danger, this may incite a panic response, making them numb or immobile in the face of the stressor. For a child, trauma can be one of the most common causes of panic and fear.

Once in this state, children will find it harder to think. They are surviving the best way they can. Essentially their brain becomes like a trigger-happy alarm system, wired to fire at any sensory stimulus that reminds them of an earlier threatening situation. This could be a tone of voice, a sudden movement or even a smell that triggers unconscious memories. Children who have experienced trauma, like those in contact with the youth justice system, need extra support to develop ways to regulate their emotions and feelings, to stop, think and then choose an appropriate response.

For children to recover from trauma and thrive it is crucial that they form healthy relationships in a trusted and safe place. **C. ____** Basically, they learn to regulate their emotions and manage their responses, which the brain can't do when in a state of stress.

Building a trusting relationship may not be easy and will require time and perseverance. It is also likely to require self-reflection on the part of the practitioner and understanding as to why a child might respond in a particular way. Trust will include setting and maintaining appropriate boundaries, not promising confidentiality if the child confides concerning information, responding to their concerns and taking them seriously.

In a recent speech to the Association of Youth Justice Service Managers, I said that exclusion is perhaps the youth justice system's biggest problem. Alongside suspensions and persistent absenteeism, it leads to poorer outcomes with excluded children having reduced exposure to positive relationships and having an increased risk of exploitation. **D. ____** A report by Just for Kids Law, revealed that children outside of mainstream education are more vulnerable to exploitation and, conversely, those who have experienced exploitation are more vulnerable to school exclusion.

These are also issues for older children attending college. Anecdotal reports from the sector indicate that in some instances children are being barred and removed from college courses due to involvement with the youth justice service (YJS). Post-secondary establishments are independent and often obtain information for safeguarding purposes, which is acceptable, but should be used for the support not the detriment of the individual.

One thing we must always do is listen to the voice of the child. The importance of safe, trusted places comes across loud and clear, which, as outlined above, is vital for children to move forward from trauma. We also see the importance they place on positive relational interactions with suggestions of ways this can be enhanced. For example, more services could host support sessions run by young adults with experience, more professionals receiving cultural and behavioural training and for services to look at alternative ways to reach and engage with families.

As with many of the pertinent issues in youth justice, partnership working is essential if we are to achieve progress. E. ____ This may involve sharing information or using the evidence to challenge decisions.

We must also work closely with the voluntary and community sector and youth services, who play such an important role in providing the spaces and people for children to grow.

We may not have all of the answers, but by working in a connected way, we can be part of the solution. Let's venture through this together and support children to be the best they can be.

TASK 1 (___/6)

Choose which sentences (1-6) best fit into the gaps (A-E) in the text. There is one sentence which you do not need to use.

1. This is because when children feel safe and supported, they develop those all-important neural connections in the brain.
2. Medical treatments for adverse childhood experiences vary based on the cause.
3. I believe that to understand a child's behaviour we must appreciate how adverse childhood experiences (ACEs) affect brain development.
4. We must continue to build strong relationships with local schools and colleges.
5. The rates are highest among Black and Mixed ethnicities as well as Gypsy, Roma and Traveller children and this is a huge concern for us.
6. This means that if they find themselves in an uncomfortable situation or place, their survival response is more likely to be triggered, propelling them into fight, flight or freeze.

Write your answers here:

Gap in text:	A	B	C	D	E	sentence that does not fit
Sentence:						

TASK 2 (___/5)

Decide if the statements are True (T), False (F) or Not Given (NG) in the text. For each statement, circle T, F or NG. Correct the statements that are false by copying the relevant passage from the text.

1. Children's past experiences are determining in understanding their future behaviors. T – F – NG

2. Sharon Gray believes that the youth justice system has made a lot of progress to better protect children from traumatic experiences. T – F – NG

3. When exposed to a triggering event, children who have experienced traumas are more likely to remain quiet. T – F – NG

4. The author believes that isolating young offenders is the right approach to help them recover from their traumatic past. T – F – NG

5. According to Sharon Gray, post-secondary establishments should not have the right to use the applicants' criminal records to determine whether they are allowed to enroll in their courses. T – F – NG

TASK 3 (___/4)**Multiple choice questions (only one answer is correct).**

1. According to Sharon Gray, youths need to build positive relationships to overcome their traumas. Which sentences support best this idea? Circle the correct letter.

- a. As with many of the pertinent issues in youth justice, partnership working is essential if we are to achieve progress. We must continue to build strong relationships with local schools and colleges. This may involve sharing information or using the evidence to challenge decisions.
- b. Building a trusting relationship may not be easy and will require time and perseverance. It is also likely to require self-reflection on the part of the practitioner and understanding as to why a child might respond in a particular way.
- c. Once in this state, children will find it harder to think. They are surviving the best way they can. Essentially their brain becomes like a trigger-happy alarm system, wired to fire at any sensory stimulus that reminds them of an earlier threatening situation.
- d. One thing we must always do is listen to the voice of the child. The importance of safe, trusted places comes across loud and clear, which, as outlined above, is vital for children to move forward from trauma.

2. What issue does the author identify as the biggest problem in the youth justice system?

- a. The youth justice system lacks necessary funding for better youth programs.
- b. Youth detention centers are overcrowded.
- c. Young offenders are excluded from mainstream education.
- d. There is inadequate support for children with mental health issues.

TASK 4 (___/5)

Identify the expressions or words which correspond to the following definitions. Words can also be part of the sentences in TASK 1.

1. forcing somebody to move in a particular direction or to get into a particular situation
(present participle; ll. 1 – 25): _____
2. encourage somebody to do something violent, illegal or unpleasant (verb, ll. 1 – 25):

3. a person who works in a profession, especially medicine or law: (noun; ll. 25 – 50):

4. connected with a nerve or the nervous system (adjective; ll. 25 – 50):

5. possibly not true or accurate because it is based on personal accounts rather than facts
or research (adjective; ll. 25 – 50): _____

Part B Essay

Choose **one** of the following topics:

A

“Regardless of their negative past, children and young adults should be included in mainstream education.” Do you agree with this statement?

Write a well-developed **opinion essay** of at least 250 words. Please indicate the word count at the end.

OR

B

What are the advantages and disadvantages of youth detention centers?

Write a well-developed **pro/con essay** of at least 250 words. Please indicate the word count at the end.

Part C The Absolutely True Diary of a Part-Time Indian

Choose **one** of the following topics and write a well-developed **literary essay** of at least 250 words. Please indicate the word count at the end.

A

“Ok, guys, Coach said. “We know what these guys can do. They’re averaging eighty points a game. They want to run and run and run. (...) And I have to be honest (...) we can’t beat them with our talents. We just aren’t good enough. But I think we have bigger hearts. And I think I have a secret weapon. (...) We have Arnold Spirit, Coach said.”

“Me?” I asked.

“Yes, you.” Coach said. (...) “You can do it.”

Do you understand how amazing it is to hear that from an adult? Do you know how amazing it is to hear that from anybody? It's one of the simplest sentences in the world, just four words, but they're the four hugest words in the world when they're put together.

Discuss Junior’s development throughout the book and how his experiences and interactions in Reardan have contributed to his new identity. Give concrete examples from the book to illustrate your ideas.

OR**B**

To what extent can *The Absolutely True Diary of a Part-Time Indian* be considered a book about self-growth?