

THREE WISE KANGAROOS

ENGLISH THROUGH DISCUSSION



10 lessons
10 current trends
hours of discussions

focused on
developing
practical skills

suitable for B1-C1
learners

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Introduction

English Through Discussion is a practical and engaging resource designed to help learners build language and communication skills. Through carefully selected readings, thought-provoking discussions, interactive speaking activities learners develop the confidence to communicate effectively while expanding their range of vocabulary in context.

The e-book is organised into ten theme-based units, each centred on a contemporary topic. Every unit includes a concise reading text, comprehension questions, discussion tasks, vocabulary extension, additional speaking practice, a roleplay activity and a writing task. Together, these components provide a balanced approach to language learning, integrating reading, speaking, writing and vocabulary development in a meaningful and communicative way.

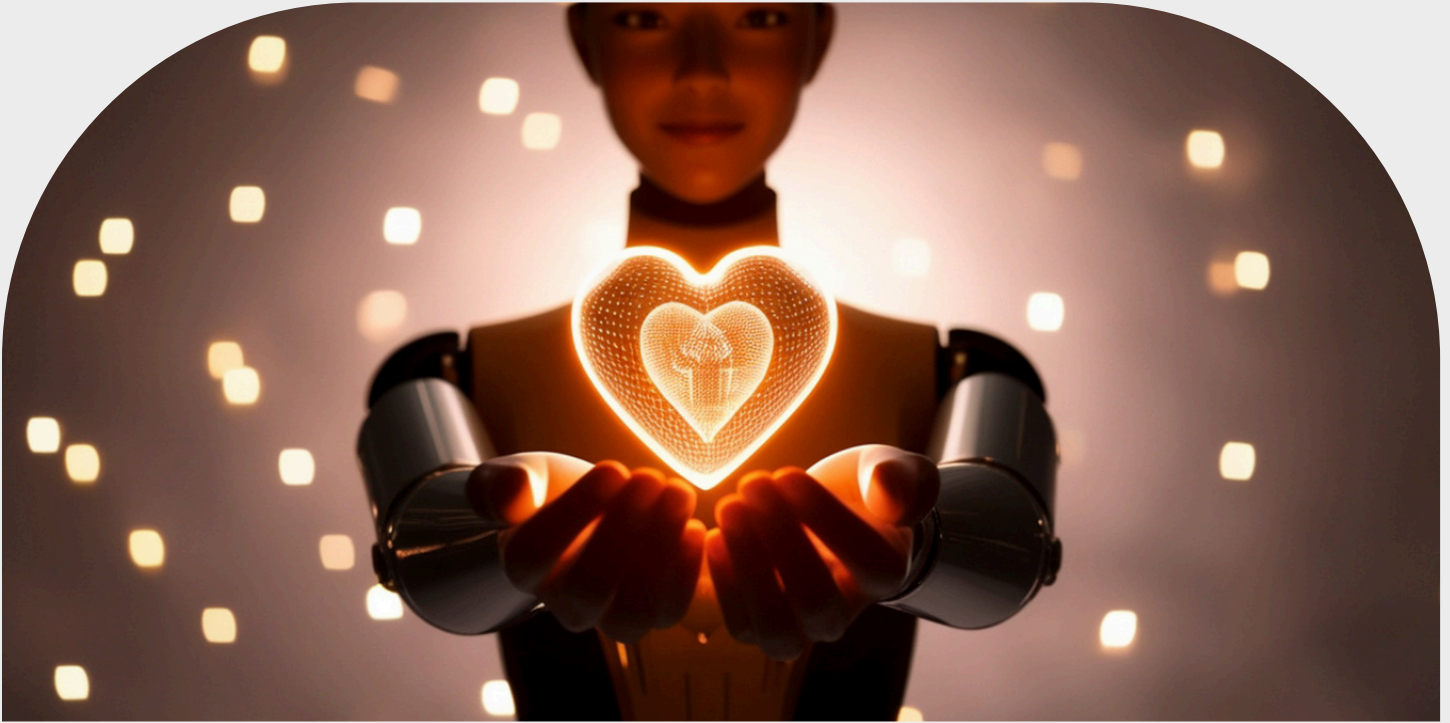
The topics have been chosen to reflect current trends and challenges in the modern world, encouraging learners to explore issues from multiple perspectives. The discussion activities promote critical thinking, problem-solving, and the ability to express and justify opinions—essential skills for effective communication. The roleplays offer learners the opportunity to put newly acquired language into practice by simulating realistic workplace scenarios, helping to bridge the gap between classroom learning and real-world communication. The various writing tasks included in each unit give learners the opportunity to reflect on the topics discussed, practise and consolidate the target vocabulary, reinforce the material covered, and develop their ability to express their ideas clearly.

Vocabulary is introduced in context and reinforced through clear definitions, practical examples, and communicative tasks, enabling learners to understand not only the meaning of new expressions but also how to use them naturally and accurately.

Designed for learners at B1, B2, and C1 levels, ***English Through Discussion*** is a flexible resource for both classroom teaching and self-study. Whether used as a complete course or as a source of supplementary materials, it provides engaging, up-to-date content that encourages meaningful communication while equipping learners with the language and confidence to navigate today's world.

1. *AI FRIENDS AND COMPANIONS*

Exploring the growing relationship between humans and artificial intelligence



Artificial intelligence chatbots are becoming increasingly popular as companions, sources of emotional support, and even romantic partners. More than 100 million people worldwide use AI companion apps such as Replika and Nomi, which are designed to have natural, personalised conversations. Many users describe their chatbots as trusted friends, mentors, or even "virtual spouses," saying these interactions help them cope with loneliness, improve their mental well-being, and better understand their real-life relationships.

AI companions can be especially valuable for people who find social interactions challenging, including some neurodiverse individuals. Users report that regular conversations with chatbots have helped improve their communication skills, increase their confidence, and provide a safe, non-judgmental space to discuss personal problems. Others use AI for emotional encouragement, creative conversations, or everyday advice, appreciating that it is available whenever they need someone to talk to.

Despite these benefits, researchers and policymakers have raised concerns about the growing emotional attachment some people develop toward AI companions. Experts point out that these relationships are one-sided because AI cannot genuinely understand or reciprocate human emotions. While AI chatbots can offer comfort, companionship, and temporary emotional support, most experts agree that they should complement rather than replace meaningful human relationships, and they emphasise the need for safeguards to prevent unhealthy emotional dependence.

Reading Comprehension Questions

1. Why are AI chatbots becoming increasingly popular with people around the world?
2. According to the text, how can AI companions be especially helpful for some neurodiverse individuals?
3. What are three reasons users say they enjoy talking to AI chatbots?
4. Why do experts describe relationships with AI chatbots as "one-sided"?
5. What does the author mean by saying AI companions should "complement rather than replace meaningful human relationships"? Explain your answer using information from the text.



Studies have found that people can sometimes feel guilty about ending a conversation with an AI chatbot, even though they know it's just a computer program. This shows how easily humans can form emotional connections through conversation.

Over to you:

- Why do you think some people find it easier to talk to an AI chatbot than to another person?
- Do you think AI companions can ever replace human friendships or relationships? Why or why not?
- What are the biggest benefits of using AI for emotional support or personal advice?
- How could AI chatbots be useful for neurodiverse people or individuals who find social situations challenging? What benefits might they provide?
- What risks could arise if someone spends several hours every day talking to an AI chatbot?
- Should AI companies be responsible for preventing users from becoming emotionally dependent on their chatbots? Explain your opinion.
- If you were feeling lonely or stressed, would you consider talking to an AI chatbot? Why or why not?
- As AI becomes more realistic and emotionally responsive, how do you think it will change the way people communicate and build relationships in the future?

Useful Vocabulary

to form an emotional attachment (to something/someone)

To develop strong feelings of connection, care, or dependence toward something or someone.

Example: Some users form an emotional attachment to AI chatbots after having daily conversations with them.

a one-sided relationship

A relationship where one person experiences emotional connection, but the other side cannot genuinely feel or respond in the same way.

Example: Experts describe relationships with AI companions as one-sided relationships because chatbots cannot experience emotions.

to reciprocate feelings

To return or share the same emotions that another person has expressed.

Example: AI chatbots can simulate empathy, but they cannot genuinely reciprocate feelings in the way humans can.

to simulate human interaction

To imitate the way people communicate and behave during conversations.

Example: Modern AI chatbots are designed to simulate human interaction through natural and personalised responses.

a trusted confidant

A person or, in this case, a system, that someone feels comfortable sharing private thoughts and problems with.

Example: Some users describe AI chatbots as trusted confidants because they can discuss personal issues without fear of judgment.

neurodiverse individuals

People whose brains function differently from what is considered typical, including some people with autism or ADHD.

Example: Some neurodiverse individuals use AI companions to practise conversations and develop social confidence.

to develop safeguards

To create rules or protections designed to prevent harm or misuse.

Example: Governments are discussing ways to develop safeguards for people who use AI companions.

More conversation

1. What qualities make someone a real friend? Does a relationship require both sides to have feelings?
2. Can a person have a meaningful relationship with an AI if it is a **one-sided relationship**?
3. What are the risks of **forming a strong emotional attachment** to an AI companion?
4. How effectively can AI companions **simulate human interaction**? Could increasingly realistic AI companions change the way we understand friendship and relationships?
5. Why do you think more people are experiencing loneliness today?
6. Why might someone choose an AI companion as a **trusted confidant** instead of talking to a person?
7. Could AI companions help **neurodiverse individuals** practise conversations and develop social confidence?
8. Could AI make mental health support more accessible for people who cannot afford professional help?
9. Do humans become too dependent on technology? Give examples.
10. Is relying on AI for advice different from relying on Google, smartphones, or social media?
11. Governments are discussing ways to **develop safeguards** for people who use AI companions. What could these safeguards be and how would they work?

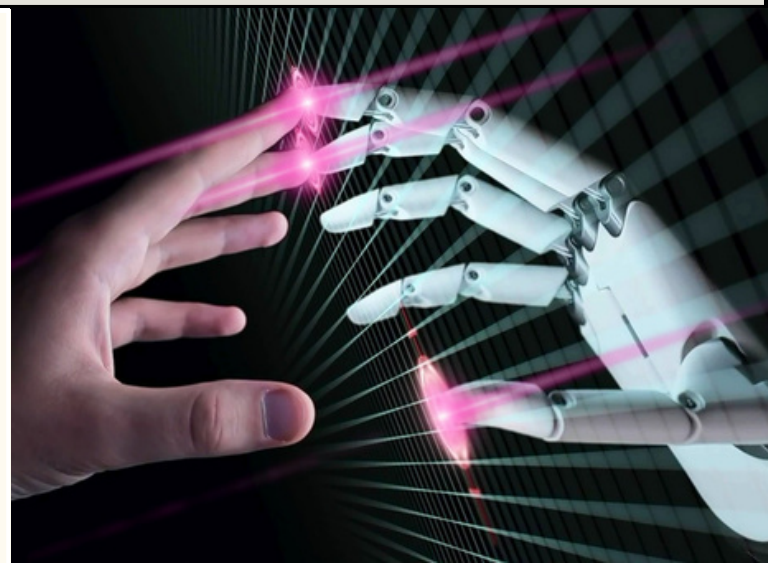
CAN AI COMPANIONS AFFECT POPULATION GROWTH?

China is taking steps to limit the growth of AI companionship as more people use chatbots for friendship, emotional support and romantic relationships.

The government has raised concerns that excessive use of AI companions could lead to emotional dependence, unhealthy behaviour, and people becoming less interested in real-world relationships. There are also worries that the popularity of virtual partners could contribute to wider social issues, including China's **declining birth rate**.

The country is introducing measures to make AI companion services safer by requiring companies to monitor emotional dependence, add features to detect distress, protect users' data, and prevent chatbots from encouraging unhealthy attachments.

- **Is China's regulation of AI companions a necessary form of protection, or is it too much interference in people's personal lives?**
- **Should governments regulate technologies that may influence people's relationships, emotions, and lifestyles? Explain your opinion.**



Some people have held symbolic wedding ceremonies with AI chatbots, describing the chatbot as a romantic partner or life companion. These relationships are not legally recognised as marriages, but they show how strongly some users can connect emotionally with AI systems that are designed to provide affection, conversation, and support.



Should we ban AI friends?

Situation:

A government is considering new rules for AI companion apps. You will take on different roles and discuss whether AI friendships should be limited.

Roles:

- Government official – wants to protect people from emotional dependence.
- AI company CEO – argues that AI companions help millions of people.
- Psychologist – explains the benefits and risks of AI relationships.
- AI companion user – explains how a chatbot has helped them.
- Parent – worries about young people becoming too attached.
- Technology expert – discusses future developments.

Questions to consider:

1. Should AI companions be available to children and teenagers?
2. Should AI companies be responsible if users become emotionally dependent?
3. Should AI companions be required to remind users that they are not human?
4. Should governments limit the amount of time people spend talking to AI?
5. Do the benefits of AI companionship outweigh the risks?

Useful language:

- I understand your point, but...
- The main concern is...
- From my perspective...
- There should be stricter regulations because...
- People should have the freedom to...

Final Presentation

Each group presents:

“Our government’s new AI companion policy”

They explain:

- What rules they created
- Why they chose them
- Which concerns they addressed
- What compromises they made

Creative writing

It is the year 2050. Everyone has an AI companion. Write a short story entitled: "A day with my AI companion in 2050."

Include:

- how humans communicate
- what AI companions do
- advantages
- problems



A hand holding a black pen is positioned on the right side of the page, ready to write on the lined paper. The pen is a simple black ballpoint pen. The hand is light-skinned and is holding the pen in a tripod grip. The paper has horizontal lines for writing. The background is a plain, light-colored surface.