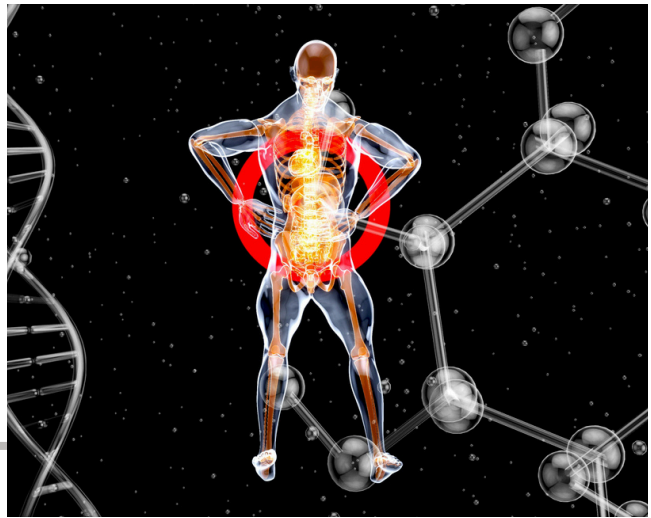


The Ethics of Biohacking & Longevity

Advanced (C1-C2)



WARM UP

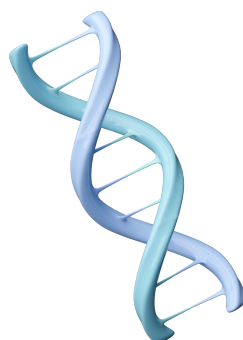
Part 1. Read the quote below and then discuss the questions.

“The question isn’t whether we can live longer. The question is whether we should.”

— Leon Kass, American bioethicist

1. Do you agree with Leon Kass? Why or why not?
2. Would you want to live for 150 years if science made it possible? Why or why not?
3. Do you think people have the right to modify their bodies however they wish?
4. Should governments regulate biohacking (e.g., gene editing, life extension)?

Biohacking (noun): the practice of making changes to one’s lifestyle, body, or biology—often through technology, nutrition, or genetic modification—with the aim of improving health, performance, or longevity.



READING TEXT

Part 1. Read the following text.

The Ethics of Biohacking & Longevity

Biohacking, once confined to science fiction, is becoming a reality. From wearable devices that track every heartbeat to experimental gene therapies promising extended lifespans, humans are beginning to take control of their own biology. Supporters argue that living longer, healthier lives is the ultimate expression of human progress. Critics warn that extreme longevity could create new inequalities, strain resources, and even challenge our sense of what it means to be human.

Ethical debates arise when the pursuit of longevity intersects with access and fairness. If only the wealthy can afford cutting-edge treatments, society risks deepening existing divides. Furthermore, extending life might not guarantee extending health or happiness. Some philosophers question whether chasing immortality distracts us from living fully in the present.

The question is not simply *"Can we live longer?"* but *"Should we?"*

Part 2. Discuss the questions below based on the text.

1. What is the central tension between the benefits and risks of biohacking?
2. How does the text link longevity to issues of social inequality?
3. Why might "extending life" not automatically mean "extending health or happiness"?
4. What philosophical concern is raised about the pursuit of immortality?
5. Do you think the author's tone is more optimistic, cautious, or critical? Why?



DEBATE

Part 1. Match the terms to their meanings.

Life-extending treatment

Ethical dilemma

Human progress

Resource strain

Access and fairness

Philosophical question

Immortality

Deepening divides

1. _____ A fundamental question about meaning or existence.
2. _____ The idea of never dying.
3. _____ A situation where moral principles conflict.
4. _____ A drug, therapy, or procedure designed to prolong life.
5. _____ Shortages or pressures on natural, social, or economic resources.
6. _____ Ensuring everyone has equal opportunities or rights.
7. _____ Unequal gaps in wealth or opportunity becoming worse.
8. _____ Efforts that advance human health, knowledge, or capability.

Part 2. Complete the sentences with the correct terms.

1. If only the wealthy can afford _____, society could face serious inequality.
2. Some scientists dream of achieving _____, but critics see it as dangerous.
3. Longer lifespans risk _____ between rich and poor.
4. The debate about who should access gene-editing technology is a classic _____.
5. Many argue that developing new therapies represents true _____.
6. Governments must ensure _____ when new medical treatments become available.
7. "What does it mean to live well?" is not just medical but a _____.
8. Living to 200 years could place enormous _____ on food, housing, and healthcare.

Part 3. Look at the useful expressions. Rewrite the sentences using these expressions to make them sound more formal and persuasive for a debate.

Hedging: *It could be argued that..., To a certain extent..., One might say...*

Challenging: *I see your point, but doesn't that overlook...?, Isn't it possible that...?*

Speculating: *What if society chose to..., Suppose technology advanced to the point where...*

Emphatic stance: *It's undeniable that..., We cannot ignore the fact that...*

1. I think living longer could be a problem. ->

2. I don't agree with you. ->

3. Maybe technology will change things. ->

4. We must remember the risks. ->

Part 4. Take part in a structured debate with your teacher/partner. Use the vocabulary and debate expressions from this lesson. Speak fluently, challenge ideas politely, and support your opinions with clear reasons and examples.

Life-extending treatment

Ethical dilemma

Human progress

Resource strain

Access and fairness

Philosophical question

Immortality

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Round 1: You defend biohacking. Your teacher/partner challenges you.

Round 2: Swap roles — argue against biohacking while your teacher/partner defends it.



REFLECTION

Part 1. Discuss the following questions.

1. Did the debate change your opinion in any way?
2. Do you think society is ready for radical life extension?
3. What do you personally value more: longevity or quality of life?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Part 1. Write a short opinion blog (150–200 words) on:

“Should humans pursue extreme longevity, or should we accept natural limits?”

- Use at least 4 vocabulary items
- Use at least 2 debate expressions.
- Present one counterargument and refute it.

