



Hip-Hop Helps - 1

15

Doctors say hip-hop can help depressed people. 'Hip-hop therapy' talks to people with emotional problems. Doctors say hip-hop speaks of getting over big difficulties in life. Hip-hop talks about being poor and unpopular. It talks about crime and drugs. These are big problems.

Hip-hop artists speak about their world. They want to be free. There is hope in the words. They want a good life with nice cars. They want to date who they want. The doctors chose five songs. One is by The Notorious BIG. He tells people they can be successful. His teachers told him he would be nothing. He is now a superstar.

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New Words or Phrases

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Hip-Hop Helps - 2

16

Doctors at Cambridge University said hip-hop can help depressed and mentally ill people. 'Hip-hop therapy' uses hip-hop songs to reach out to people with emotional problems. Doctors wrote a report about this in a medical magazine. They said hip-hop music speaks of getting over hardships and big difficulties. Hip-hop talks about being poor, unpopular, and about crime and drugs. These are all problems that can lead to depression and mental illnesses.

The report says hip-hop artists describe their world to be free. There's a message of hope in the lyrics. They describe how they want to live – the cars they want and the people they want to date. They chose five songs. One is by Grandmaster Flash. Another is called 'Juicy' by The Notorious BIG. He tells people they can be successful even if others say they cannot. BIG says teachers told him he would be nothing, but then he became a superstar.

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New Words or Phrases
