

Should People Have Pets?

**After this unit, you should be able to:**

- ! write an essay on whether people should have pets or not;
- ★ logically explain your opinion about the topic;
- ♥ review and improve your writing.

**Warm-up**

Do you have any pets?

YES ▶ What's good about having them?

NO ▶ Do you want one? Why or why not?

Hints

gratitude / go out for a walk / overcome one's fears / feel relaxed and happy / affection / responsibility / self-esteem / compassion



Get Ready

You are entering for an international essay contest. You found the following article and data while preparing to write your essay.

Article

Benefits of having a pet

Having a pet, regardless of type, has been shown to have health benefits. Specifically, playing with a pet causes the release of dopamine and serotonin. These are the chemicals in the brain that are commonly associated with happiness and good moods. Additionally, when a person has physical contact with an animal, such as *cuddling or petting, it quickly results in them feeling calmer.

Pet owners also are more physically active than pet-less people. Some studies show that people who own a pet, on average, have lower levels of cholesterol and *triglycerides—signals of heart disease—than those who don't have pets.

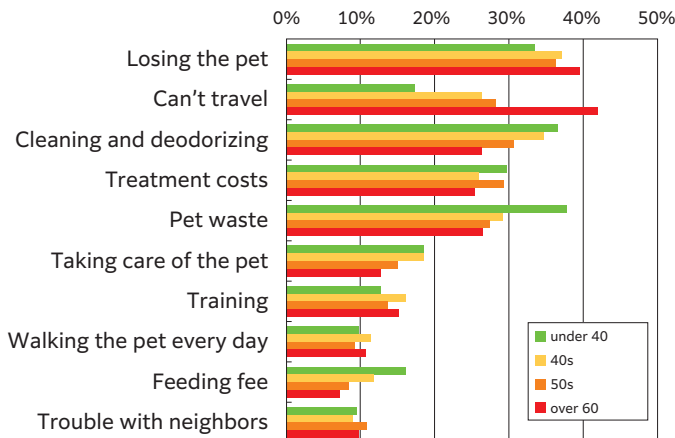
If you're worried about having pets and children at the same time, don't be. Having a pet around can help kids learn responsibility, and it also leads to greater empathy.

You also shouldn't worry about being too old to have a pet. There are plenty of benefits of pets for you as well even if it might be difficult for you to live longer than your pet. Having a pet can really help you maintain a constant schedule, which can reduce the pet owner's *symptoms of anxiety and depression. Beyond that, companionship is a life-lengthener. Having a built-in best friend forever can actually make you live longer.

*cuddle 抱きしめる / triglyceride 中性脂肪 / symptom 症状

Figure

Disadvantages of Having Pets



*pet waste ペットの汚物

ニフティ(2012)「動物・ペットについてのアンケート・ランキング」
(https://chosa.nifty.com/relation/chosa_report_A20120608/9/index.html)



✓ Check It Out

Choose the appropriate answer to complete each explanation.

- Q 1 According to the article, ().
1. children not only learn responsibility but also empathy by having a pet
 2. everyone who has a pet has lower levels of cholesterol and triglyceride
 3. if you have an allergy to an animal, you should avoid physical contact, such as cuddling or petting, with that kind of animal
- Q 2 According to the article, ().
1. your pet's death will surely make you very depressed
 2. pets may enable people to live longer than expected
 3. you should not have a pet if you do not want to live longer than your pet
- Q 3 The figure shows that ().
1. pet loss is the biggest problem for pet owners regardless of their age
 2. more than a third of pet owners over 60 have difficulty traveling
 3. budgeting for pet food is the biggest problem for pet owners who are under 30s

✓ Figure It Out

From the box below, choose the fact that supports each opinion.

Pets can help us stay in good shape. The article says that (1).

Pets are not always good for your health. Taking your pets for a daily walk sometimes makes you stressed. I found data showing (2).

- a. about a tenth of pet owners feel burdened by walking their pets
- b. pet owners usually have lower levels of cholesterol and triglycerides than those who don't have pets
- c. more than 20% of pet owners worry about medical care for their pets

Talk in Pairs

Working with your partner and referring to the data shown above, share your opinion on the question below.

What animal would make a good pet for people over 60? Why?

Hints

keep ... indoors [outdoors] / intelligent / low maintenance pet / feed / quiet / requirement(s) / sociable / delicate / nocturnal

✓ Take It Further

Students are discussing whether or not to have pets. Using the words and phrases in the box, fill in the blanks.



I agree that people should have pets. I personally believe everyone should.
Pets can make a person feel better when they are sad. (1) _____

I think having a pet is a big responsibility, and is very costly. If you are very busy, you will not be able to look after a pet. In addition, (2) _____
_____. If not everyone understands these things, a pet shouldn't be brought into the home.



(3) _____. They help maintain order around the house. For example, dogs bark when strangers approach and cats can help keep mice away.

Some people say that pets are beautiful and that they want one, but (4) _____. Pets need proper care just like a person does but some people don't provide that. You should have pets ONLY if you are ready to take care of the pets as if they were your own baby.



- a. Animals make wonderful companions both inside and outside
- b. vet care isn't cheap and if the pet gets sick it could cost a lot for the animal to get better
- c. Pets will be there when you need them and will always stay by your side
- d. are they ready to take care of a pet



Try It Out

(→p.104, p.107, p.116)



You are going to write an essay on the topic below for an international essay contest.

Topic: Should people get a pet for their children?

Step 1 Brainstorming

What are the good points and bad points of children having a pet?

- Write down as many points as you can think of.

Good Points	•
	•
Bad Points	•
	•

POINTS

- ★賛成、反対の両方の立場から良い点と課題を考えてみましょう。
- 世話、費用、癒し、買い物、家族、動物

Step 2 Share your thoughts in class.

- Make a pair or a group of 4 and share what you wrote in Step 1.

What are your thoughts about children having pets?

POINTS

- ★次のページの語句や表現も参考にしましょう。

Step 3 Make an outline.

- Create an outline for your essay.

POINTS

- ★構成とパラグラフの展開(比較・対照、列挙など)を考えましょう。

Step 4 Write it down.

- Write your essay based on your outline. Write at least 150 words or 3 paragraphs.

POINTS

- ★Step 3で書いた構成案を参考に行きましょう。

Step 5 Rewrite your essay.

- Check the points shown on p. 102 and rewrite your essay.

Further Activity In a group of 3 or 4, make a speech based on what you wrote. After your speeches, ask each other questions.

Were you able to:

- ! write an essay on whether people should have pets or not?
- ★ logically explain your opinion about the topic?
- ♥ review and improve your writing?

A	B	C
A	B	C
A	B	C

Useful Words and Phrases

- ☐ 飼い主 owner ☐ 猫派 a cat person ☐ 犬派 a dog person ☐ 子犬 puppy
☐ 子猫 kitten ☐ オウム parrot ☐ インコ parakeet ☐ 金魚 goldfish
☐ 熱帯魚 tropical fish ☐ ハムスター hamster ☐ おとなしい quiet
☐ かしい smart / clever ☐ 活発な active ☐ やさしい gentle ☐ 臆病な timid / shy
☐ 攻撃的な aggressive ☐ 神経質な sensitive ☐ 消臭 deodorizing
☐ 治療費 treatment costs ☐ しつけ training ☐ 餌代 feeding fee
☐ 近所トラブル trouble with neighbors ☐ 夜行性の nocturnal ☐ ペットショップ pet shop
☐ 獣医師 vet / veterinarian ☐ キャリア carrier ☐ 水槽 water tank / aquarium
☐ リード leash ☐ ハーネス harness ☐ おやつ treat(s) ☐ 犬小屋 kennel
☐ キャットタワー cat tower ☐ トイレ litter box ☐ ノミ駆除薬 flea medication / flea control

Tips for Try It Out

ペットを飼う上でのメリットとデメリットをまとめました。本Unitでこれまでに扱った記事やデータとともにそれぞれの特徴を整理しましょう。

ペットを飼うメリットとデメリット	
メリット	<ul style="list-style-type: none"> ●癒される ●生活が規則的になる ●生き物の生死を身近に体験することで子どもの情操教育に役立つ ●ペットを通してコミュニケーションの輪が広がる ●(特に犬の場合) 防犯に役立つ
デメリット	<ul style="list-style-type: none"> ◆長時間留守にできない ◆ペットを置いて旅行にいけない ◆吠える・鳴く ◆動物臭が家に付いたり、家が汚れる ◆飼育費用がかかる

保険の窓口インズウェブ(2020; <https://pet.insweb.co.jp/advantage.html>)