

TERM

WINTER EDITION - DECEMBER 2019



**TARPORLEY'S
ANGELS
THE GOLDEN YEARS**

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WINTER

Editor's Note

After a successful summer edition of TERM, leading us to London for the Shine School Media Awards, winning best feature article, and recognition for our business plan and some of our artistic segments as well as the most inspirational teacher award, this term we are welcoming new beginnings and new traditions.



First of all, we have welcomed a new Sixth Form leadership team– Mrs McMillan, Mrs Helsby and Mrs Gildea– 'Tarpoley's Angels' are constantly working to make this Sixth Form an incredible community and pushing us to do our best.

Additionally the UCAS application is well underway with many of us in Year 13 planning ahead and submitting our applications to begin our future careers.

In this edition of TERM, I'm so excited to have a new team with Year 12 writing some inspirational pieces and helping with the overall editing process- preparing them to take our places come January as TERM team 2020 as we see the run up to A-Level exams begins. On behalf of the TERM editorial team I would like to wish a good luck to the new team – I can't wait to see what you create.

We hope you enjoy this edition of TERM and take the time to read these thought-provoking pieces. It has been a fantastic opportunity to be this year's editor of TERM and I hope to take the skills I have gained with me into my future.

Nicole Morrison

Festivities In A Frenzy



Don't even get me started on the myriad of waste that Christmas produces with the implacable number of presents to all those spoilt, gluttonous children, with the majority of gifts being wrapped with a superfluous amount of wrapping paper- what happened to the concerns around our planet and deforestation? For example, the plethora of people that will be asking for a Pandora ring or bracelet this year is uncountable, just like the number of boxes and irrelevant gift

On the topic of Halloween- the Americanised, over rated, negligible event that forces the 31st of October to be my most dreaded date in the calendar. It is just an excuse for children to scoff sweets until they feel physically sick and dress up and scare the more 'out of touch', older generation. Realistically, it just results in augmentation of phone calls to the police as people have nothing better

Can it ever be too early to bring on merriment and joy?

Yes. Is the correct answer to that. The 27th of September is way too early to be blasting out 'all I want for Christmas is you' and writing those beloved Christmas lists for Father Christmas. This holiday creeps up earlier and earlier every year so before you have even adjusted to the end of summer and the dread of going back to school; shops are displaying Christmas cards and wrapping paper and Christmas crackers and baubles and trees and lights.....In early September?! At least give Halloween and bonfire night a time to shine before we get wrapped up by the Christmas curse. Supermarket outlets start stocking all of our favourite festive treats, giving us the chance to get our chocolatey, sweet treats early- like any of that stuff would manage to stay in the cupboard for another 7 days never mind over 100 until Christmas, it's like they don't know us at all! Another branch based in London had colourful, festive paper already under a three for two offer!

Many of us aren't ready to say a sorrowful goodbye to the summer whilst others are already putting up Christmas trees. Now, I don't want to sound like a bar humbug or Ebenezer Scrooge as I love Christmas just as much as the next person however be-

Equally, birthdays, Christmas, valentines, graduation, Mother's Day, Father's Day, moving house and anniversaries are all exciting times for which we send our love or show congratulations through cards. This is all fun and games until we start wasting limited resources making cards for **grandparents on mothers and Father's Day and for friends on valentine's day.**

Unnecessary card giving completely devalues the kind gesture on days when it is actually acceptable to send someone a card. For example, I was recently out shopping for a Father's Day card and I spotted a card that was addressed to 'Bampy'. Now correct me if I am wrong, but printing thousands of cards for approximately 0.00001% of the people in

Therefore, in response to my question on whether it can ever be too early to bring on merriment and joy, I hope I have helped you to understand that the obvious answer to this question is **yes.**

Emma Edwards.

Art - Laura Critchley

Do you know what a Snowflake is? Rather than a reference to the winter weather, the term snowflake is commonly used to describe anybody under the age of 30 - also known as 'The Millennials'. Whilst it's an easy and commonly-used phrase used by many adults, many youngsters think the label is derogatory.

FLAKY AND EASILY OFFENDED?

Any film buffs might recognise this saying which was used in the 1999 film 'Fight Club' by Brad Pitt. He says to the youngsters, "You are not special. You are not a beautiful and unique snowflake." Perhaps a little harsh

A snowflake is seen to be over emotional, easily offended and they seem to think that the whole world revolves around them. Adults using this term think we don't know how to live without luxury items. For example, we can't live without the internet or mobile phones, we're so used to being driven to places that we are cosseted from the harshness of the real world and that we can't take criticism well.

Over time, there has always been some kind of criticism surrounding the younger generation - from the Mods and Rockers of the 50s and 60s, to the hippies and ravers of the 70s and 90s, young people are regularly targeted and regarded as threats - as 'chavs' or 'yobs' or 'hoodies.' Unfairly judgmental, these pejorative, stereotypical terms are not applicable to us all.

A huge further criticism placed on the youth of today, is our consistent tapping of screens along with our obsession of posting, tweeting, liking, snapping... you get the idea! There is a debate around young adults and our obsession with the ubiquitous social media. We apparently cannot live without it and there is an assumption that our whole

Whilst I must say I am guilty of getting a little lost in the 'explore' section of Instagram (a social media app), research from the government suggests that this is a more positive use of my spare time. Linguist David Crystal states that young people are reading and writing more than ever before - albeit in technological contexts. Recent research compared the alcohol consumption of 11-15-year olds - in 2014, 38% of 11-15-year-olds surveyed admitted to having drunk alcohol, but when technology was less pervasive in 1988, a shocking figure of 62% were regularly binge-drinking. So swiping left is much more positive health wise, and even educational!

Staying connected and interacting across digital platforms is a reality of life in 2019. I for one, know how much it helps me stay in contact with friends and family, how easily I can find information online and I'm able to watch any film any time. (Thank you, Netflix, other than the issues you've caused me with time management!)

But there is also a huge amount of pressure and anxiety that comes with being a 21st century social media user. Many argue that we choose to put ourselves in these situations: we choose to set up a Snapchat account, we choose to post on Instagram, we choose to tweet our thoughts. All of this is completely true but a young adult would feel socially excluded without these platforms in the modern age.

We weren't the generation who created Apple, Snapchat, Twitter, iPhone and so much more. By the time I was 12 years old, I was practically begging for my first ever phone (the good old iPhone 3 with a huge rubber Winnie the Pooh phone case... what an odd phase of my high school life that was!) Once I got the phone it was easy, all I had to do was download the apps, set up an account and there you have it, another snowflake with another phone. But if it wasn't for every single other person that I knew, or saw in the street, or saw on the bus, then I would never have known what a mobile phone was. The point is, this younger generation have learnt about these new inventions from adults, from our elders. It seems bizarre that we are now the **generation to blame.....when technology** was introduced (as a necessity) to us.

Lastly, there is also the future impact on our adult lives. 70% of employers check the social media accounts and digital footprints of candidates prior to an interview. For many readers it was unlikely that your career could potentially be ruined when a picture was taken of you after a 'lively night out.'

3 in 10 employers actively have somebody dedicated to researching a candidate online, prior to any employment. 54% of employees decided not to hire a candidate due to their social media content such as unprofessional screen names or inappropriate photographs. Imagine that, how hard you'd worked, the blood, sweat and tears you'd gone through for this job. To lose all of that due to a drunk selfie when you were 18 years old.

So, is the answer to stay off social media? No.

57% of employers are less likely to hire or interview a candidate if they are a 'ghost' online (i.e. they don't post photos, they don't use social media.) So, where's the compromise? As young adults sometimes, it can feel as though our every move is under criticism.

So please if you hear the term 'Snowflake' and discuss it with your friends please remember we could be on our phone revising, practising for our driving theory test or looking for a bus timetable. Technology has changed us and don't forget if we hear the term used, we might 'tweet' and share your comment with the world! After all we are apparently highly delicate beings who are 'flaky' and easily offended!

Nicole Morrison

Stop Stereotyping Subjects

IMMIE DYKE

Maths is impossible. English Literature is monotonous. Art doesn't even count. Stop. Stop right now. It is one thing to have an opinion but to have a correct opinion is implausible. People jump on the bandwagon to make these assumptions about each individual subject before they've even had a chance to test it out for themselves...

Maths: one of the most distressing subjects you could take for A Level. "I've heard people cried every night for two years", I was once told. Graphs after equations after formulas. It's a never-ending downward spiral into Tophet (the final 3 two-hour long exams). Right? Wrong! Despite the challenging nature of this subject, to take it as an A Level would not be impossible otherwise it wouldn't be of existence. It's there for the people who like their answers to be in black or white. The people who find the satisfaction in solving a multiple step problem. It's not impossible.

English: whether it's literature or language; either way, it's for those who love to write and criticise the writing of others. The enjoyment of pulling apart texts down to their very last nuts and bolts. The truth is there is a lot of writing which comes as a part of the package for English, but if you have a strong opinion to express or a hypercritically evaluating mindset, then English is the one for you. Don't just assume its endless, uninspiring essays, dry as dust.

Art, Media, Textiles. What's considered the 'wishy-washy' subjects.

Everyone (which chooses to do their homework) understands that divine feeling once you have completed your work you have been set to do out of school, in your free time. However, the students who endure in the more creative subjects tend to find there is no end to the amount of time, effort and patience put into these inspiring creativities. These subjects don't have the respect they deserve, as not only is their knowledge required for creativity but the analysis of creativity as well. Challenging even the most academic students.

or an artist or a mathematician. It is important to value every subject with an equal view as the subject you pick helps to depict the future pathway you go down, and that may not be the same as the person you last spoke to or the person you next speak to.

The three sciences: Biology, Chemistry, Physics. Each being completely different to one another. When approaching these subjects; people say to approach with caution. Not only does it combine your maths skills and your English skills, but it looks at the way the world works... how a light bulb produces light, why our body can fight off diseases and why we are held down to the ground.

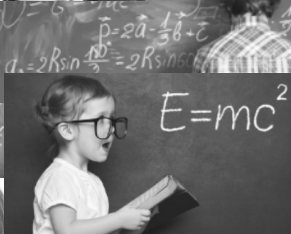
If only we could fly away from the stereotypes of subjects.

Humanities: Geography, History, Religious Studies. How our world is shaped to be the way it is today. How the world is changing whether its due to nature or humans. How the world was made and our beliefs around it.

We are blind. We cannot see a subject in its true colours until we do them for ourselves.

GCSE's once taught me not to judge a book by its cover. I loved all four of my options despite finding some more challenging than others. But I had heard the same stereotypes back then in year nine as I did at the start of year twelve. The people who tried to scare me were proved wrong once it came to results day.

I didn't find myself watching movies in media but instead analysing. I didn't find myself in art colouring in pictures but rather critiquing my work and the work of inspirational artists. I didn't find myself in Spanish learning the Spanish dictionary but rather learning to structure a sentence and manners and requests. I didn't find myself in Geography staring at a globe but rather learning how these beautiful shapes of caves, arches and spits have formed over millions of years.



Shooting The Cover



A New Era

Working Full Throttle!

Mrs McMillan on her new role as Director of Sixth Form...

'Full throttle' is the tagline from the 2003 Charlie's Angels film and this perfectly summarises how this job has felt since September! From organising the Conway Residential, managing a whole year group's UCAS applications and monitoring students' behaviour and progress (alongside teaching), it has certainly been busy!

I have worked with Sixth Formers since my very first year of teaching, when I taught English Language and then Media Studies. This has always felt a real privilege as I love the humour, wit, intellect and energy that Sixth Formers bring. The period between the ages of sixteen to eighteen involves a great deal of growth and life milestones – from turning eighteen to learning to drive – and being a part of your journey as you all plan your post-16 pathways is a responsibility I do not take lightly.

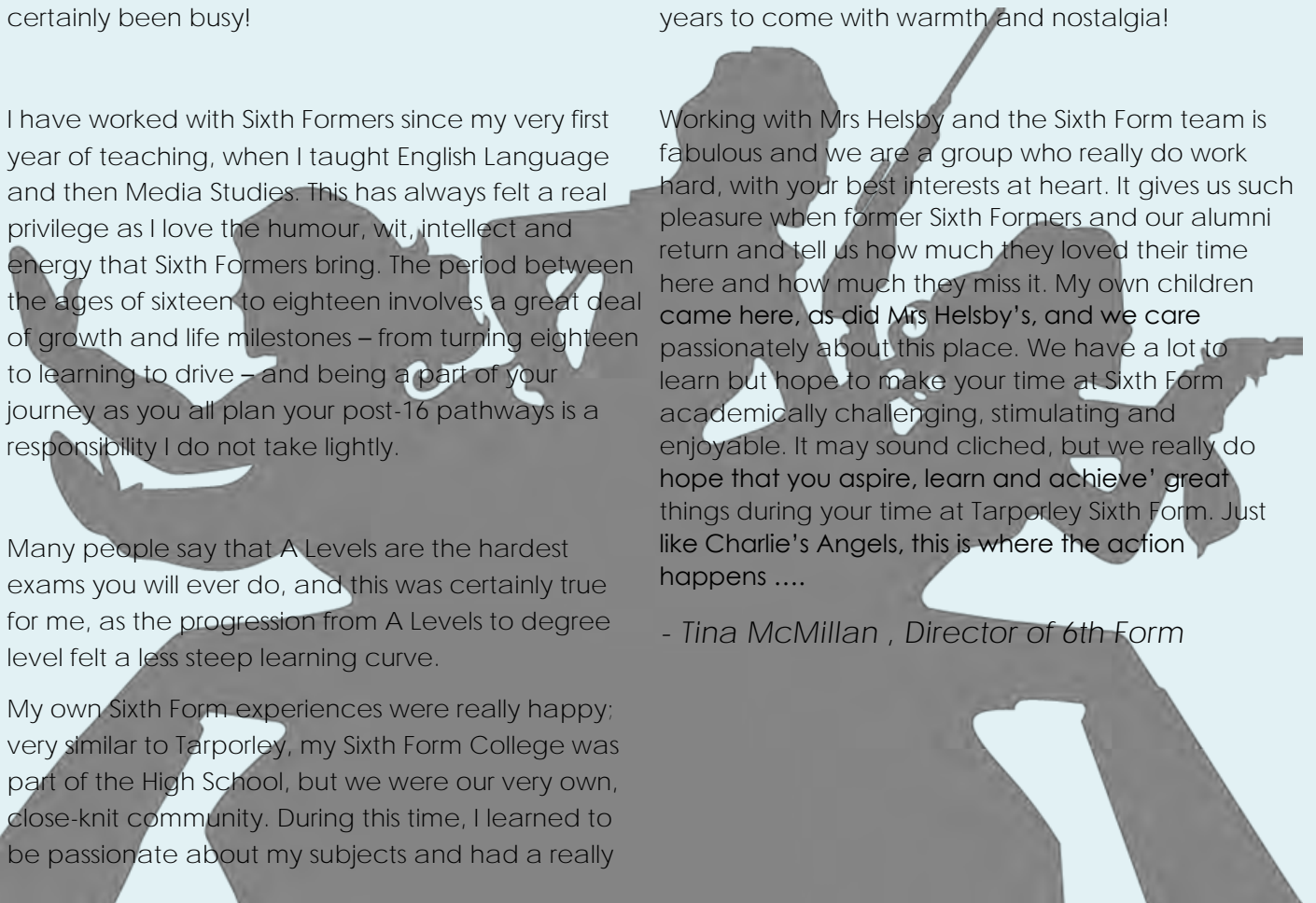
Many people say that A Levels are the hardest exams you will ever do, and this was certainly true for me, as the progression from A Levels to degree level felt a less steep learning curve.

My own Sixth Form experiences were really happy; very similar to Tarporley, my Sixth Form College was part of the High School, but we were our very own, close-knit community. During this time, I learned to be passionate about my subjects and had a really

close group of friends who I am still in touch with today. (We have met up regularly this year as we are all hitting a big birthday and literally reaching 'the golden years!') I would love to help create similarly positive, lifelong memories for Tarporley Sixth Form students, so that you reflect on this time in years to come with warmth and nostalgia!

Working with Mrs Helsby and the Sixth Form team is fabulous and we are a group who really do work hard, with your best interests at heart. It gives us such pleasure when former Sixth Formers and our alumni return and tell us how much they loved their time here and how much they miss it. My own children came here, as did Mrs Helsby's, and we care passionately about this place. We have a lot to learn but hope to make your time at Sixth Form academically challenging, stimulating and enjoyable. It may sound clichéd, but we really do hope that you aspire, learn and achieve' great things during your time at Tarporley Sixth Form. Just like Charlie's Angels, this is where the action happens

- Tina McMillan , Director of 6th Form



The UCAS Guide

Well Year 12, you're a whole term into your A Level course – you're hopefully feeling settled in Tarporley Sixth Form and are not too overwhelmed by the leap from GCSE's to A Levels! Your UCAS application may be the last thing on your mind and many of you may be considering other options such as apprenticeships. However, now is a good time to start planning ahead...

Get some work experience!

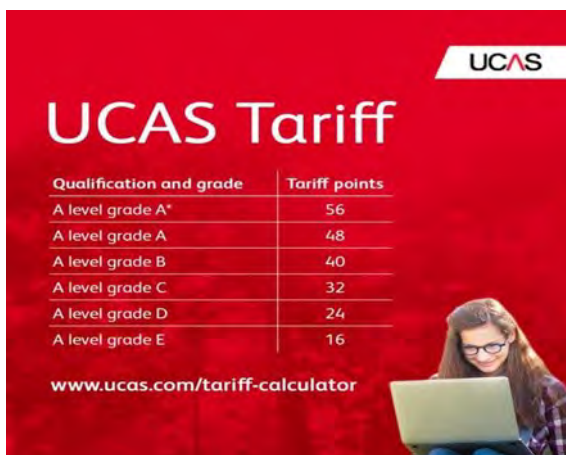
Year 12 work experience week is 23rd March 2020 – get organized now and secure yourself a worthwhile placement! Work experience can be a great way of demonstrating key skills you have gained to an admissions tutor in your personal statement, as well as helping to really convey your interest and enthusiasm in a particular subject area. Many larger companies run programs over the summer but advertise earlier in the year – get yourself booked in.

Go to university open days and taster sessions!

Open days are a good idea to help you to get a feel for the university and the area that you'd be living in. Open days visits can help you decide whether you prefer a campus or city-based university. Details of Open Days can be found on www.ucas.com It is almost impossible for you to make your mind up about an institution from a prospectus or website – you need to take a look around the place itself!

Get a clearer idea of the subject you'd like to study!

Use your free time to look more closely into any degree subjects that you are interested in - not just what

A red graphic for the UCAS Tariff calculator. It features the UCAS logo in the top right corner. The text 'UCAS Tariff' is prominently displayed. Below it is a table with two columns: 'Qualification and grade' and 'Tariff points'. The table lists A level grades from A* to E and their corresponding tariff points. At the bottom left, the URL 'www.ucas.com/tariff-calculator' is provided. On the bottom right, there is a small image of a student with glasses using a laptop.

Qualification and grade	Tariff points
A level grade A*	56
A level grade A	48
A level grade B	40
A level grade C	32
A level grade D	24
A level grade E	16

www.ucas.com/tariff-calculator

www.ucas.com

- www.thestudentroom.co.uk/
- www.university.which.co.uk/
- <http://www.bestcourse4me.com/>
- www.whatuni.com/
- www.thecompleteuniversityguide.co.uk/
- <http://www.theguardian.com/education/universityguide>
- www.thecompleteuniversityguide.co.uk/times-university-guide-and-league-tables/

studying that area at a degree level involves, but also things like the sort of career path it might lead you to. Start digging into the detail of individual courses offered by different universities. Even courses with the same name will have something different to offer, from the way you'll be taught and assessed to individual module content.

AUSCHWITZ



Rehumanising the Holocaust

By Kirsty Thorp

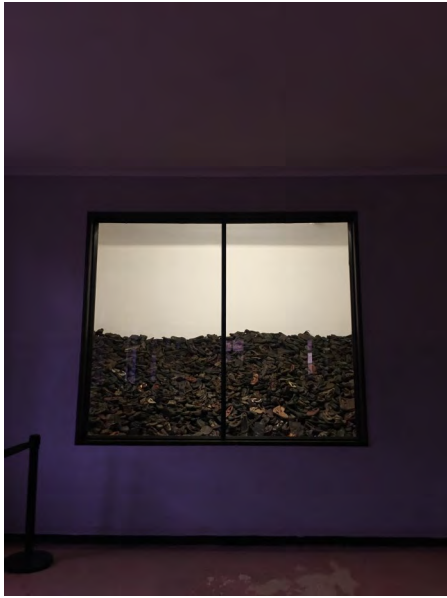
6 million people were murdered during the Holocaust, 1.1 million of which were at Auschwitz, the biggest crime of humanity and a deeply dark period of history, although these numbers are shockingly big, they're almost impossible to quantify.

One of the Holocaust Educational Trust's main aim is to 'rehumanise' the Holocaust, to try and understand it from a personal and individual level - to connect a number to a name and a face. Rehumanising in itself is a massive concept, and something which takes time and shouldn't be overlooked.

Similarly, the Trust aim to facilitate as many people as possible to 'bear witness' to what remains of the Holocaust. Physically standing within a place of such unbearable human suffering was extremely difficult. For me at least, I felt numb when I was actually there, tiredness and being emotionally drained soon caught up to me towards the end of the long day. Yet it took longer to feel as if I was really digesting and processing all that I had seen, heard and felt. It becomes a very overwhelming sense of guilt almost, feeling lost within the huge amounts of information and the unimaginable sights.

It's important to recognise and understand that Auschwitz was a massive enterprise, Auschwitz II: Birkenau is the probably the more famous of the two main camps. Its train tracks and wooden barracks have become globally recognisable imagery, synonymous with the history of the Holocaust. Auschwitz I is often overshadowed by the vast brutality of Birkenau, yet it's equally as important and significant in the legacy of the Holocaust. Personally, I found Auschwitz I to be more emotionally hard-hitting; as throughout the site there's exhibitions of information, pictures and belongings; shoes, suitcases, hair, glasses, pots and pans, hairbrushes. Not one or two, rooms full. People brought everything they could with them because they didn't know. Written all over the suitcases are names and address - people thought they were going home. Within one of the buildings there's a book of names, it's six and a half feet tall and has 4.4 million names in it which isn't even everyone. Being able to pick out a name, a birthplace, a birth date and place of death is a massive step to rehumanise; seeing a name, knowing that's a person who suffered is beyond hard to realise.





Birkenau is huge, outrageously big. It would've been full of people barely surviving, staggering and decaying, clinging onto what little life they had left. People weren't in way treated like human, they arrived in cattle carts and immediately 'selected', chosen either for labour or sent straight to their death. Head shaved, stripped naked, in front of everyone – rooms full of people, no one had committed any crime - Something as pure as faith had sentenced their life away; or being disabled, gay, a Polish national, a Soviet prisoner of war. What's maybe most difficult to comprehend is that people had their whole identity torn away from them. There is rows and rows of pictures along the walls of barracks at Auschwitz I, people look empty.

There are little things which struck me throughout the day, as we walked throughout Birkenau in the fog and rain, my shoes left prints in the mud – these would've been footprints, of all sizes. Bare feet in the harshest and bitterest conditions. We walked throughout what was a gas chamber, walking out and realising that's not something few people have done.



Rabbi Shaw, a Jewish man from London came with us on the trip, he spoke frequently throughout the day – perhaps the most powerful and poignant speeches I've ever witnessed. He spoke eloquently to empower, inform and provoke thought within us all. By not dwelling on the events of the Holocaust but using them to draw parallels to today's world and emphasize on both the progression and decline of humanity since; he really resonated and intensified the outcome of the day.

Being able to speak to survivors is already a very rare opportunity, Mala Tribich MBE is one of the few left. I can't say hearing her testimony prepared me for what I'd witness at Auschwitz, but it did help to contextualise and rehumanise the experience.



Concentration camps are already a very vast and barren landscape, hearing testimony gives a face and a voice - invaluable, this benefits the experience. However, survivors of the Holocaust won't last forever, their stories will but they voice can't, neither will the sites of Jewish genocide. Auschwitz I and Birkenau have been open to the public since the 70s and 80s, and the increasing amount of people visiting takes its toll, the ground wears thinner and the authenticity declines each year. Remains and belongings decompose, they can't and won't last forever. So, what happens when all there is pictures and videos, it cannot be used an excuse to forget about the Holocaust. Next year is the 75th anniversary of liberation, not just from Auschwitz but for many concentration camps to orchestrate the final solution. The Holocaust was never a stand alone event, it was years of discrimination, hatred and violence before it surmounted to; its crucial the Holocaust isn't just regarded as a stand alone event in history.



It's impossible to convey with words and pictures the atmosphere both Auschwitz I and Birkenau carry, there's an inevitable over-bearing sadness, a quietness rich with emotion and solemn understanding. The experience remains innately sobering, physically and mentally draining but beyond empowering.

It's crucial to remember to remember Auschwitz wasn't the only place, or the defining site of the Holocaust, mass extermination was happening all around Europe.

The legacy of the Holocaust isn't numbers, its faces, people and voices.

Stop glorifying depression

A big part of social media that frustrates me is the glorification of mental illness. By posting dark images and existentialist quotes, individuals are able to achieve this persona of being depressed without actually feeling the true impact, as a result the severity of mental health issues is decreasing and becoming less of a 'disease' and more of a personality in order to relate to people. The concept of gaining friends from it rather than losing them to it? How shallow.

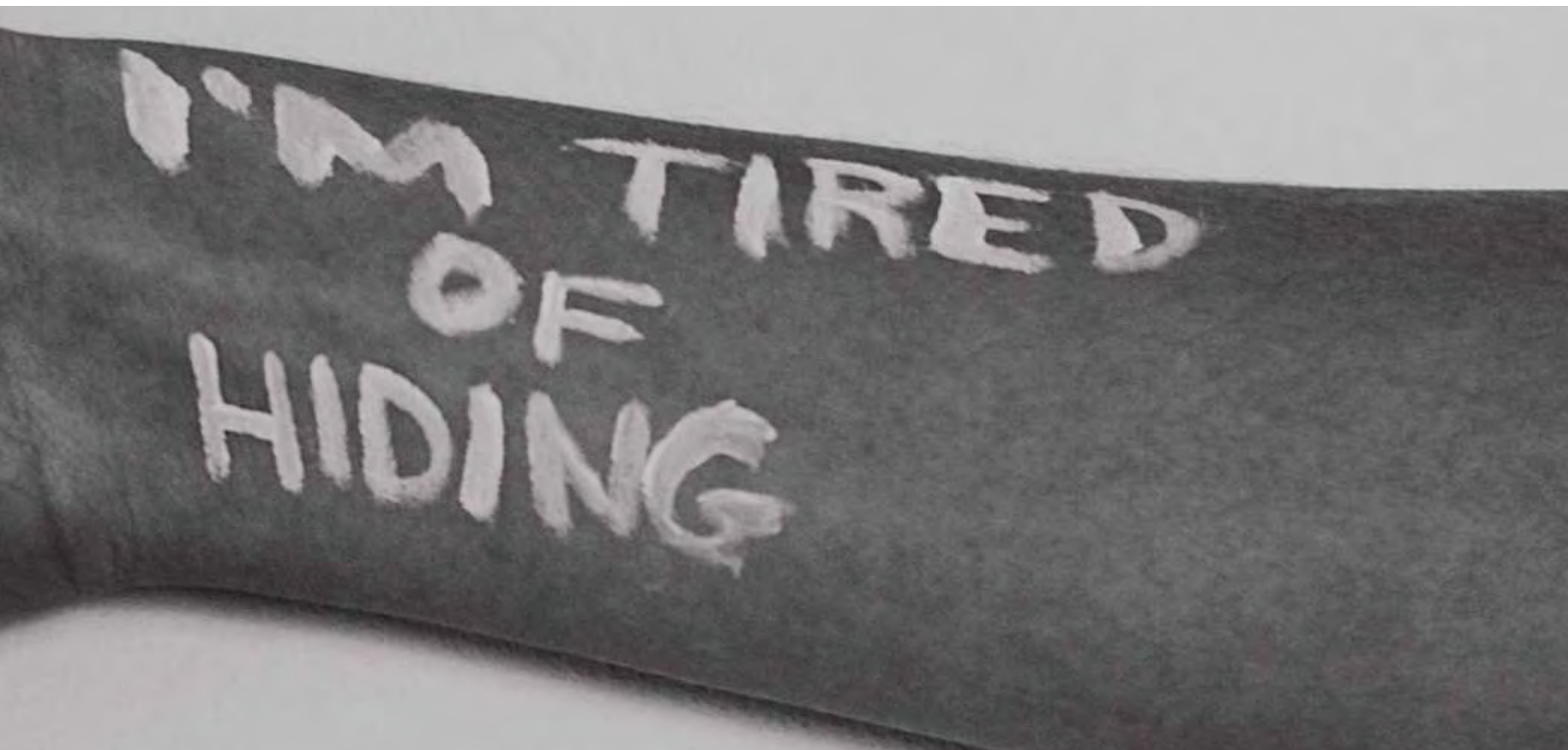
I Would like to blame movies and books for this, people seem to see people with depression as successful and tragically idolise them, in reality, depression is anything but beautiful and it affects thousands worldwide. 24% of women and 13% of men struggle with diagnosed depression in the UK and even more are still left in the dark about their mental illnesses, afraid that they will be accused of attention seeking or being mainstream.

Many people with depression live on the idea of fight or flight, some too scared to fight. The only option is to fly, whether with drugs and alcohol or becoming reliant on your home, too

afraid to go outside, some find a quick way to end the suffering. 51% of people aged 16-34 who are suicidal don't seek support. For most this seems

“it's like someone has taken away your colour vision”

like a strange thing to do, end your life, but with no motivation, no interests, the constant feeling of worthlessness, living seems like a strange thing to do.



Social media platforms are now promoting the hashtag, #igetdepressedwhen gives users the chance to rant about minor Inconveniences in their lives in order to relate to other profile owners, while real sufferers feel mocked and made fun of. This has been described as **“removing the true devastation that mental illnesses cause”**

Written by Annabel Schofield

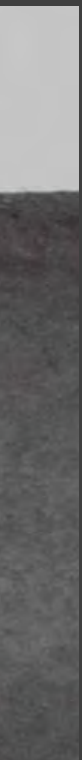
Photography by Isobel Brookfield

Art by Laura Critchely

I have not personally encountered depression, however have seen the effects on a close friend who has struggled with the illness for a number of years, starting in early high school, a primary school friend, who has asked to stay confidential, fell into a spiral of mental illness and **‘worthlessness’**. **After several suicide attempts, she described these depressive thoughts as if “life is greyscale and your world seems to shrink down to your house, with no motivation to wash your hair, you become really good at memorising the tv schedule”**. Although she has managed to seek support, many other people, like her, still suffer in silence.

I think the only way we can really raise more awareness is to address the issue of glorifying depression and to educate people on the true meaning of depression.

**“what were
once hobbies,
soon became
chores”**



You don't have to be anti-man to be pro-woman



When one hears the phrase "feminism" they may have the idea that it is the urge and desire to gain rights for women. Although this is true, it doesn't explain feminism in its entirety. The misconception of feminism had led some people to believe that feminists hold misandrist views. The 1970s was an iconic period for feminism and many laws were put into place to protect women and their rights, for example in the work place.

When asking a group of students: "what does feminism mean to you?" , I had a variety of answers, which shows the different conceptions people may have about the term.

"I agree women should have equal rights but the term feminism is causing uproar and a divide between men and women, I think feminism is just a fashionable term"

"It means that you strongly believe women deserve more rights than men"

"Feminism means that men and women should

These statements from various students show me that feminism isn't always explained to individuals in the correct way, causing many to be confused and misled. It also opened my eyes to see that there aren't many efforts to educate people about the history of feminism and the importance it has on today's society.

As a 21st century female, I feel the word feminism can leave today's society with many divided groups; there may be people who genuinely feel strongly about women's rights, people who think that being a feminist is a fashion statement and, of course, misogynists.

I personally have seen many times women expressing that they do not "need" feminism because they are not "man-haters" or not a "lesbian". It is saddening for multiple reasons; men and women are so ill informed that they believe this is what feminism means, they might have been around people that claim to be feminists and are actually using this movement to promote their misandry, and the main complaint: feminists are just man-haters.

There is no particular 'mould' in which you need to fit in to be a feminist, it's important to recognise that anyone can be a feminist because everyone needs feminism.

Male suicide has risen by 25% in the last 15 years, there are a number of studies to find out why this is happening, however most studies mention the construction of masculinity, such as the expectations men feel the need to carry out to be "manly" and "strong" this may cause many men to not reach out in times of stress, this could be very detrimental to

I'm in full support of the women's rights movement and that the original movement made a huge different and a positive impact on women's rights, however I do believe some people can take it to the extreme to the point where it isn't about feminism , it's about degrading men.

Statements such as "men are trash" and "all men are dogs" and that women are 'better' than men

Countless of times I have heard the statement "If I'm a boy ,why would I care about feminism"

Men too should care about feminism. It's about equality for marginalised groups such as LGBTQ+ , disabled , ethnic and racial minorities. In my opinion I believe the word "feminism" is misinterpreted due to "feminine" being imbedded in it.

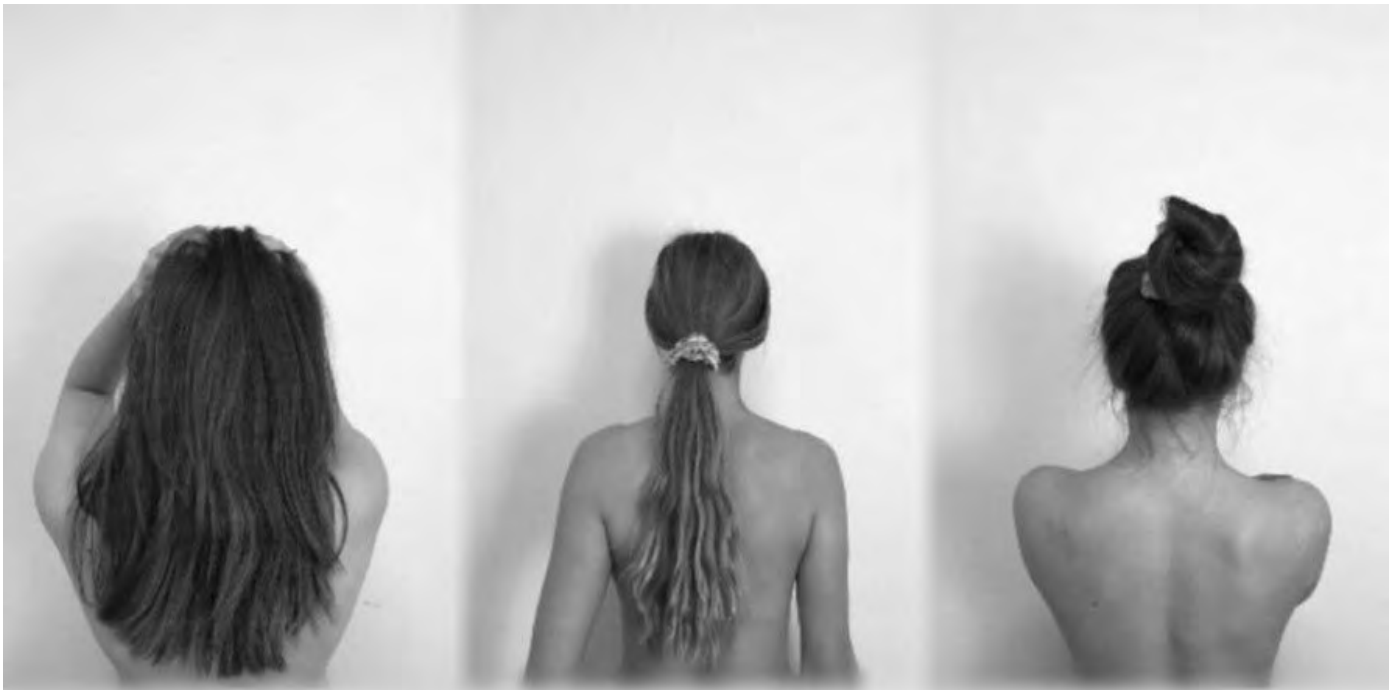
Feminism means caring for people who fit into these minor groups. It is not only committed to changing negative stereotypes about women , a large facet of feminism is understanding stereotypes about masculinity and it's affect on society. Even if you personally have never acted in a prejudicial way towards someone of a different race , sex , gender or physical ability , you should still care about feminism; one of the main focuses of feminism and the movement towards equality is a focus not only on interpersonal interactions but on the systems which influence social inequality. While you personally, may not be prejudiced, that doesn't change the fact that we live in a society where racism, sexism , classism and ableism still impact the lives of people who don't fit into a preferred group.

Emma Watson's iconic "he for she" speech revolves around the topics of gender inequality and gender roles and how these stereotypes contribute to creating and preserving gender inequality. Through her words she opened the door to a new way of thinking regarding gender inequality , which affect both men and women within our society . Watson strongly encouraged men to be involved with the lovely as we must all strive for a community that values both men and women equally.



Kaci Forest

Photography/art— Laura Critchley and Isobel Brookfield



PERFECTION



IS AN

ILLUSION



Photography by

Becca Ankers & Abbie Whittingham

“Dear girls, you need a small waist. But you need curves. You also need a thigh gap.”

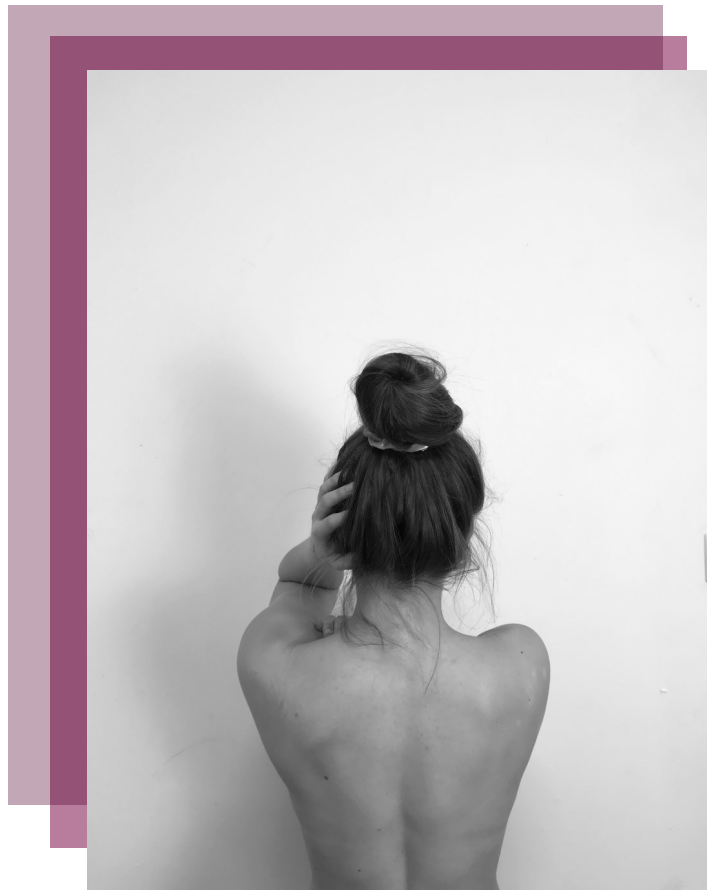
Social media has generated 'trending' and idealised body types for us all to desire. But these beauty standards are ephemeral and constantly changing. We can't keep up with what the world wants us to look like, but we shouldn't have to anyway. Instagram and snap chat and face book have turned into monsters that thrive off our insecurities,

'WAIT! CURVES ARE IN STYLE'

'SLIM IS IN, LOSE SOME OF THAT FAT'

There is no wrong way to have a **body**. A survey conducted by the Mental Health Foundation in 2018 showed that one in five adults feel shameful about their bodies and a further 19% felt disgusted by the way they looked. This elucidates the fact that the way we view our bodies has a huge impact on our mental health, especially as teenagers. 37% of teenagers feel constantly upset due to the way they look. Perfection is an illusion. It is an **unreachable goal. It doesn't exist. As humans**, we forget the things our bodies do for us every single day. Instead we are programmed to focus on the exterior parts. Prior to social media, nobody cared about stupid, superficial, stereotypical things. For example, It is okay to be slim or average or large. It is okay to be a pear shape or an apple shape or an hourglass. But it is not okay to tell others how they should look or judge them on

If you think that you are too curvaceous, the celebrities who practically run Instagram immediately tell you that the way to lose weight is by sucking on a lolly pop. An appetite suppressing lolly pop to be specific. They make you violently ill and have a **damaging effect on your body**. Or they promote waste trainers- an item that squeezes the life out of **you and crushes your lungs**. **'Beauty is pain' they say; I've never heard anything so ridiculous!** Filthy rich celebrities (who do not need more money) are the people we are influenced by in this world. For some reason, they think that they should sponsor appetite suppressants and waist trainers, if it gives them more money. Every scientist in the universe would advise you to do exercise and eat nutritionally if you are feeling low about your weight. Under no circumstance would their



Social media does have lots of advantages though. You get to meet new people and stay in touch with family. I think that most teenagers would agree that it is part of our daily lives and that we would be lost without it. But it seems to be more about who has the most followers and whether you can get over 100 likes. There are many accounts that do convey self-love and show realistic portrayals of people. Social media has good intentions, we just need to try to not let it affect our body images and what we perceive as beautiful, because beauty fades. If brands stop with the photo shop and start with spreading beams of confidence, maybe the next generations of teenagers will be more likely to feel empowered rather than under repre-

If you need a break from Instagram, take one. If you are feeling insecure, unfollow accounts that make you feel worthless. If you are unhappy about how you look, act or think...talk to somebody who you can trust. You aren't alone with these feelings.

Ruby Halliday

1



Reasons Why I'm Not A Feminist

MILLIE EVANS

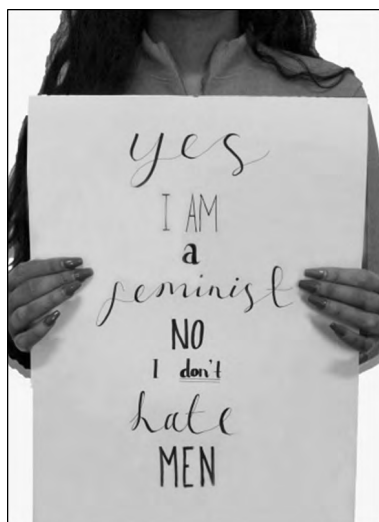
Ok let's get one thing straight. I am a feminist. And before you all roll your eyes or turn the page, I'm not an extreme 'feminazi' or anything like that. I'm just a *girl* who believes in equal rights for both men and women. Some people would view that word as degrading and insensitive however I am a *girl* so I don't see a problem with that. And that is just one of the 10 reasons why I'm not a feminist.

1. THE NAME: The word feminist carries many negative connotations, even saying the word in public is responded to with dirty looks and scoffs. Until recently I felt the exact same. The problem is in recent years feminism has lost its meaning altogether, when you google feminism the definition is to achieve equal rights between men and women.

2. THE MOCKING: Why is it that every time someone says they're a feminist they get the usual jokes like "so you hate men?" or "all you do is burn bras". I mean you're not wrong. Some feminists do hate men and some feminists do burn bras. But I mean what's the point? Bras are expensive and I can't afford to make a social statement by burning one. And without men, whose hoodies would we steal in winter?

3. EXTREMISTS/FEMENAZIS: I don't know who came up with the term *Feminazi* but whoever it was - I rate it. Don't get me wrong, I'm not saying it's right or what you should call someone for believing in a cause but I think this is probably the main reason I wouldn't call myself a feminist. Femenazis take the meaning of feminism to a whole new level. What started off as being about equal rights suddenly turns into women actually having more rights than men or demanding to be paid more. So, isn't that just going against everything you once believed in? Surely you can no longer class yourself as a feminist?

4. VICTIMISATION: Believing in a cause doesn't make you weak. Believing in feminism doesn't make you weak. So why is it that people pull that sympathy face whenever you tell them that you are one? Being a feminist doesn't make a person weak, if anything it makes them the complete opposite. Feminists aren't looking for pity, they're looking for change. You wouldn't ridicule someone standing up against racism. So why is it different for a feminist? Afterall the definition is all about equality.



5.

BAD NAME IT GIVES MEN: "All men are sexist" and "all men hate feminists" are the main reasons that men hate feminists. I mean I'd feel the same if someone kept saying this to me. People need to realise that men are allowed to be feminist too and being a feminist doesn't mean you have to hate men. I also think that the occasional cat call and wolf whistle is acceptable. Just because a man is recognising beauty, doesn't mean he's objectifying or sexualising you. In my opinion I think it's a rather nice confidence boost. However, I think there are certain circumstances where it isn't needed, for example if a girl was alone at night feeling vulnerable. It shouldn't be tolerated.

6.

MEN AND WOMEN ARE DIFFERENT: Like I said before, I'm a big believer in equal rights. But I do believe there are certain parts of segregation, that we as a society, cannot avoid. One example of this is when a man is paid more than a woman. Many people automatically assume it's due to sexism – but what if this person (who happens to be a man) is actually higher up and more qualified than his fellow colleague (a woman)? As well as this, men and women have completely different needs. An example of this is that women should have more toilets than men. Have you ever seen the queue for the women's toilet when you've been out? It's probably one of the most stressful things a woman will go through whilst out and about.

7.

BECAUSE I'M NOT AFFECTED: Personally, as a *girl* in the 21st Century, I have never been a victim of discrimination because of my gender. This isn't me saying that it doesn't exist, it does. And it exists in more places than people would possibly imagine but I do think that I don't label myself as a feminist because I genuinely don't know what it's like to be segregated or discriminated for being a *girl*. Reading that back it sounds like I'm saying I shouldn't be a feminist because I'm not affected and that's the opposite of what I'm trying to say, but I do think it helps the situation.

8.

EQUALITY DOES EXIST: I know there's still a long way to go before men and women are fully equal, but I also do know that from the formation of the Suffragettes in 1903 to now in 2019, society has changed a significant amount. As women, we are now able to vote, buy a house without a man's signature and even do things such as work and have a well-paying job. And in some ways, it is nice not having to do all the jobs men are 'supposed' to do because let's be honest no woman wants to be a binman.

9.

MEN AREN'T ALLOWED TO BE FEMINISTS: I don't know who decided that being a man means that you can't be a feminist (probably the feminazis) but that isn't true. I have yet to meet a man who actually wants to be a feminist but that doesn't mean they don't exist. I'm sure there's plenty of men out there who go to all the protests, the rallies and weekly meetings in a village hall. So surely, they're qualified to be feminists?

10.

IT'S AN EXCUSE: As a society, I think that we often use the word 'sexism' as an excuse. There are bigger issues going on in the wider world that are overlooked because it's easier for us to blame something minor like feminism. And this is why it isn't seen as a big issue, because it is mentioned so often. "Is it because I'm a girl?" is one of the most frustrating phrases in the whole



"I'm just the most cold-hearted son of a b*tch you'll ever meet, I just like to kill"-Ted Bundy

The Smile Hiding The PSYCHO...

From Bundy to Dahmer their obsession was all the same but what are the intricate details that make up a psychopath? Callous but charming, the word psychopath itself has become a synonym for a certain type of evil. Insinuating a specific breed of cunning and marking the sinister traits one person really can display. They lack empathy, remorse and the ability to understand simple social concepts usually disregarding themselves on the fringes of society. Nonetheless these products of sickness are free to run wild in modern day society, you may have one close by: a friend, sibling or maybe even yourself.

Is it possible to pick a psycho out of the crowd? Have you ever come across a person who was superficially charming but also carried a slight sense of arrogance with them? The person who talks only about themselves? The person who pretends to understand and empathies but who does not convince? The person you are attracted to but in the same breath are slightly scared off? If you can, you maybe closer to a psycho then you think. The ability to spot them may actually save your life. The pathological psychopath is so very skilled in lies and manipulation but by the time you realize it maybe too late. Mr. Bundy's victims all believed and admired the 'smile'. Well these are just a mix of the characteristics a casual killer can portray, moreover these certain types of people contain the

In 2012 a psychological study was performed which contradicted the popular belief that psychopaths have no empathy. In fact they do have a "switch" in which they are able to control when they want to feel someone else's pain.

This type of psychopathic behavior was shown within the American killer Ted Bundy.

Ted Bundy was finally executed on the 24th of January 1989 after admitting to over 30 murders. Despite Bundy's shockingly evil acts it was his charismatic nature which caught female attention even in the court room. During Bundy's trial one young woman outside the court room told a reporter that "he just doesn't look the type to kill someone". However Bundy had the 'switch' he craved the reaction and took it to the ultimate extremes. Utterly charming and convincing and impossible for those 30 victims to spot. The smile however could and would quickly turn to rage and horror at the flick of a switch.

On the other hand even though all serial killers are psychopaths all psychos are definitely not murderers. It may be to your surprise that 1 in every 100 person is a psychopath. Social psychopaths who are able to exercise control. In this way these traits can be used to their advantage especially within the business world. Due to the fact they lack emotions of fear and anxiety this allows them to remain calm within stressful situations plus it also allows them to seize opportunities and flourish within society. Experts have reason to believe that psychopaths are attracted to certain occupations over others, for example its estimated that 10% of CEO are psychopaths. So next time you get to that job interview smile coolly and lay on the charm but remember not to flick that switch.

Holly Steward



Better thinking

GEORGIA FELLOWS

Within a room full of loved ones, we still feel completely and utterly alone. Trapped behind the persona society expects us to conform to. It is wrong and needs to stop! We need to feel loved and appreciated, in order to value the important things in life. Let's acknowledge who we are and that we're still here; regardless of where that may be.

Ever found yourself lost in a loop of worry and concern? That's called rumination, which is the process of continually thinking about the same dark scenario. Simply learning to recognize those thoughts for what they are—just thoughts—can aid you in pulling yourself together. We need better thinking and affront the issue which sweeps men, women, children alike into a downward spiral. Look at negative thoughts like reruns of a TV show you've seen a million times, let them play in the background while you shift your focus to something else. Think to yourself, "I'm noticing I'm having the thought that" so tell your mind, 'Thanks for sharing!' in a slightly sarcastic tone to acknowledge the thought. Then move your attention elsewhere.

Let me start by saying that it is not okay to try and overshadow or downplay the severity of the issues plaguing our unsettling, unpredictable and inexplicable world. But is it healthy to carry on condoning the constant negativity which is grooming our young generation? We are encouraging an era of malcontent, allowing the media, expectations, and stresses to imprison us. We are never satisfied, we are never content..... What kind of life is that?

This is a generation with forgotten priorities, and yet

How has everything gotten so confused and corrupted? Teachers and parents alike try to enforce this notion of mental toughness upon the children of our society- to be bale to cope with the stresses of A-levels, GCSE's, 1 in 3 divorces, threats of world destruction, terrorism...the list infinitely continues. They aim teach us to have the ability to resist, overcome and manage doubts, worries and concerns; to defend ourselves in a world sick with war, chocking on

“It creates problems that are easier to glaze over than fix”

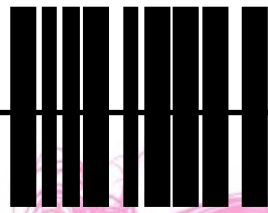
the violence that threatens to suffocate us.

However, those teachers, parents and professionals still refuse to acknowledge our inability to express the emotions suppressed by those such acts, afraid to speak out due to disappointment and twisted ideals. We are told to 'speak out', 'a problem shared is a problem halved'...when really, they don't want to know if we're struggling. It creates problems that are easier to glaze over than fix.

We have this innate need to please. How to look the best, how to be the best, how to do better. When does it end? When no one is truly themselves?

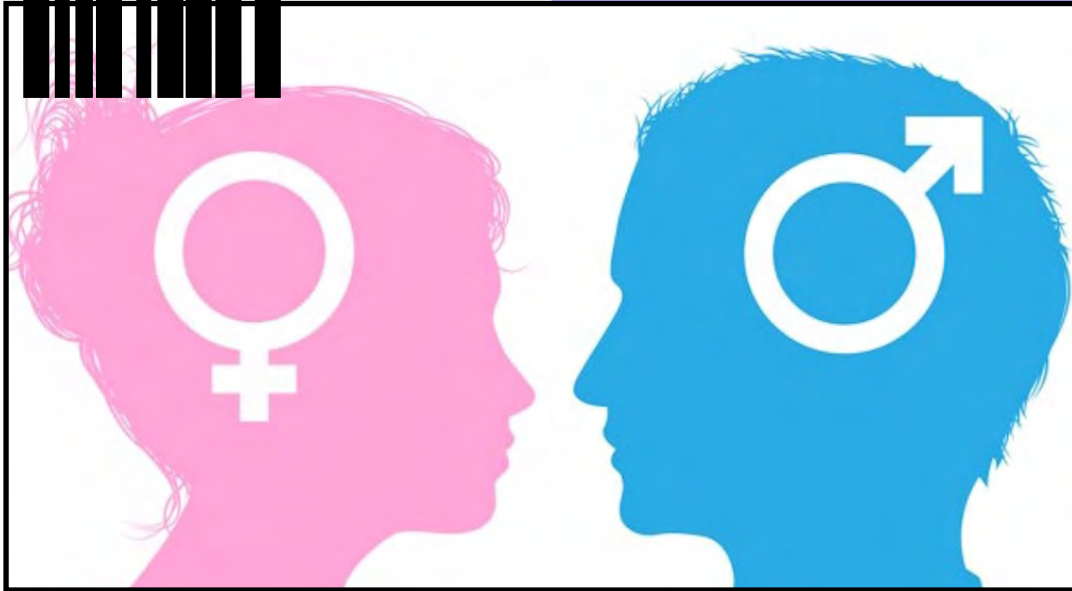
Social media doesn't help.

It is an omnipresent force which creates addiction, indulgence and disengagement from the real world. So, put your phones down, hug those around you, engage with the scene around you and live in the moment. Don't take yourself too seriously and remember that everything is a matter of principle; we all need to change the way we see the world, and open our eyes to the beautiful things.



Gender Stereotypes

Lilly Griffis



Our society has built a set of ideals that we conform to about how men and women are expected to dress, behave and present themselves. But why? For years, women were perceived to be polite and nurturing, whilst men were expected to be aggressive and emotionless. Children learn what constitutes female and male behaviour from their family during infancy, creating an unconscious cycle of stereotypical ideals. We tell ourselves that **this is the way that we should be, that we shouldn't think twice about it or find it remotely degrading however we can't help but think there is a different way to rule our society.**



Stereotypes are a bit like air: invisible but always present and people tend to care less about what they think is right and more about what other people would think of them for doing so. We tend to have multiple identities and pick and choose which one to use to suit the people around us.

We feel the pressure to look or act a certain way due to runway models setting unachievable standards and the constant activity on social media builds the idea that you must fit into specific categories that the media create. The ever-changing nature of fashion makes the struggle to 'fit in' even harder as people are now led to believe that your appearance will ultimately define

The media is guilty of exploiting the differences between men and women and of exaggerating gender stereotypes in order to sell products, this creates an unreachable goal for impressionable audiences as the most media central stars are usually their idols and so we are brainwashed to believe that there is only one way to be, which leads to gender stereotyping shaping self-perception and influencing participation in school, ultimately affecting academic performance and well-being.

However, in recent years society has been more open to accepting new ideas and the 'metrosexual' man, a man who is in touch with his feminine side and interested in romance and fashion, has become more accepted within society. This allows space for more people to reflect their true self and for stereotypes to be less of a conformity and more of an option. We may not be able to avoid

stereotypes completely and immediately, but we can try to clear the air from them.



F I'M DONE

A

Fashion. What is it really? As defined on google it is the popular or latest style of

S

clothing, hair, decoration or behaviour. You are like an engine which never stops going around. You help us achieve that originality we are so desperate to express. It is even a peculiar form of non-verbal communication.

H

I

You stress me out every morning as I tear my way through the outdated pieces of clothing which are no longer acceptable to wear. When I was younger you didn't bother me as much. Clothes, hair, accessories. You were no worry of mine.

O

N

Us girls tend to be bitchy, they tell you your top is nice, within seconds of turning around and making a nasty comment 'looks like she's wearing her Grandmas curtains'. Everything matters from your jewellery to your shoes. I am not willing to justify the extortionate prices that you make us pay. You manipulate us into paying our way to conform to social standards. Boys scroll for hours trying to find the perfect jeans. Too skinny or too baggy? You created a very thin line between the both. Society dictates if you slap a brand on a plain white t-shirt - it suddenly becomes fashionable.

Are clothes for seeking attention? For protection? To create an identity?

The patriarchal society of the 1900s meant you were the only outlet for women to express themselves. From the extravagance of flapper dresses, to miniskirts which revolutionised women's style, you never judged us when we rolled up our skirts because they weren't short enough. The biggest influence on what we decide to cover ourselves with most mornings isn't whether we actually want to wear it but what other people will think of it.

Nowadays you aren't just clothes. Even body image has become a matter of fashion. You make us conform to unrealistically small sizes in order to achieve the look of the scarcely thin models in your 'prestigious' industry. How about you encourage models on your magazines to wear more clothes rather than none of them. Let plus size models come out of shadows and into the spotlight.

Stop photo shopping models. You manipulate our bodies to the point that any photo I scroll past on Instagram could be a lie. Influencers portray unrealistic goals to their fans because of you, causing severe depression and body confidence issues.

Every day I would check all the new in clothes on ASOS and Topshop (sometimes I would add things to my basket even though I knew I couldn't afford it). I would empty my pockets for the sake of you.

On a daily basis you wake me up with anxiety as I stare pointlessly at my wardrobe hoping something I have never worn before magically pops out, because you can't be an outfit repeater, I mean what if the others at college notice the same top I have worn the last 4 days straight because it is the only 'in' thing I own?

So, what is the meaning of you fashion? I thought you were a bold and daring statement. A confidence boost. An excuse to express ourselves and the essence of our personalities.

Is that still the meaning behind you?

100 YEARS OF HAIR ACCESSORIES

1910's— headbands began to gain popularity. Headbands at this time were made of luxury fabrics and elements; decorative stitching or beads were often incorporated. They were usually worn with pinned-up hair. Hats also became an essential part of hairstyles.

1930's— the hair pieces reflect the change in society, notably the careers available to women and vibrant lifestyles. To accentuate hair, women used snoods, combs, flowers and endearing little hats to show off their personal style.

1950's— pin-up hair flower clips placed on one side of the head were seen as an alternative to wearing a hat as the trend died down in the 50s. Also, headbands and bandanas were favoured to tie around a ponytail, especially by teens. The pin-up hair bandana, turban, and snood from the 1940s were still worn by many women well into the 1950s.

1970's— scarfs as hairbands stayed vogue until the mid 70's when the trend terminated. Then the simple pinned back sides came into fashion. It was easy to twist back your luscious locks and create an effortless and beautiful look; this appealed to many women.

1990's— hair accessories saw an explosion of popularity during the nineties! Everything from bucket hats and scrunchies to hair wraps were popular. But there was no other rave like the butterfly clips. They were often sparkly and came in all different colours; they were just as functional as they were fashionable.

EMILY WHELAN

1920's— the hat trend continues: Women in the Jazz Age did not leave the house without a hat or some type of head covering. Although the snug fitting cloche hat was the most common, it certainly wasn't the only women's 1920s hat style; forehead fascinators, braided hairbands and rhinestones were widely sported.

1940's— wigs were sold to women who wanted to join in on the pin-curl trend but didn't want to go through the effort of styling it. An important accessory of the 40s was the headscarf. This was essential for the women working in factories during WW2. It was also a symbol of feminism. The snood was also significant to women in the workforce so that hair could be kept in place.

1960's— There was one thing that united the incredibly varied head looks of the 1960s: hair accessories. The decade saw an explosion of different accessories that were used to adorn and enhance distinctive hairstyles. Jackie Kennedy's pill box hats, Grace Kelly's glamorous headscarves, along with ribbons, flowers and jewels paved the way for women to infuse fashion and fun into their hairstyles.

1980's— the DIY hit of the century was the pulled back hair with ribbons. Everyone wore them and they matched every outfit imaginable. Ponytails were given a new look by the inclusion of scrunchies; they were often neon or hot colours, conveying a fun and careless vibe.

2000's— twist in accessories completed the perfect up-do. Snap clips and the on going trend of butterfly clips being the perfect accessory for keeping your bangs out of your face. And of course, the on going scrunchie craze.

Teenage Sleep Deprivation

By Andy Prigg

Are you Constantly Waking up on the 'wrong side of the bed' ?

Another late night leaving us feeling grumpy and certainly not functioning at our prime? Its estimated in the UK that an astounding 90% of us teens aged 14-19 are sleep deprived (as a demographic we are affected the worst by lack of sleep closely followed by the 65+ category) ; so why are us teens this tired at such a critical stage of our development and why are so many of us waking up so shattered?

Simply put we don't get enough sleep, on average we only receive six and a half hours shut eye a night compared to the eight-nine hours we should be getting. But why do we spend so little time asleep?



The answer put fairly simply is ...life

The stresses of life both at school and at home; whether this be cramming for a biology test the next day, that you haven't have been able to revise for earlier, because obviously you've been too tired. These things are completely unpredictable yet always end up coming at the worst time possible.

And The pressures of life staying up all night talking to your mates trying to sort plans or just having a late night catch-up.

In all of these cases sleep is always the first thing to be sacrificed even though it is imperative for our well - being . Symptoms of sleep deprivation include; Day time sleepiness, lack of the ability to concentrate,

Although sleep deprivation is not internationally recognised as a disease it still can still have serious health implications including;

Difficulty concentrating – Drastically increasing your risk of injuries and accidents at home, work and on the road driving. Resulting in you constantly feeling stressed as you are unable to study effectively.

General affect on your overall health – Making you more prone to serious medical conditions such as; obesity, heart disease, high blood pressure and diabetes these as a result of the suppression of your immune system caused by lack of sleep as well as promoting the formations of certain types of cancers

As well as difficulty remembering things - Make no mistake us A-level students need to remember lots and lots of content and skills for our exams. This

But don't worry one late night isn't going to kill you its repeated lack of sleep that causes these implications. The one off will only make you a little grumpy the next day but an early night will easily amend this. Leading onto my next point how to avoid lack of sleep...

The main way to avoid lack of sleep is to get into a healthy sleep routine not just going to bed at the same reasonable time each night but also making an effort to get up at the same sort of time in the morning. If you can get into this routine your body will go into a regular circadian rhythm allowing you to get to sleep easily when you get into bed as well as getting good- proper sleep when asleep, in comparison to poor quality and interrupted sleep that us teens acquire from our all nighters of cramming and snapchatting.

- SWITCH OF THOSE DEVICES OFF: the blue light they produce affects the melatonin balance in your mind, tricking your brain into thinking its day time which makes it almost impossible to sleep for a couple of

Sleep is just as crucial to a healthy lifestyle is as having a balanced diet so get stop procrastinating go get some well deserved sleep.

Plastic Dystopia

Jeremiah 2:7 "I brought you into the fruitful land, to eat its fruit and its good things, but you came and defiled my land, and my inheritance, you made an abomination."

Every day approximately 8 million pieces of plastic find their way into our oceans. There may now be around 5.25 trillion macro and microplastic pieces floating in the open ocean, weighing approximately 269,000 tonnes. By polluting our planet, we are killing entire eco-systems and all life that lives within them, our species is in dire need of a wakeup call. The money and greed of our leaders will only boost their self-indulgent egotistic attitudes for so long



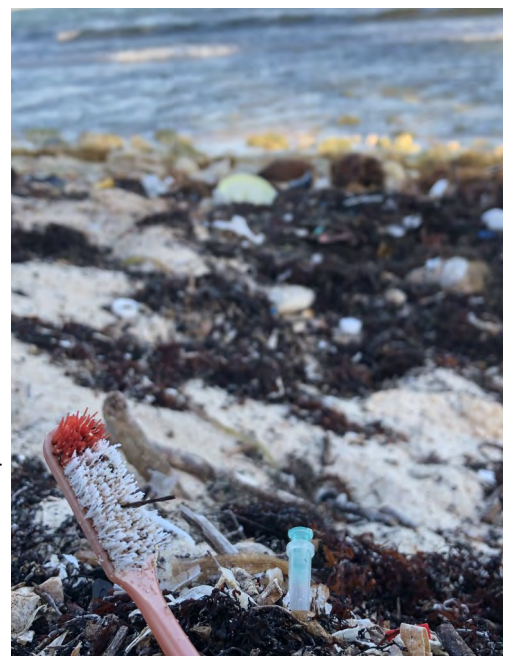
until it results in the destruction of our home planet. Since the 'innovative' invention of plastic, 8,300 million metric tons of plastic has been produced, of this 6,400 million metric tons has outlived its usefulness and become waste, 79% of that waste is sitting in landfills or the natural environment, 12% has been incinerated but only 9% has been recycled.

One of the most shocking examples of plastic pollution is the great pacific garbage patch, this is a large system of ocean currents made up of marine debris particles in the North Pacific Ocean. The collection of plastic and floating waste originates from countries in Asia, North America, and South America. The patch is actually "two enormous masses of ever-growing garbage". One has been named the "Eastern Garbage Patch" this lies between Hawaii and California, while the "Western Garbage Patch" extends eastward from Japan to the Hawaiian Islands. An ocean current about 6,000 miles long, referred to as the

"Subtropical Convergence Zone", connects the two patches. Researchers from "The Ocean Clean-up project" claimed that the patch covers 1.6 million square kilometres. An estimated 80,000 metric tons of plastic inhabit the patch, totalling 1.8 trillion pieces of plastic and microplastics.

In 2014, scientists found a new kind of "stone". It was made of sand, organic debris, volcanic rock, and was all swirled together with melted plastic. So, they proposed the name "plastiglomerate" and they proposed that since it lasts for generations, our time might be defined by our use of plastics. **Our predecessors poisoned the earth's lungs with the industrial revolution, do we want to be remembered as the generation of humans that poisoned the oceans?**

We need a solution and we need one now, there are many organisations working on coming up with truly ground-breaking technology in an attempt to save our oceans. An example of this is 4Ocean, a non-profit business that pulls plastic and glass waste from oceans around the world in order to repurpose it by making bracelets out of those recycled materials. 4Ocean sells each bracelet for \$20 with the promise that the money from each purchase will fund one pound of trash removal from the ocean. Furthermore, they are constantly engineering and investing in new technology to collect plastic debris from the oceans and waterways. Such as their new invention the 4ocean Mobile Skimmer. This custom manufactured vessel expedites the process of collecting accumulated plastic out of the ocean. They've been testing the vessel in the local waters off Florida and plan to deploy it at international locations where it will have the most impact. The Mobile Skimmer will have a crew member dedicated to monitoring the conveyor to ensure that organic matter and sea life are returned to the ocean before making its way to the collection sack.



The companies CEO said “While we know producing these machines won't end the ocean plastic crisis, it will do a great job at combating the plastic that already exists in the high impact areas in which it will be deployed and help raise awareness about this global problem.”

Another huge problem we are facing is plastics inevitable conquest into our food chain. When we dump our plastic waste into the oceans it finds its way into the aquatic life. It all starts at the lowest



It all starts at the lowest member of the chain, Plankton. Plankton often mistake microplastics as algae, which is their main source of diet, they then digest the tiny plastic pieces. Next is the small fish which come along and eat the Plankton along with the plastics already inside it's digestive system. Now the only way this can continue is up the food chain, which is where we are, thus showing the arrogant lifestyle that we are living. A massive 37% of fish in the English Channel have been seen to have these microplastics in them. A real problem, since microplastics and plastics absorb Persistent Organic Pollutants or POPs, these are toxic chemicals which can cause harm to humans and the environment. These POPs can be transferred into the body tissues and digestive system of the animals surrounded by it. If we digest a high amount of these chemicals, through eating seafood, they will attack our immune systems and make it easy for us to get extremely ill. **Not only will plastic pollution cause these marine creatures to starve with a full stomach, but our overproduction of it will inevitably have huge impacts on our own health.**

I have personally been face-to-face with this atrocity and have seen the awful effects of plastic pollution on what should be a perfect pristine utopia of sand and ocean. Walking along the beaches of the beautiful Grand Cayman I was astonished by the overwhelming effects that our society has upon this small Caribbean island with the plastic packaging of recognisable products being clearly visible. Whilst I was there, I was inspired by a group of environmentalists who had taken it upon themselves to start an organisation that attempted to clean up the beaches of the island, 'The plastic free Cayman' campaign, a non-profit organisation run by volunteers. After seeing them I decided I would join them in a similar exercise further down the island where I would collect as much plastic as I could and leave it in their designated recycling area.

But we can stop this. All of us have a responsibility to lessen the damage of plastic pollution.

The easiest and most direct way that we can do this is by reducing our own use of single-use plastics. Single-use plastics include plastic bags, water bottles, straws, cups, utensils, take-out containers and any other plastic items that are used once and then discarded. The best way to do this is refusing any single-use plastics and by buying, and carrying with you, reusable versions of those products. Another obvious way is to recycle properly, when you use plastics that can be recycled, always be sure to recycle them. Recycling helps keep plastics out of the ocean. Another way is by supporting non-profit organizations working to reduce and eliminate ocean plastic pollution in a variety of different ways. Organizations like this rely on donations from people to continue their important work.

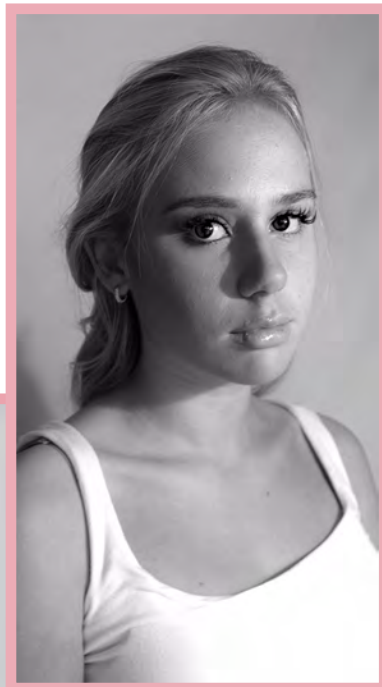


Our society holds a shared responsibility to lower the amount of plastic we are using in day to day life.

The miracle material has turned on us; its obnoxiously self-indulgent egotist of a creator.

By Caleb Clarke

BEHIND



the

FILTER



The phenomenon of people requesting procedures to resemble their digital image has been referred to as snapchat dysmorphia.

**Is Beauty
an...**

This is an underlying mental health issue that has recently been brought to the surface, specifically concerning millennials in the 21st century. This issue is affecting their self-esteem, body confidence and therefore triggering snapchat dysmorphia. The disorder has been classified as part of the obsessive compulsive spectrum.

Originally images of celebrities were shown to plastic surgeons' asking for Angelina's luscious lips or John Hamm's chiseled chin. Whereas now, longing individuals aspire to achieve physical perfection by offering idealised versions of themselves to plastic surgeons, The sparkling, digitally embellished versions that increasingly populate our social feeds.

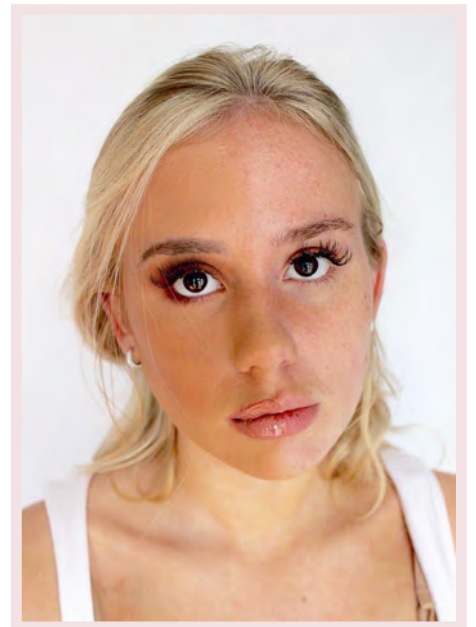
...ILLUSION?

Plastic surgeons are commenting on the sudden rise in teenagers extreme desire to become a filtered picture of themselves. Cosmetic enhancements are increasingly seen as normal, with celebrities and reality TV stars openly having procedures, societal acceptance is shown towards individuals that desire to achieve inner fulfilment and satisfaction within themselves by undergoing plastic surgery.

Combined with the fact that social media seems to negatively impact self esteem, a 2015 report from the office for national statistics found that 27% of teens who engage with social media for more than 3 hours a day have symptoms of

mental health issues; this may explain the emergence of snapchat dysmorphia. Such as fixes used to be just for glamour shots of celebrities. But today, with flawless skin and symmetrical faces all over our social media, the 'beautiful people' are now our peers; it's enough to give you a complex.

This can cause real harm especially for teens, And it's driving many to seek surgery, Surely snapchat can't be thrilled to have its name on a new mental disorder- it's response: Lighten up, filters are just a fun tool for personal expression. Yep, all good fun until your child comes home from the surgeon with a permanent dog face.





Merry Christmas and Happy New Year!

TERM TEAM X