Transcrições dos *podcasts* (material digital interativo)

PODCAST 1

TRANSCRIÇÃO

Cyberbulling

[Música de transição]

[Locutora] Hello, everyone, and welcome to today's podcast, where we explore pressing issues in the **digital world**. I'm your host, and today, we're diving into a topic that's become increasingly relevant in our digital world: **cyberbullying**. A study by the NGO Bullying Sin Fronteras between January 2022 and May 2023 showed **Brazil** ranked **fourth worldwide** in cyberbullying cases. This statistic is **alarming** and highlights the **urgent need** to address this issue. Cyberbullying can affect **anyone**, regardless of **age**, **gender**, **or background**, making it a **universal problem**. So, it's worth taking a closer look to really understand **what** cyberbullying is, **why** it happens, **how** it affects people, and what we **can** do about it.

So, let's get started!

[Música de transição]

[Locutora] First of all, **what** exactly is **cyberbullying**? In simple terms, cyberbullying involves using digital platforms – like **social media**, **emails**, or **text messages** – to harass, intimidate, or hurt someone. Unlike traditional bullying, which is limited to physical spaces, like schools or workplaces, **cyberbullying** can follow its victims **anywhere**, **anytime**, making it particularly invasive and persistent. And **why** does cyberbullying occur? There are **many reasons**. Some people might feel insecure and bully others to make themselves feel better. Others might want to feel powerful and in control. The **anonymity** of the internet can make people feel like they can say or do anything without consequences. When people feel like they are anonymous, they might do things they wouldn't normally do in person. This can lead to behaviors like **spreading lies**, **sending scary messages**, **or sharing private photos without permission**. Now, **how** does cyberbullying impact individuals? Victims often experience **anxiety**, **depression**, and a deep sense of **isolation**. The continuous nature of online harassment can make these effects more intense compared to traditional bullying, as there is no clear escape from the abuse. And **what** can we do to **stop** cyberbullying? There are several important steps. First, we need to **talk about cyberbullying** and let people know it's a **serious problem**. Creating a culture of **empathy online** is also important. This means encouraging people to be **kind and understanding** towards others. Supporting people who are bullied is crucial. Let them know **they are not alone** and that **it's not their fault**. Encouraging people to behave **responsibly online** is another key step. Remind them to **think** before they **post or send messages**. Digital tools can also help. Many platforms have options to report bullies. Using these tools can help stop the harassment. The American Psychological Association suggests some good practices for dealing with cyberbullying. They say "it's a good practice to take **screenshots** of the cyberbullying incidents as a record, but **not to respond to bullies' messages**. Consider **blocking** cyberbullies to prevent future harassment." I guess that right now you must be wondering if big tech **companies** should be **responsible** for promoting positive digital spaces, right? So, according to the American Psychological Association, "in an ideal world, tech companies would prioritize creating safer online environments for young people. Some companies are working toward it already, including partnering with psychologists to better understand how their products affect kids, and how to keep them safe. But **going the extra mile isn't always profitable** for technology companies. For now, it's up to **individuals**, **families**, **and communities** to protect kids' and teens' best interest online." This means that while we wait for tech companies to make these changes, we need to be **proactive**. Parents should talk to their children about **safe online behavior**. Schools can teach students about **digital citizenship**. Communities can support each other by sharing resources and strategies to deal with cyberbullying. **It's a team effort**, and everyone has a role to play in creating a safer digital world for our young people. **Together, we can make a difference**.

[Música de transição]

[Locutora] If you are being bullied online, or if you know someone who is, it's very important to **get help**. Talking to someone you trust can make a **big difference**. This could be a friend, a family member, or a professional like a teacher or counselor. **Don't keep it to yourself**. Sharing your experience can help you feel better and find solutions to stop the bullying. **Thank you** for listening to our podcast. Let's remember the importance of being **kind and supportive** to one another, both **online and offline**. Cyberbullying is a serious issue, but together, we can work towards a safer and more compassionate digital world.

[Música de transição]
[Locutora] Créditos: Todos os áudios inseridos neste conteúdo são da Freesound.

TRANSCRIÇÃO

The Fight for Gender Equality in Science

[Música de transição]

[Locutora] Hello, everyone, and welcome to today's podcast! I'm your host, and in today's episode, we'll talk about **Professor Nancy Hopkins**, a famous **molecular biologist** known for her **important** discoveries in **cancer genetics**. Her story about gender **discrimination in science** got **a lot of attention** and led to **big changes** in Massachusetts Institute of Technology (MIT), a prestigious university located in Massachusetts, USA. So, **let's dive in** and learn more about her story.

[Música de transição]

[Locutora] Nancy Hopkins was born in 1943 and grew up in New York City. She was always **passionate about science** and pursued her undergraduate studies at Radcliffe College. She went on to earn her Ph.D. in **molecular biology** at Harvard in 1971. Her early work focused on RNA tumor viruses, which contributed **significantly** to the understanding of cancer biology. In an interview with Scientific American, she said: "I liked science **all the way through from school**, but, uh, I had then gone to college in an era when women were expected to get a very good education, meet their husband when they were in college, marry soon after, have children, and work, perhaps, but not have such a concentrated, careers as a man would in that generation." Nancy Hopkins started working at MIT in the **1970s**. Back then, the scientific community was dominated by **men**. Even though Dr. Hopkins was talented and dedicated, she quickly noticed that her **male colleagues** got more **lab space**, **better funding**, and more **recognition** for their work. In the **1990s**, Dr. Hopkins decided to **take action**. In the same interview, she stated: "It took me **15 years** to be certain that all other women were discriminated against, and **I still couldn't conclude it for myself**. It took **another five**, so it took **20 years**. And I gotta say that the moment I realized it was the worst moment of the whole thing. You realize you'd been fooling yourself in a way nobody had ever seen you as a full participant in this system that you loved and had given **your life to**, in a way, and felt, it was your life, that people saw you somehow differently." So, Dr. Hopkins measured lab spaces and found that **male professors** had more space and resources, which directly impacted the **productivity and progress of female scientists**. She and other female faculty members showed this data to MIT leaders. At first, people doubted them, but **the evidence was clear**. Then, MIT formed a committee to investigate. In **1999**, the committee's report **confirmed the discrimination**. As a result, MIT publicly acknowledged the discrimination and implemented reforms to **promote gender equality**. Nancy's work not only improved conditions at MIT but also **inspired** other institutions to review and change their own practices. Her efforts led to widespread awareness of **gender discrimination in academia** and spurred changes at universities across the United States **and beyond**. The impact of her work was felt not only in the allocation of resources but also in the broader culture of academia, where the contributions of female scientists began to receive **greater recognition and support**.

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[Locutora] Nancy Hopkins' story is a **testament** to the power of **perseverance** and the importance of **advocating for equality**. Her efforts have paved the way for **future generations of female scientists**, ensuring they have the **support and resources needed** to succeed in their fields. Today, Dr. Nancy Hopkins is celebrated not only for her scientific achievements but also for her courage in standing up against systemic discrimination. Her story is a reminder that **change often requires determination**, **data**, and the **willingness to speak out**, even in the face of skepticism and resistance. As more institutions continue to address gender disparities, the groundwork laid by Dr. Hopkins and her colleagues serves as a **guiding example**.

[Música de transição]

[Locutora] Thank you for joining us today as we explored the inspiring journey of **Nancy Hopkins**. Her story reminds us of the importance of **standing up against discrimination** and building a more just future.

[Música de transição]
[Locutora] Créditos: Todos os áudios inseridos neste conteúdo são da Freesound.

TRANSCRIÇÃO

Be Kind

[Música de transição]

[Locutora] Hello, everyone, and welcome to our podcast. I'm your host, and today we're going to talk about kindness. Did you know that being kind not only makes others feel good but it also has **benefits** for your **own health**? Yes, it's true! According to the Psychology Today Magazine, research shows that even **small acts of kindness** can have **big effects** on our well-being. So, first of all, what does it mean to be **kind**? In a study published in 2019 by the scholars Binfet and Passmore, kindness can be defined as a genuine and sincere way of giving **your time** and **intention** to help others through compassion, generosity, and care.

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[Locutora] Now, let's talk about how kindness affects **the brain**. When you do something kind for someone, your brain releases chemicals like **dopamine** and **serotonin**. These are also called "feel-good" chemicals because they boost your mood and make you feel happier. This is often called the "helper's high." It's like the feeling you get after exercising – only, instead of running or working out, you get it by helping others. Pretty cool, right? Another important chemical that gets released when you're kind is **oxytocin**, sometimes called the "**love hormone**". Oxytocin is special because it helps you feel more connected to people and reduces stress. According to Dr. Bhawani Ballamudi, SSM Health child psychiatrist, research shows that when you do kind things, like giving someone a compliment or helping a friend, your levels of oxytocin go up. This makes you feel **calmer** and **more relaxed**, which is great for your heart. In fact, this research also shows that kindness can **lower your blood pressure**! Isn't it amazing that just by being kind, you can improve your heart health? Now, let's talk about the **mental health benefits of kindness**. According to the Mental Health Foundation, evidence shows that people who practice kindness regularly are more likely to feel happier and less stressed. The acts of kindness don't have to be big. It could be something as simple as holding the door open for someone or helping a friend with homework. The important thing is that you're thinking about others and being kind. Kindness can also help reduce symptoms of anxiety and depression. When you're kind, you focus less on your own problems and more on how you can help others. This can give you a new perspective and help you feel more positive about life. A study published by the Ohio State University even recommends acts of kindness as part of therapy for people struggling with depression.

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[Locutora] Besides improving your mental health, kindness can also strengthen your **social connections**. When you're kind to others, people are more likely to be kind to you in return. This creates stronger bonds between you and the people around you. Having good social relationships is important for your overall health. Lisa Berkman, director of the Harvard Center for Population and Development Studies and Thomas D. Cabot, Professor of Public Policy and of Epidemiology at Harvard T.H. Chan School of Public Health, cited studies that have suggested that people with strong social **networks live longer and are less likely to develop certain diseases**. So, by being kind, you're not just helping others – you're also building stronger friendships and improving your own health. In summary, the health benefits of kindness are backed by science. Kindness can **boost your mood**, **reduce stress**, **lower blood pressure**, and even **improve your social connections**. And the best part? **Kindness is free**! So, next time you have the chance, do something kind for someone. It could be as simple as smiling at a stranger or helping a friend. Your body and mind will thank you for it!

[Música de transição]

[Locutora] Thank you for joining me on today's episode. I hope you learned something new about the **power of kindness**. Remember, being kind isn't just good for others – it's good for you too. See you next time!

[Música de transição]

[Locutora] Créditos: Todos os áudios inseridos neste conteúdo são da Freesound.