

TERM

TARPORLEY SIXTH FORM COLLEGE 2023



A NEW AGE

OUR VOICES

OUR OPINIONS

OUR LIVES

ART BY FLORENCE BOWERS



A NEW AGE

TERM 2023

Beth Hardman

Editors Notes



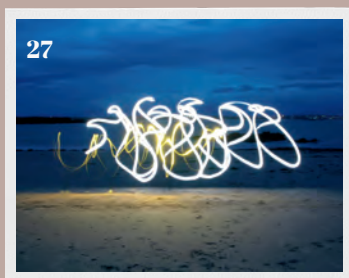
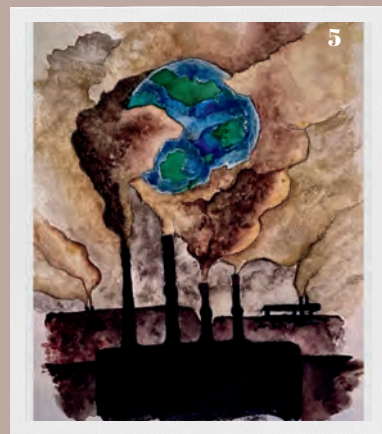
Within this issue of term, the notion of renewal is unsurprisingly at the front of mind. Every aspect of life, from school to the world around us, seems to be evolving and changing at an unmatched and unprecedented pace. The future - and all its possibilities - are coming at us at an ever increasing speed. A certain responsibility is seemingly being passed down to us, one we have never before experienced.

Language is an immense part of my own life as an English and French student - it is these subjects that gave me the confidence to voice my own opinion, something I hope this magazine will do for others. As the world starts to feel more like ours to shape, influence, and participate in, I believe it is integral that we, as the future generation, have the invaluable opportunity to express and amplify our views and begin to elicit and call out the changes we want and deserve to see.

Our team assuredly tackle myriad issues; from societies ignorance towards women's issues, to Britain's role in world politics, and the ever prevalent crisis of education. It is time for us to utilise our newfound influence, and be certain that as change occurs, it is for the better. It truly seems to be our turn. A new age that is ours to shape.

***Term
Magazine***

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Art By Emma Powell

The Willow Project

CLASS ACT OR LAST ACT

March 13th 2023. The Biden administration officially approved the Willow Project.

Led by Alaska's largest crude oil producer: ConocoPhillips; it will come as no surprise that they have been 'discovering' and 'developing' Alaska's North slope oil resources since 1965. It is according to ConocoPhillips themselves that "Willow is designed to support and coexist with subsistence activities with many mitigation measures built into the project design". The word "co-exist" is extremely prevalent in that this project demonstrates precisely how we cannot simply co-exist with other species. They have to coexist with us, under our control and supervision. The world has been snatched from under their feet without even a second thought.

Their so called "mitigation measures" are meant to justify this abomination, a get out of jail free card if you will. But, how can we be completely sure that no animal wildlife is disrupted by the activity. Short answer: it is impossible. We can block off restricted areas and redirect animals and use expert guidance but none of that will even remotely compare to their quality of life pre-exposure. Exposure to humans. Exposure to technology. Exposure to willow.

Said to be the largest proposed oil project ever on us land, willow will be producing up to 180000 barrels of oil per day. According to the Washington post it will have a total footprint of 499 acres. this will include: hundreds of miles of roads, pipelines and airstrips, as well as a gravel mine and a processing facility.

Alaska is a habitat for polar bears as well as thousands of caribou and waterfowl.



ENERGY BREAKTHROUGH?

The project will generate oil to ensure the US has a reliable supply of energy. This means the US can become more independent and not rely on imports of oil from the likes of Saudi Arabia. This will minimise the oil's carbon footprint as it is not travelling as far to its user.

However it does mean that the country will become more reliant on fossil fuels. The project would generate enough oil to release 9.2 million metric tons carbon pollution a year – equivalent to adding 2 million petrol cars to the roads.



MEET THE 'EXPERTS'

Biden vs trump

Biden has granted more drilling leases in his first 25 months than Donald Trump when he was president. According to CNN Willow was proposed by ConocoPhillips and originally approved by the Trump administration in 2020. Biden claims that they would have faced steep legal claims and fines if they chose to opt out or attempt to change the project's original purpose too drastically. Despite signing the 370 billion dollar environmental legislation inflation reduction act last year Biden has given the green light to begin this project. He has only approved of 3 of the 5 drilling pads which BBC news claims is 'a compromise of sorts with anti-Willow activists'. However, still about 90% of the target oil is still able to be extracted so this decision does not appear too costly to the project as a whole. One million letters were sent to the Biden administration against the project and over 3 million

signatures on a Change.org petition in attempt to slow the progression or completely stop the willow project. Although the project has been approved that doesn't mean it is immune to obstructions. In fact there is a race between Earthjustice and ConocoPhillips as environmental law groups are trying to get an injunction. Oxford language dictionary states that an injunction is a judicial order restraining from beginning or continuing an action that is threatening the legal right or another. If Earthjustice were to get an injunction then the project would come to a halt.

Construction can only take place during the winter as ice roads are needed to build the rest of the oil project's infrastructure. If environmental groups get an injunction before winter it could delay construction for at least a year.

By Alice Lazarus

OUR NEW HEADTEACHER: MR DEAKIN

What would the students of Tarporley be surprised to find out about you?

They might be surprised to know of a creative side that's not really been uncovered while I've been here. So, I play the piano to a very high standard. I was always first in the queue for silly staff events like stars in the rise and lip sync battles and that kind of thing; I've got that in my locker, but it's just been very well hidden since I've been here. I used to teach media studies and I'm pretty good on photoshop, so I have that creative element that was once used elsewhere in my career but is not as obvious where I am now.

What makes a conventionally good day at school?

The day brings positivity and challenge, often in equal measure. But sometimes there, of course, can be more challenge than positivity. A good day is getting to the end of the day and thinking you have had a positive influence on the school day. That might be solving some challenges. For example, helping students see how things can be better or improved and helping them do that. Obviously, there is much that I can do to guide year leaders, faculty leaders, members of staff, even students on the yard, members of the senior leadership team, to just advise them of the way forward. That is how I see the role; what can I do to help people's next three hours or three days go well. A good day is when I feel like I've made a difference, but I don't always see the outcome of the things that I do. This job is a lot about guiding conversations to support staff to go and do their job well. It's a very verbal job in that way.

What made you start teaching?

You could probably see my teaching career into early years. I played the piano, and I got so good at it that I could teach piano lessons. I was heavily involved in the local Methodist church, so that meant I did some Sunday school teaching and that kind of thing. When I was at school I was immersed in the music and performing arts. What I was very good at was accompanying. I could accompany people rather than being a soloist, so I could accompany singers. I ended up playing in performances with some of the younger students. If someone wanted to sing, I could play. You could probably see in that period, working with people, and to an extent working with people who were younger than me was something that I was good at. Then at university I kind of took a pause on the extracurricular stuff because I felt I probably did too much at school, but I still found my way into a local Newcastle secondary school. I used to go on Wednesdays and play Oasis songs for the children and they'd sing along. While I was in University, I chose between music and English. English was for everyone, and I felt music was a bit of a niche. I started to enjoy English the most at university. It's a pretty short line from there. My mum was a teacher, my dad was a Methodist Minister. My background is steeped in people working with other people.

If you could pass on any wisdom to your students, what would it be?

By the time you are 40, you won't care what other people think. The sooner you can get to a stage where you're not worried about what your peers might think, the better.

What do you want your students to remember you by when they leave?

I want them to remember that I did my best to make an experience as positive as it could be. So, whether that's in GCSE English and people were never going to do English again in college, or whether it's a level media, or whether it was head of sixth form. I would like when I bump into people for them to think, 'he was a teacher that gave what he could to make that experience as happy as it could be.' I value the sense that people value me and that they feel they can rely on me.

Where do you expect the school to be in 3 years?

Hopefully in a similar position. Delivering good outcomes for our students, full, looking after all of the staff. Students should be able to look at the school and think they can get a good result with some good experiences along the way.

What is the best thing about being a teacher for you?

People remembering little things and highlights, and when you see a student and they say hello. I go out with my son, and my son has two things he says to me after someone has come up to me and said hi; have you worked with them, or did you teach them? He sometimes gets annoyed, like we will be at Cheshire Oaks, or a United game and he will ask me that same question every time. It's his standard response. There's no better feeling than somebody letting onto you and not thinking they need to walk away. I've been in gyms when ex-students have said hi to me and they're 5 inches taller than me and everyone has sort of turned and looked around at me. That is the best thing about teaching- whatever tiny part you've played, somebody recognises you. A parent came up to me on one of the options evenings and said, 'you were my sister's favourite teacher'. It may not happen very frequently, but when they do it does make you think, oh I was a good media teacher and oh, I did make a difference.

What are you proud of achieving so far this school year?

We, as a school have had a good response to the sexual harassment and harmful sexual behaviour agenda in that we've got a good RCE curriculum which is mapped out and is not off the cuff and what each year group needs. I've done a lot of focus groups, so I feel like I know a lot more about those issues and 18 months ago I didn't know as much. I think that's an accomplishment. We've accomplished a cohort, like yourselves, going back to examinations after COVID restrictions and are helping other cohorts go into exams. I do only play a part in that, I do stress, but I don't lead it. Obviously, I've accomplished getting the headteacher role, which I'm proud of on a personal level as I am adapting to that on my own. I'm also proud that the staff seem to be behind me having the new role, too.





THE PRESSURES OF SOCIAL MEDIA

Photography
By Olivia Earle

Dear social media. We're done, it's over and we're leaving you! You are demanding, and insulting, we are sick of your coercive and controlling behaviour; enough is enough!

Social media has become an integral and unavoidable part of everyday life for... well, nearly all teenagers everywhere. We have fooled ourselves into believing that we need it, and that it's exciting and entertaining, when, as we all know, it makes us question our self-image and worth and ultimately leaves us feeling inadequate in some way or other.

It's like it places a duty unto us to constantly cross-examine every aspect of our persona and looks. Many studies have shown that teenagers who spend a lot of time on Instagram and Facebook have a higher rate of reported depression than others who don't

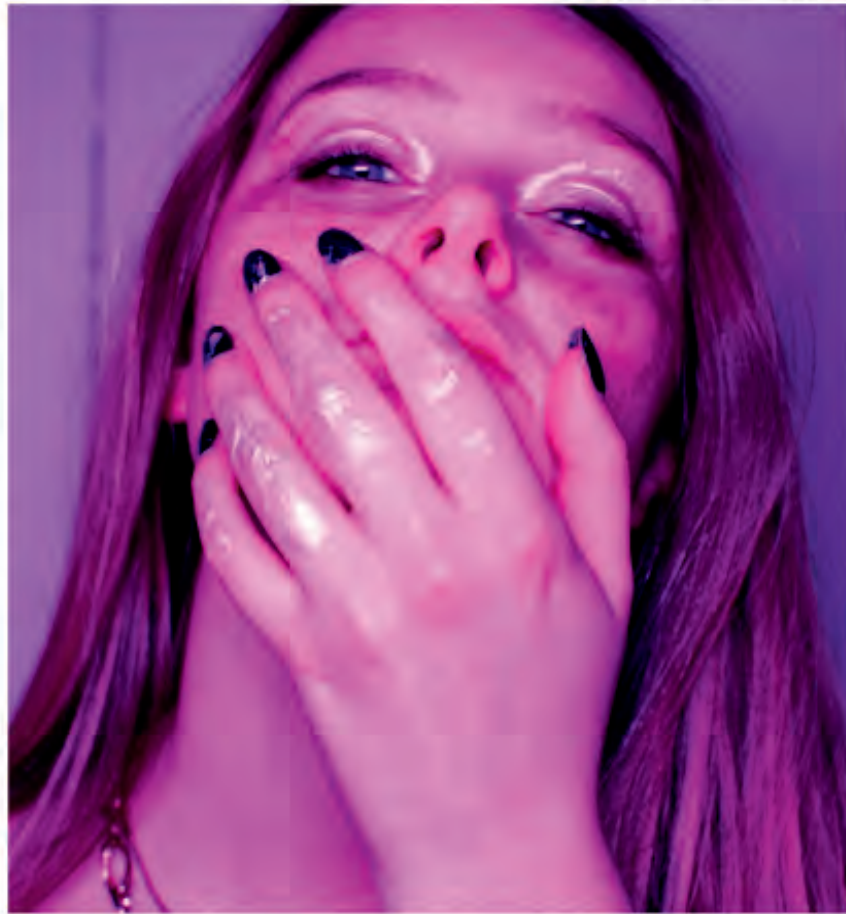
.We all know that the various platforms used to be a place where we could express ourselves without somehow feeling we're being judged. But it's like it's slowly but surely evolved into a beast that makes us so conscious of our appearance, and how others may perceive us. A cesspit of cultural comparison where we dream of being someone, anyone, other than ourselves. Low esteem becoming more and more prevalent as we compare our bodies, relationships, career aspirations, and achievements which plays to a never-ending cycle of self-doubt.

Am I going to miss out? I need to go there where they went so, I too can post a picture in the exact same spot- and if I don't, how can I possibly be living my best life? I must go there. I must take that selfie. Or what? Or I am nothing, a nobody; irrelevant, just an onlooker in life observing, disconnected, and not taking part. So, what do we do? We spend ever-increasing and excessive amounts of time on these corrupt platforms, worrying that no one has liked my post yet or posted a love heart or a thumbs up. Anxiously waiting for validation. We are being used and coerced into making gazillions for the 'social media industry'; well as far as I am concerned, I've had enough, we are teenagers, and our mental health comes first!

Posting on the platforms has increasingly become us putting ourselves out there effectively for a beauty assessment; allowing all who want to stand in judgment over whether we're pretty enough, the required weight and that we're conforming with all the required norms that the algorithms have bombarded us with. Instagram especially, and self-obsessed celebrities like Kim Kardashian. Photoshopped to the max in all her glory, displaying her all-consuming vanity, trying to sell herself and her products, with her ruthless and immoral business model. This so-called celebrity is one of the reasons why young girls look at themselves and believe that they are genuinely unattractive. But who can blame them, this is all down to you Kim. I wonder if you have got an ounce of guilt deep down in your soul? Do you ever think about the reported 43% of all teenagers who feel pressured to keep up a specific outward appearance online? The damage you and others are doing, the deep rooted mental health issues you are perpetuating, basically your influence seriously hampering teenagers' ability to develop normally as they mature. Is that all you think we are worthy of?

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By Olivia Earle





WHEN GIRLS TAKE UP SPACE

You need to calm down, you're being too loud.

As a society looking back at the timeline of modern feminism, one aspect of internalised misogyny that we just can't shake off is our obsession with women taking up space. No matter how hard we try, our subconscious effort to never be the loudest in the room or to inconvenience anyone around us is rooted within the patriarchy. The consequence of this is impossible to fathom. Nevertheless, examples of this pressure in action can be easily observed from any phase of a woman's life, which leads us to question, why can't women take up space?

"'Because you are a girl' is never a reason for anything ever." - Chimamanda Ngozi Adichie

From a young age, even the most seemingly insignificant differing comments on girls' mannerisms to that told to a boy begins to impose the self-sense of inconvenience unto her psyche. To make this judgement can come off far-fetched, but when analysing deeper into how as a society we accept and teach these children, the statement in question is no longer generalised but is a basis as to which we ought to examine our conduct as a society. For example, in response to the same behaviour, a girl will be told she is "bossy" where in contrast it is widely accepted that a boy is "a future leader" and praised for being "assertive". But girls? No, we're overbearing. This continued sexism exists without question throughout the years when a child is most influenced by the world around them; this along with myriad similar instances creates young women who have been consistently chastised for taking up space.

"People only call me a feminist when I express sentiments that differentiate me from a doormat." - Rebecca West

The beauty standard is an arbitrary selection of characteristics and physical traits persistently pushed by society as the ideal. For women, this consists of an expectation of a skinny figure- but not too skinny. Flawless skin-but obviously without makeup. And ultimately, sit still and look pretty- without taking up space. Given the infatuation with controlling the size of women, it is unsurprising that research has shown 50% of thirteen-year-old girls reported being unhappy with their bodies- this number rising to nearly 80% by the time they are seventeen. But it's all ok, because as told by Kate Moss, "Nothing tastes as good as skinny feels".

That leads us to explore the next phase of a women's life, adulthood. You've had the same education as men, you're sat in the same job interview and there's incentives to get women into STEM- how could possibly be oppressed? Well remember, you only got the job because the company wanted to be diverse, or you flirted with the interviewer, or you used Daddy's money to pay them off. 93% of women feel they are judged more on their looks than their ability; would you question it if a man had received the role- if he earned it.

"A feminist is anyone who recognised the equality and full humanity of women and men" -Gloria Steinem

Whether you're a young girl, ignored when the teacher needs a "strong boy" to carry a chair, or the lead of your field, feeling ignored and suffocated by your male counterparts. We all hit the glass ceiling eventually.



MENS MENTAL HEALTH

Men's mental health is often overlooked and stigmatised in society. This is often due to men feeling that they must adhere to societal expectations of being strong and unemotional- detached in order to maintain a masculine exterior. Consequently, this makes it difficult for men to seek help and talk about their own mental health. There are several factors that contribute to the stigma surrounding men's mental health: one being the concept of weakness. Elaborating on this, many men feel to talk is to be weak and is not an option, leading to many suffering in silence.

Another contributing factor is social media. In the modern era there are many influencers and celebrities portraying themselves and their lives as fulfilling and successful. This further damages mental health for all, as by only seeing a person's finest moments it creates an unrealistic utopian idea that these people are only ever happy and are unaffected by more common negative emotions such as: depression, anxiety, and stress. We are left feeling average and without passion for what we used to love. This is a direct result of how comparing our lives to the lives of social media influencers can be damaging

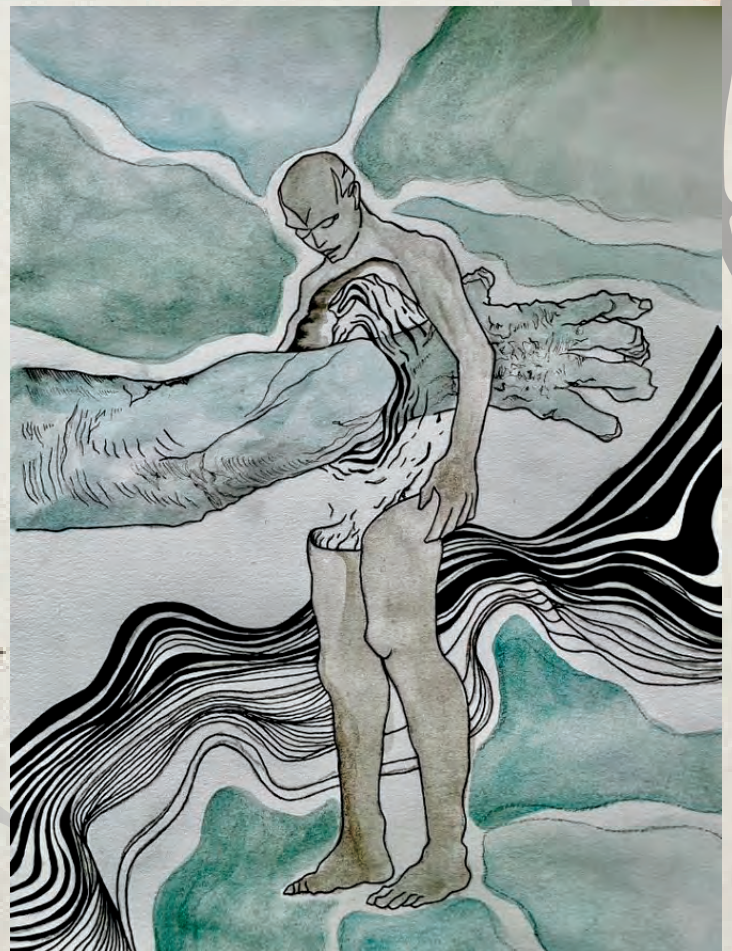
There is mass confusion between support and attempts to cause further damage to one's mental health. Many men refuse to speak up due to past experiences and fear of appearing emotional. I am almost certain that all men have cried or felt depressed, however the consequent judgmental reactions force men to lock away feelings these feelings. Forever preventing from resurfacing.

By Max O'shea

This when mental health can lead to serious issues, such as a constant feeling of depression or anxiety and can then lead to these men looking for an escape. A way out. Something to take away the pain. Suicide.

Many people are fearful to talk about the prevalent issue of suicides in men. So, I will, the biggest killer in men under 45 is suicide, the suicide rate for men in Northwest England increased from 10.1 per 100,000 (2020) to 12.9 per 100,000 (2021), 5219 suicides were registered in 2021 an increase of 307 from 2020 (Per Samaritans website). In a time of such connection how is it that so many feel alone? Society is the reason for this; men are told to be unemotional and strong. However, where has this got us? Society must change to save lives, talking about mental health is not a cry of weakness nor a plea for attention. Do not suffer in silence.

Art By Emily Pawlett



CHILDHOODS EXECUTIONER:

I INTRODUCE YOU TO EXAM STRESS

***"EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID."* – ALBERT EINSTEIN**

Exam stress. Exams. And stress. Two words which have proven themselves to be intrinsically linked. But when did school become so fixated on assessment after test after quiz. When did school become a chore; summarised in a few all too meaningful and consequential letters, and not about making daisy chains with your childhood friends in summer dresses on a freshly, mown field. When did the cooing of pigeons go from the comforting tune of a softly warm summers day, to an unwelcome interruption in your revision, or worse, an exam.

The nausea inducing sound of “g c s e,” is enough to bring a sense of anxiety back to anyone. A ghost of the past haunting our memories and reminding us of the excruciating fact that there is inevitably more (and worse) yet to come.

However, oppositely, upon remising unto sats, the notion of waking up early -not to get in some last minute revision, nor chug rescue remedy- but to have a bacon sandwich at school with my friends’ floods nostalgically back. Walking into my familiar classroom and coming out carless of the results.

Excited that a test down meant that the end of year six play was that much closer. Focused more on what Charlie and the chocolate factory character I would be, than if I would be able to recall a maths equation. So where along the way did childhood seemingly slip away; undermined to prioritise exam results. When did summer become exam season, and not about the excitement of the end of the summer term. In fact,... is that moment even identifiable?

When searching for answer to this agelong question, I found the statement: “when a person no longer enjoys the little things in life.” It is a truth universally acknowledged that as time goes on, and a person inevitably ages, the small joys which make daily life exciting lose their lustre, their meaning, and their significance. They no longer become enough to alleviate the crippling stress induced by that heavy exam paper placed in front of you every year. Eventually, these ‘little things,’ become nuisances, not amusements. Whether you’re willing to admit it or not: we all lose our childhood sparkle -that unconditional and unrivalled happiness- at some point on the path of adulting. However, it is my stern belief that this path is passing by rather too rapidly.

Being an A level student is arguably one of the most challenging and exhaustive periods of childhood. Or should I say teenagerhood? Adulthood? Either way... everything seems to come crashing down in one, big, all-destructive wave. There’s schoolwork, of course. Everyday we go into school, then home again to scrape away at the mountain of revision and homework set. We do chores. Then we go to our jobs. We work and earn some minimum wage money. We sleep. Dreams clouded by everything we need to do. All whilst futilely trying (and failing) to maintain some shred of a social life. When does the break come? Does it ever.

It is unsurprising that the question of the utility of exams comes to mind. Why, when you google exam stress, do three hundred and eighty eight million results load in half a second. “How to deal with exam stress.” “Managing exam stress and coping with exams.” “How you can help stop your exam anxiety.” And finally... “Information for 11-18 year olds: exam stress,” eleven years old... is that the answer? Is that the end of childhood?

When over two thirds of all students say exams are their main source of stress how can this issue not be a priority. In truth, over 88% of children suffer from anxiety as a direct consequence of the paralysing pressure of exams... but that's fine, right? Let the children suffer. When I study the effects and results of a level test periods, I see, "can cause feelings of anxiety and depression. Don't feel alone, lots of people have similar difficulties." Lets analyse this shall we? Lots of people have similar difficulties... and it seems to me that this tragic truth has been accepted. It IS normal to feel miserable. You SHOULD be stressed. Well, I'm not too sure I believe this notion that has been spoon fed to us our whole lives anymore...

It is understandable to say that perhaps it is not equitable to blame exam stress – and exam stress alone- for the collapse and corruption of our childhoods. But it certainly seems to play a role; and an undeniably significant one at that.

Perhaps it is time to break our compliancy.

By Beth Hardman

4. But we nev - er can prove The de - lights of His love Un - til all on t
5. Then in fel - low - ship sweet We will sit at His feet, Or we'll walk by

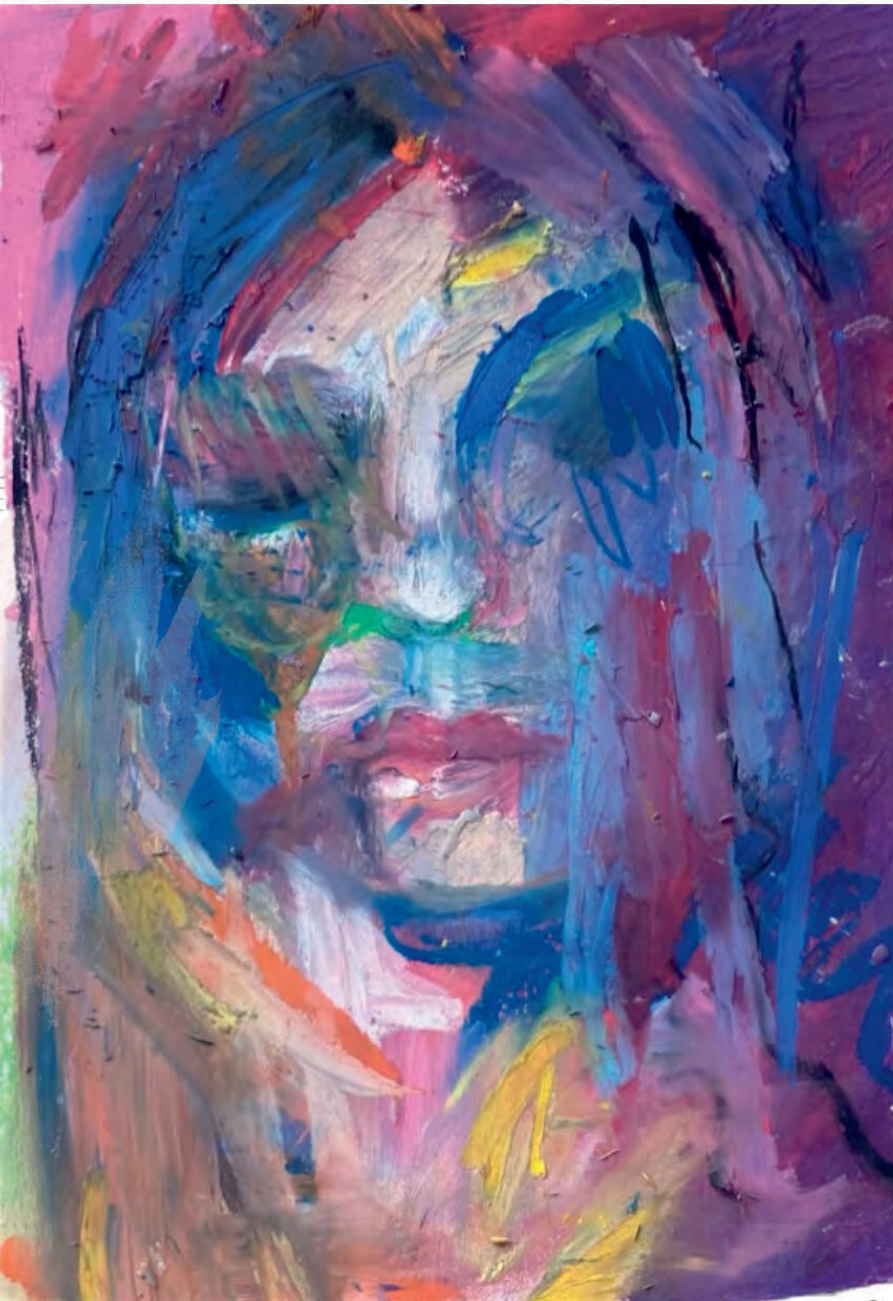


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If you, or anyone you know are struggling with your mental health, please know there are people who can support you and resources which can help.

- Kooth - anonymous mental health support
- Mind - how to reach out for help
- Student minds - support and resources for exam stress



Art By Martha Willets





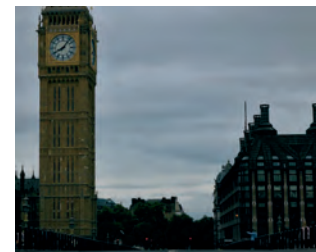
A stylized illustration of a person with curly hair, wearing a blue and white striped shirt and orange pants, sitting in a black office chair at a dark wooden desk. They are looking at a laptop. The background is a solid teal color. Above the person, numerous white speech bubbles and circular icons float, containing symbols like question marks, hearts, user profiles, a magnifying glass, a play button, a thumbs up, and an envelope. A small red play button icon is also visible. To the right of the desk is a potted plant with long, pointed leaves. The overall theme is digital communication and social media.

THE EFFECT OF COVID-19 ON THE UK ECONOMY

The United Kingdom is one of the world's largest economies and a significant player in the global economy. The country has a diverse economy that includes sectors such as finance, manufacturing, and services. In recent years, the UK economy has faced several challenges, including the COVID-19 pandemic and the uncertainty surrounding Brexit. Despite these challenges, the UK economy remains resilient and is projected to recover in the coming years.

The UK economy is the sixth largest in the world, with a Gross Domestic Product (GDP) of £2.248 trillion in 2021. The country has a highly developed and sophisticated financial sector, which is one of the largest in the world. London is a major financial centre, home to many of the world's leading banks and financial institutions. The UK also has a strong manufacturing sector, with industries such as aerospace, pharmaceuticals, and automotive playing a significant role in the economy. Additionally, the UK has a thriving services sector, which includes industries such as tourism, retail, and healthcare. The COVID-19 pandemic has had a significant impact on the UK economy. The pandemic has led to a significant contraction in economic activity, with GDP falling by 9.8% in 2020. The pandemic has also led to a rise in unemployment and a decline in consumer confidence. To mitigate the impact of the pandemic, the UK government has implemented several measures, including fiscal stimulus and monetary policy measures. These measures have helped to support businesses and households and prevent a more severe economic downturn.

Brexit has also had an impact on the UK economy. Following the UK's decision to leave the European Union in 2016, there has been uncertainty about the future relationship between the UK and the EU. This uncertainty has led to a decline in investment and a slowdown in economic growth. However, the UK government has been working to negotiate a new trade deal with the EU, which has helped to provide some clarity and reduce uncertainty. Despite these challenges, the UK economy remains resilient and is projected to recover in the coming years. According to the International Monetary Fund (IMF), the UK economy is expected to grow 2.5% for coming years. This growth is expected to be driven by a recovery in consumer spending, a rebound in business investment, and continued government support.



One of the key strengths of the UK economy is its highly developed financial sector. The sector plays a significant role in the UK economy, contributing around 7% of GDP and employing over 1 million people. The financial sector in the UK is highly competitive, with many of the world's leading banks and financial institutions based in London. The sector is also highly regulated, with the Financial Conduct Authority (FCA) responsible for ensuring that financial firms operate in a fair and transparent manner. Another strength of the UK economy is its highly skilled workforce. The UK has a highly educated population, with over 40% of adults holding a degree or equivalent qualification. The country also has a strong tradition of research and development, with many of the world's leading universities based in the UK. This highly skilled workforce has helped to drive innovation and growth in key sectors such as technology and healthcare.

In conclusion, the UK economy is a highly developed and diversified economy that has faced several challenges in recent years, including the COVID-19 pandemic and Brexit. Despite these challenges, the UK economy remains resilient and is projected to recover in the coming years. The country's highly developed financial sector and highly skilled workforce are key strengths of the economy, which have helped to drive growth and innovation. However, the UK government will need to continue to support businesses and households and invest in key sectors to ensure that the economy continues to grow and remain competitive in the global economy.



Art by Florence Bowers

JUST STOP OIL: OUR HEROES IN DISGUISE

By Florence Bowers

Just stop oil; the nutters who glued themselves to the road. The crazy politicians who threw a can of Heinz soup on that prized painting, for God knows what reason. They sit on the roads, yelling and whining about one thing or another, stopping traffic, stopping people from getting to job interviews, stopping people from getting to the hospital: a selfish inconvenience. The headlines trained us to hate them. However, this is just one side of the story. We are told the side of the story which interests us the most. It is much more interesting to read about the people who are easy to hate, that are causing mass destruction to our society, than to face the actual fact that mass destruction is happening to our planet, and they are desperately trying to get our attention to stop it.

Our planet is dying and those “nutters” who are gluing themselves to the road are just trying to stop that from happening. This could arguably be one of the most important issues we will have to face in our lifetimes, as this is not about saving a singular, small group... this is about saving everyone: our wildlife, our earth, us. They are doing this so we pay attention and do something about it, so our children and our grandchildren can live a healthy, environmentally friendly life. Where you know they will actually be able to live a good life with fresh air and trees- and not having to wear a mask every day...remember how painful that was?

The question we all think whenever we see an article about them is, “what on earth are they actually protesting for? What is all the fuss about?”. Well just stop oil have one, simple demand: the UK government stop all future oil, gas and coal extraction when our current supply runs out which has only 7 years left. So in that time, we have an opportunity: we can transition to clean renewable energy sources.

However, I can see how their actions could be seen as going too far. Blocking traffic, stopping people from getting to their jobs and interviews and school; even getting to the hospital.

But what the news doesn't show us is that Just Stop Oil always have a blue light line whenever they protest whilst blocking roads. A blue light lane is a lane dedicated to emergency's so that people can get through the protest easily and quickly. For example, so they can let fire fighters and ambulances through - anyone that is in a true emergency faces no real difficulty or impediment.

Now, “destroying” a famous painting is crazy, but I learnt that the people doing that protest deliberately chose a very high end profile painting to create talk, to get people's attention- the same way the news chooses to demonise these activists for publicity. Choosing a prominent painting meant that it would be well protected and framed with a thick layer of glass. Therefore, it made a big media impact but did not actually damage the work of art itself. If we put this in context of other protests, the suffragettes actually slashed a painting known as the 'Rokeby Venus', which is the 2023 equivalent of what the Just Stop Oil protesters did throwing soup on Van Goughs painting - but Van Goughs painting didn't actually get damaged. Now think back to 1914 when women were desperately doing 'ludicrous' acts to fight for basic rights and how they were labelled as crazy and imprisoned. Yet now, in 2023, we see it was what they needed to do for a lot of us reading this right now. They needed to go to extremes to get the basic rights such as having the right to vote, to an education, to have our own jobs. However, the main difference is that 74 long years later women are still fighting for these rights. We sadly do not have that much time. We need to help before it's too late.

Do you want to continue being part of the problem, or help create a solution?

“To all of you who choose to look the other way every day because you seem more frightened of the changes that can prevent catastrophic climate change than the catastrophic climate change itself. Your silence is almost worst of all.” - Greta Thunberg





RUSSIAN AGGRESSION, EUROPE'S PROBLEM?

ON THE 24TH OF FEBRUARY 2022, RUSSIAN FORCES INVADED UKRAINE.

This came after a protracted Russian backed insurrection in the Crimea region, towards the south of Ukraine in 2014. In the immediate aftermath of the invasion, which was widely condemned by the international community, sanctions were imposed against the Russian state and individuals linked to the Russian federation. However, what became clear after the invasion was the extent to which Russian businesses had become intertwined with the western economy and how hard it would be to detach from them. From the state-owned Russian energy firm Gazprom's prominent sponsorship of the UEFA champions league to Russia's widespread political influence, the Russian state exerted major influence over countries in Europe and elsewhere. This has led to a difficult choice for Western Europe. Does it surrender its principles to the vast wealth and resources of the Russian state or stand up for democracy?

One thing obvious to even the most casual observer was the vastness of Russian commercial influence in Europe. Many countries in Central and Eastern Europe were and still are dependent on Russian energy, with over 45% of European energy coming from Russia in 2021. The dependence on Russian gas was increasing leading up to the Ukrainian conflict, best seen in the construction of the Nord-2 gas pipeline from Russia to the East of Germany.

The most important gas pipelines in Europe



Source: European Network of Transmission System Operators for Gas

BBC

This was pipeline was one of many spanning Europe which pumped natural gas directly into the homes of thousands. After the invasion, the Russian supply of energy was limited but was not entirely ceased, leading to rising fuel costs and global economic instability. Closer to home, there were significant Russian interests, with Transparency International (an anti-corruption agency) estimating that £1.5 billion pounds of UK property was bought by individuals with alleged links to the Russian state, with 55% of this registered with offshore companies. However, less well known was the significant role Russian Oligarchs' money played in London's financial markets, with billions of Russian assets being laundered through a vast plethora of shell companies, hedge funds and various other vehicles. This practice was condoned and tacitly encouraged by successive U.K. governments who even created a 'fast-track' visa scheme for those who invested £2 million or more into the UK. It is no wonder the capital has gained various nicknames such as 'Londongrad' or 'Moscow on Thames' alluding to its close relationship with Russia and, more importantly, its money. Europe colluded with Russia, willingly ignoring the moral implications, in the search for self-interested economic gain. Europe, in short, sold their souls to those who pay the highest, regardless of any clear moral consequences such money presented.

Prior to the war, Russian politics displayed a worrying trend; one where Putin's iron grip on power only increased. The Russian government ruthlessly silenced its dissenters and persecuted minorities. There are myriad examples of such suppression, such as the draconian 'sovereign internet law' passed in 2019 which required Internet service providers in Russia to allow the Russian government to effectively shut them off when they like. Another example of the censorship endemic within the Russian federation was the silencing of Russian lawyer and dissident Alex Navalny. Navalny was injected with Novichok poison in 2020 and then arrested, despite the European court of Human right's protests. Despite this, it was largely ignored by many in the West, with it being viewed as merely the machinations of a distant tyrant.

The Russian invasion of Ukraine was not without warning. Russia backed an insurrection in the Crimea in 2014 and earlier aggression in other regions of the former Soviet Union such as Georgia in 2008 and the semi-autonomous region of Chechnya in the mid to late 1990's.

Art by Emma Powell



Russia has pursued an interventionist approach in surrounding countries with repeated interference in elections, with local politicians often cosying up to Russia to receive benefits from Putin's coffers. Reportedly, over \$300 million has been spent by the Russian government since 2014 to influence foreign elections. It is therefore unsurprising that many countries near Russia are becoming increasingly concerned for their future autonomy, especially given the West's mostly ineffectual approach towards Russian aggression. Sweden, Finland, Georgia, Ukraine, Kosovo and Bosnia and Herzegovina all applying for NATO membership as a bulwark to the perceived Russian threat. Other countries are also wary, with the risk that Russia's aggressive stance will set an international precedent. Countries near China, for example, have been particularly cautious despite Chairman Xi's comparatively more passive, if a bit more sinister, approach to foreign policy. For example, after Nancy Pelosi (a senior US politician) visited Taiwan, the Chinese government responded with a huge show of force, including a missile launched over the country. This has created a tense situation in Taiwan, on the edge of war with a power far greater than them, unsure as to the commitment of their allies to their defence.

The Russian invasion of Ukraine poses many problems, not least the future of both countries when the conflict ends. However, it also raises questions concerning the strength of the West's resolve in the face of authoritarianism, modern democracy's future and most importantly the integrity of Western leaders dealing with the allure of corruption. The West needs to realise that it must safeguard the future of Liberty and democracy. If they do not protect democracy, they may lose it.

Where to donate to those in need:

Red cross - donate to 'Ukraine crisis appeal'
UNICEF - Ukraine crisis donations

If you are feeling anxious about the evolving political crisis:

Talk to someone you know- you and you're feelings are valid

READ- Spunout - 'The Russian Invasion of Ukraine: how to handle war-related anxiety'



WOMEN IN BUSINESS

photography by Luke Wilson

THE NEED FOR WOMEN IN BUSSNESS

Women aren't commended enough within business.

When people think about CEOs, as a society we automatically expect it to be a man. Is that not the wrong thing to think? Should we not allow women to have a chance within businesses and have the same opportunities that men do?

Some may argue that women are crucial to economic growth around the world, as women supposedly 'see the world through a different lens' and 'do things differently'. This has been reflected in the type of businesses women start, as many start businesses from passions such as Estee Lauder, who turned the passion of makeup and skincare into a beauty empire or Oprah Winfrey, who focuses on empowering women. The increasing number of entrepreneurs shows that there's a rising trend towards women in leadership positions, in fact there are more women running for the Fortune 500 businesses today than at any point in the 63-year history of the Fortune 500.

However, that is only 6.4% of leading companies, and stories have recently revealed the BBC's gender pay gap, and that some women entrepreneurs cite an imaginary male co-founder for credibility. Women are demanding more from their work and are leaving their jobs in order to get it. Women are significantly underrepresented in leadership as fewer women have risen through the ranks due to not having the 'right skills,' and 'determination'. This shows how it is clear that there is indisputably a problem with women's inequality.

Women leaders are just as ambitious as men; however, they face many headwinds which means that it's harder for them to rise up the ranks within companies. They can face problems such as: being questioned and judged by someone who is more superior than them, or experience 'belittling'. Sound familiar?

Women represent a huge economic power; estimated to contribute \$20 trillion in consumer spending every year, and account for 85% of consumer purchases. Although this may be the case, only 11% of creative directors in advertising are women, as women within this field feel undervalued by the marketplace and believe they can find work in a better sector. Even though certain industries are showing a trend of growing female workforces (for example finance and engineering), there are still industries which are strongly male-dominated such as science, maths and technology. Figures show that only 24% of women make up STEM industries in the US and less than 15% in the UK. Isn't this something we should change, and encourage more women to join in these industries?

To develop my point above about the gender pay gap, more than 68% of women are willing to accept their salary which they're offered, while more than ½ of men are ready to negotiate before accepting roles to get more money. Several studies have shown that women are 25% less likely to get a rise in salary, as they feel inadequate and underestimate their worth as they don't have the confidence to discuss the topic of increasing their yearly salary with their superiors.

While most CEOs and executives are male, should we not agree that the best person should get the job, regardless of gender?

We should strive for equality; whether it be in the workplace or in everyday life.

By Grace Reese





YOU ARE IRREPLACEABLE YOU COME FIRST

By Florence Bowers

"It is during our darkest moments that we must focus to see the light." - Aristotle

How many hours of sleep do you get a night? Teenagers (people aged 13-18) are supposed to get at least 8-10 hours of sleep per 24 hours. This is a basic need to make sure we function as human beings on a day to day basis. If we are not giving ourselves the important time to physically, and mentally and emotionally switch off from the day, and relax, we won't function properly. Not only will we feel exhausted, but we won't be able to produce work to the same standard as we would if we were running on a healthy amount of sleep. This year Hannah and I were allocated the roles of mental health leads - we feel it is important to remind everyone of the basic human needs to maintain a good mental health. As the small things are the easiest to forget about. I'm sure getting 5 hours of sleep but having a cold can of red bull, or steaming hot cup of coffee in the morning seems like a good idea, the wave of exhaustion that will hit you later will be your karmic retribution. After all, the saying "waking up on the wrong side of the bed" exists for a reason.

Of course, the most frequent time at school students find it hard to sleep is during exams. I'm sure year 13s are feeling this right now. With the countdowns being frequently reminded to you, whether that's in a study or on a countdown written on the boards (because I'm sure you have all forgotten about them coming up!) as well as many years 12's who will be beginning to feel this with this mocks. Now I'm not going to tell you to not stress about exams, as I feel I could get some death stares in study for saying that, and rightfully so. However, dealing with stress that comes with exams is vital as if you aren't feeling right, you won't perform well. When planning revision timetables make sure to plan breaks; your body needs times time to recharge and regenerate or else you will burn out. It's important to look after yourself, not just so you can perform well, but so that you feel good, and healthy within yourself. Staying mentally healthy while doing exams comes back to getting a significant amount of sleep.

When talking about taking time to relax, it could be in between revision gaps or exams, or just needing to take time for yourself that is not just for sleeping. That should be an actual time of the day or week where you take time to relax doing something you enjoy. Whether that's through getting up and doing a sport or sitting down and just watching a tv show or anything in between, you should be having a bit of time in the day where you're taking some time for yourself to relax.

How can you be truly relaxed if you're thinking, worrying and stressing over every aspect of your life. Everybody needs some time to stop, breathe and take a break; after all, you're only human.



Art by Lara Bilsborrow

MARKETING RESPONSIBILITY: HOW BRANDS CAN

MARKETING IS NOT AS SIMPLE AS PROMOTING A PRODUCT OR SERVICE TO INCREASE SALES. HOWEVER, MARKETING IS CLOSELY INTERTWINED WITH SOCIETY AND CAN BE INFLUENCED BY A VARIETY OF SOCIAL ISSUES. MARKETING HAS THE POWER TO SHAPE OUR PERCEPTIONS, ATTITUDES, AND BEHAVIOUR. THEREFORE, BRANDS HAVE A RESPONSIBILITY TO USE THIS POWER RESPONSIBLY TO ADDRESS SOCIAL ISSUES IN THEIR CAMPAIGNS. CONSUMERS TODAY ARE MORE SOCIALLY CONSCIOUS THAN EVER BEFORE, AND THEY EXPECT BRANDS TO TAKE A STAND ON ISSUES THAT MATTER TO THEM CREATING THE CONCEPT OF MARKETING RESPONSIBILITY AND HOW BRANDS CAN EFFECTIVELY ADDRESS SOCIAL ISSUES IN THEIR CAMPAIGNS.

MARKETING RESPONSIBILITY REFERS TO THE ETHICAL AND MORAL OBLIGATIONS THAT BRANDS HAVE TO THEIR CUSTOMERS, SOCIETY, AND THE ENVIRONMENT. BRANDS HAVE A RESPONSIBILITY TO CREATE MARKETING CAMPAIGNS THAT ARE HONEST, TRANSPARENT, AND PROMOTE THE WELL-BEING OF THEIR TARGET AUDIENCE. ADDITIONALLY, BRANDS HAVE A RESPONSIBILITY TO USE THEIR INFLUENCE TO ADDRESS SOCIAL ISSUES SUCH AS DIVERSITY, SOCIAL JUSTICE, AND SUSTAINABILITY.

ONE WAY THAT BRANDS CAN ADDRESS SOCIAL ISSUES IN THEIR CAMPAIGNS IS BY TAKING A STAND ON IMPORTANT ISSUES. FOR EXAMPLE, MANY BRANDS HAVE TAKEN A STAND ON ISSUES SUCH AS CLIMATE CHANGE, SOCIAL JUSTICE, AND EQUALITY. BRANDS CAN USE THEIR MARKETING CAMPAIGNS TO RAISE AWARENESS OF THESE ISSUES AND TO ENCOURAGE THEIR CUSTOMERS TO TAKE ACTION CREATING A BALANCING ACT OF THE NEED TO GET INVOLVED TO HELP SOLVE THESE SOCIAL ISSUES AND PROMOTE THE BRAND WITHOUT DAMAGING THE BRAND VALUES. ON TOP OF THIS, BRANDS CAN FURTHER ADDRESS SOCIAL ISSUES BY PROMOTING DIVERSITY AND INCLUSION. THEY CAN DO THIS BY USING THEIR MARKETING CAMPAIGNS TO CELEBRATE DIVERSITY AND TO PROMOTE INCLUSIVITY. FOR EXAMPLE, BRANDS CAN USE DIVERSE MODELS AND ACTORS IN THEIR ADVERTISING CAMPAIGNS OR CREATE CONTENT THAT SHOWCASES THE EXPERIENCES OF UNDERREPRESENTED GROUPS AS WELL AS MAKING CONTENT FOR EXCLUSIVE DAYS OF DIVERSITY TO SHOWCASE MODERN EXCLUSIVE BRAND VALUES WHILST INCREASING EXPOSURE THROUGH UTILISING THE TRAFFIC OF POTENTIAL CUSTOMERS TO THE EVENT.

ADDRESS SOCIAL ISSUES IN THEIR CAMPAIGNS

BRANDS CAN ALSO ADDRESS SOCIAL ISSUES BY PROMOTING SUSTAINABILITY. CONSUMERS ARE INCREASINGLY CONCERNED WITH THE ENVIRONMENTAL IMPACT OF THE PRODUCTS THEY BUY, AND BRANDS HAVE A RESPONSIBILITY TO PROMOTE SUSTAINABLE PRACTICES DUE TO GROWING CONCERN OF CLIMATE CHANGE. BRANDS CAN USE THEIR MARKETING CAMPAIGNS TO PROMOTE SUSTAINABLE PRACTICES, SUCH AS REDUCING WASTE, USING ECO-FRIENDLY MATERIALS, AND PROMOTING ENERGY EFFICIENCY IN THE PROCESS OF WHAT THEIR BRAND DOES IN ORDER TO GAIN LOYALTY AND INVADE THE CAPTIVE WORLD OF FAST FASHION AS WELL AS THE LABEL OF ENVIRONMENTALLY DAMAGING WHICH NEGATIVELY EFFECTS THE SALE OF GOOD OR SERVICE. FINALLY, BRANDS CAN ADDRESS SOCIAL ISSUES BY BEING TRANSPARENT AND ETHICAL IN THEIR MARKETING PRACTICES. BEING HONEST ABOUT THEIR PRODUCTS AND SERVICES AND NOT MAKING FALSE OR MISLEADING CLAIMS HELPS THE BRAND TO BUILD A POSITIVE AND TRUSTING RELATIONSHIP WITH THE TARGET AUDIENCE MAKING THEM MORE INCLINED TO BUY THE PRODUCT. BRANDS SHOULD ALSO BE TRANSPARENT ABOUT THEIR BUSINESS PRACTICES AND SHOULD STRIVE TO OPERATE ETHICALLY AND RESPONSIBLY BY SHOWING NOT ONLY HOW THE PRODUCT IS ETHICALLY CORRECT BUT HOW THEY ARE INCLUSIVE IN THE WORKPLACE AND RESPECT ALL ETHNICITIES THROUGH THE USE OF SOFT SELLING ADVERTS OR CAMPAIGNS.

IN CONCLUSION, MARKETING RESPONSIBILITY IS AN IMPORTANT CONCEPT THAT BRANDS MUST EMBRACE IN ORDER TO REMAIN RELEVANT AND COMPETITIVE IN TODAY'S SOCIALLY CONSCIOUS MARKETPLACE. BRANDS HAVE A RESPONSIBILITY TO ADDRESS SOCIAL ISSUES IN THEIR CAMPAIGNS AND TO USE THEIR INFLUENCE TO PROMOTE POSITIVE CHANGE. BY TAKING A STAND ON IMPORTANT ISSUES, PROMOTING DIVERSITY AND INCLUSION, PROMOTING SUSTAINABILITY, AND BEING TRANSPARENT AND ETHICAL IN THEIR MARKETING PRACTICES, BRANDS CAN DEMONSTRATE THEIR COMMITMENT TO MARKETING RESPONSIBILITY AND EARN THE TRUST AND LOYALTY OF THEIR CUSTOMERS GAINING FURTHER POPULARITY IN THE MEDIA TO DRIVE SALES OF THE PRODUCT OR SERVICE.

The Education Crisis

by Jess Tillett



Art by Karis Harper

School strikes: a massive disruption for 7 million pupils across the UK, or an attempt to rightfully request pay increases in order to battle raging inflation?

Yes, your learning will be affected... but this will already be a problem if school budgets don't increase. Surely, we should be thinking of those providing education, rather than just ourselves. I imagine it's an annoyance for teaching staff too, though not because they have to deal with online lessons for a few days. Some studies suggest that "salaries for teachers on most pay grades are expected to fall by 5% in real terms in 2022-23", whilst inflation is supposed to be "about 10%". This is an issue that will detrimentally affect them for far longer than a few missed lessons. Maybe their well-being should be our first thought, rather than selfish complaints.

Who would be willing to teach a class of feral year nines, face degradation from pupils and work overtime, for a salary that is decreasing as time goes on? We should applaud their motivation. I know I couldn't do it.

Furthermore, teachers have been continually underpaid, and not just recently. More experienced teachers are said to have had a 13% drop in salaries between 2010 and 2023 – in comparison, average earnings across the whole economy are thought to have increased by 2% during the same period. This has caused more and more problems when recruiting and retaining staff; our government is missing its recruitment targets. Is it really surprising that educators around the UK have decided to take action to improve their daily lives?

Wouldn't you take part in a movement advocating such crucial change?

Many people consider teaching to be a difficult job, but how do those in the profession feel? According to Education Support, around 59% of staff have considered leaving their current jobs in the past academic year alone, due to pressures on their mental health and well-being. 55% of staff have actively sought to change or leave their current jobs due to this. To be honest, I'm just shocked it's taken this long for action to be taken, considering how appalling their treatment has been.

Surely, it's not unreasonable to stand up for your own mental health, your unjustly decreasing salary, your rights.

So before you get up-in-arms about the interference in your education, think of our teachers; teachers who don't deserve to be neglected by our government's (substandard) policies for education. Individuals on the front line of essential reform. Thus, do you agree that it's a rightful cause of action, or believe it an unnecessary disturbance to the norm?

THE DOWNFALL OF BODY POSITIVITY

As social media's influence grows bigger than ever, the body positivity movement seems to have taken over our lives. Every day, we are bombarded with posts celebrating people's bodies and campaigning for acceptance. Sounds great right? Well, you'd be wrong...

For years, people with average bodies have been made to feel belittled, insignificant, and unworthy by society and the media - we're not 'beach body ready' enough apparently. But recently, some activists and social media campaigns have shifted this perception further, instead arguably normalising bodies that are larger than is actually healthy. Rather than making those with average bodies (not too overweight, not too underweight) feel empowered, a dramatic change in views has been triggered - the people with normal bodies have been neglected, completely dismissing the initial objective of the body positivity movement. It could be argued that an 'obesity acceptance' movement has damaging effects too, yet people that draw attention to this issue are often attacked and labelled as 'fatphobic.' Avoiding prejudice and the unnecessarily cruel act of 'fat-shaming' is one thing - but actively promoting an unhealthy weight is problematic also, due to the associated physical medical issues and the strain on the NHS.

The health implications of obesity are really quite overwhelming. And, to make it more damning, you can't argue with science! Sorry activists... So, for example: The Health Survey for England 2021 estimates that 25.9% of adults in England are obese and a further 37.9% are overweight but not obese. Being overweight or obese is associated with an increased risk of several common diseases including diabetes, cardiovascular disease, and some cancers, so flagging such health risks is important. Quite difficult to argue with, right? In comparison, smoking is considered a health risk but smokers are often looked down upon and it is a habit that is increasingly stigmatised. The fact that obesity can be almost championed despite its health risks, is an illustration that the goal of body positivity may have become distorted from its initial society-changing objective.

Health issues aside, the financial burden can't be underestimated. With the amount of overweight/obese people on the rise, the financial strain on the taxpayer and the country is increasing in parallel, along with the effects of the cost-of-living crisis. In 2013, More than 7,000 adults in Britain were being paid sickness benefits because they were unable to work due to weight issues with no underlying health condition as the root cause. The taxpayers' bill for such welfare payments came to more than £28million last year. It could therefore be argued that body positivity could lead to detrimental effects on our finances, and our health. (However politically incorrect this notion is).

To conclude, and as controversial as this article may be, the message is that body positivity has been taken too far. Instead of fighting for acceptance and equality, the movement has left "normal bodied" people left alone - stranded between the elite bodies held as trophies in society and those at the other extreme, outside of the accepted norm. Whilst no-one should have to adhere to rigid and unattainable body standards - what does beach-body ready even mean? - society should encourage bodies that allow people to function healthily, happily and safely. Let's normalise good health and health behaviours - celebrating what we do and how we live our lives, not what we look like.

By Ethan Mills



"I WANTED TO WRITE FOR TERM TO CREATE A DIVERSE ARTICLE OFFERING AN ALTERNATE THOUGHT PROCESS BUILT UPON CONTEXTUAL FACTORS" - ETHAN MILLS



"I WROTE AN ECONOMICS ARTICLE FOR TERM TO SHARE INSIGHTS AND KNOWLEDGE ON A KEY TOPIC IN LIFE WHICH IS NEGLECTED BY YOUNG ADULTS" - WILL RANGLES

"THE REASON FOR MY ARTICLE WAS TO RAISE AWARENESS ABOUT THE DAMAGING NATURE OF NOT TALKING ABOUT MENS MENTAL HEALTH" - MAX O'SHEA



"I WROTE TO CHALLENGE MODERN PERSPECTIONS THAT ARTICLE WRITING IS FEMANINE"- SETH COX

**MARKETING RESPONSIBILITY:
HOW BRANDS CAN ADRESS SOCIAL
ISSUES IN THEIR CAMPAIGNS**



**DOWNFALL OF
BODY POSITIVITY**



**EFFECT OF COVID 19
ON UK ECONOMY**



**RUSSIAN AGRESSION,
EUROPES PROBLEM?**



**MENS MENTAL
HEALTH**

OUR MALE → VOICE

THE GENDER HEALTH GAP: THE FAULT IN A SYSTEM THAT IS FAILING WOMEN EVERYDAY

A WOMAN'S PERSPECTIVE

As a woman/girl, have you ever felt like the symptoms you mention to your doctor are dismissed or undermined? Have you ever found yourself in situations where you're repeatedly having to advocate for yourself to have your pain or concerns taken seriously?

Have you ever found yourself feeling patronised or gaslighted by a medical professional?

If you answered yes to any of these questions, you may be assured to know you share a mutual experience with a large proportion of women. You may also be wondering why this is so commonly experienced among women. The answer to that question lies predominantly in the shocking statistics of the gender health gap. This refers to the significantly poorer healthcare women receive due to detrimental gaps in research and education that simply consider women's biology in a system that is so clearly, consciously or not, designed to cater towards the needs of men.

Beginning with the root of the issue, if you weren't already aware, you may be dismayed to hear that for decades it was a rarity for women to be represented in clinical trials for many of the medications you take today. This is due to the unfounded belief that hormone fluctuations could have a disproportionate effect on studies creating the concern that women would be difficult to study. This led to the unjustified decision to, often, disregard them completely. As a result, it is evident that we clearly know less about women's biology. This is reflected through the dosage on the back of your average pack of pain killers or any medication for that matter, will most likely be accumulated by a clinical trial that majorly underrepresented women or didn't represent them at all. Considering the fact that attitudes on this matter have progressed and women are beginning to become more included in trials, you'd expect this information to be updated, however in most cases you'd be mistaken, essentially meaning women are told to follow advice based on male biology, often leading to the experience of unexplicit side effects. A lack of education and research on women's health is also conveyed through the lack of awareness made around women's differing heart attack symptoms to men's (which are the ones we're informed on). This has of course led to significantly more women dying after experiencing a heart attack than men. So, when you think about it, recent statistics showing that women spend around 1/4 of their lives in poor health compared to 1/5 in men, aren't all that surprising.

Taking all of this into consideration, is it not preposterous to expect women to have trust in a system that continuously runs the risk of failing them?



THE RESEARCH IS CLEAR

Of course, a lack of research leads to a lack of understanding and sympathy towards women's symptoms, often taking place in GP offices. Unfortunately and unsurprisingly, 4 in 5 women said there were times where they felt they weren't listened to, taking a variety of forms such as not being taken seriously or having to persistently advocate for themselves, leading to miss or late diagnoses that can take months or even years to achieve. This is largely due to the fact that women's symptoms are often dismissed as having a psychological cause- which while in some cases may be true- this neglects to consider an often more likely biological cause which again leads women to be left in the dark when it comes to potential physical health issues. Women's symptoms are also regularly reduced to hormonal factors, consequently normalising women's pain; this result can often lead to the sometimes harmful consequence of women ignoring their pain as they're made to believe they should just "get on with it" or that it's natural, when sometimes that may not be the case. This can be seen in late diagnoses (sometimes up to 10 years) of conditions like endometriosis where women were made to believe their pain is normal.

A striking statistic states that 57% of women report feeling that they haven't been diagnosed correctly after visiting a healthcare professional. Consequently, numerous women are left to suffer without the correct treatment, possibly making their condition worse.

Another factor that often restricts women from receiving the same quality healthcare as men is the concept of pain bias. This essentially refers to the bias towards the underestimation of pain in female patients often fuelled by prejudices and gender stereotypes. The general stereotype of women being "dramatic", regularly leads to their pain being perceived as less intense than if a man was expressing the same amount- black women are also even more susceptible to this. This runs true in the fact that appallingly women are routinely prescribed less pain medication than men after undergoing identical procedures. It's also evident in the fact that women are repeatedly taken less seriously than men in emergency departments. This can lead to again late diagnoses for health conditions or escalation of physical issues.

Why are women forced to live with pain as a part of daily life? Why are our health and our lives not taken seriously? And why should anyone think that's fair.

I hope that most people would agree that a general feeling of dissatisfaction with healthcare shouldn't be a common denominator between a group that makes up 50% of our population.... so why is it still happening?

BY ISSY PALFREYMAN

CHANGING HIGH SCHOOL FOR SIXTH FORM

"Is it Time To Revamp Transitions: A Look At The Approaches Taken To Prepare Students for Success in Sixth Form College".

At the age of 16, students across England face a difficult and daunting decision of moving to a sixth form or college. Research reveals that 1 in 3 year 11 students face anxiety about transitioning to sixth forms or colleges and are provided with little to none help or assistance. There are various things to consider when moving to an area of further education, for example the subjects you are choosing, what you will study and where it's going to get you in the future.

When moving schools, it is important to consider the positives of this period in your life as you primarily need to ensure you'll enjoy the experience and education. When moving to a larger school, they may have a wider range of subject choices available for A level. Studying GCSE at high school may have limited your options of study, however when viewing sixth form or college A level choices you may notice that there is a larger and broader variety of options to study which may further assist you with your future careers or passions

. Furthermore, as you're at an older age and have had more experience with education, teachers may treat you differently in comparison to when you were in younger years of education. Therefore, it may boost your desire to succeed and enthusiasm about your education at sixth form. Whilst being at sixth form, more opportunities are pushed towards you during your education. Positions such as head girl/boy and lead students in specific subjects may be available to apply for, making your applications appear stronger and well-rounded for your future education.

ARTICLE BY LUCY BADGER

When September comes and it's time to join sixth form or college, we would often stress about the simplest things and yet there was nobody to calm those nerves. Now that uniform isn't necessary, we would have to pick out an outfit, bring our own books, buy new folders and stationery. All new things that we weren't accustomed to during the 5 years of high school. When joining sixth form, there was a mass amount of freedom and trust handed over to us on a silver platter. Once given a lanyard, it lets you leave school whenever you want: during frees, breaks or lunch - a drastic change in comparison to daily high school life. Sixth form has been a lot to juggle, especially when completing extra-curricular activities outside of school hours, yet it doesn't stop from helping you achieve your greatest potential during your time at sixth form and drives you to become better in education as well as personality.

It is understandable that transitioning to sixth form may be an exciting, yet a nerve-racking experience as are all new chapters in life. However, it is vital to understand that your sixth form life, subjects and studies will mould your future to how you desire it to be. Therefore, when selecting the school and subjects it is important to choose what's right for you. Making sensible decisions as well as maximising your potential at sixth form is extremely important as it assists you in becoming a well-rounded student, making yourself more noticeable ready for further education at university.

Good luck everyone! The year ahead is undoubtedly daunting, but full of a plethora of possibilities - and for one of the first times in your lives, your future lies entirely in your hands...



