



TERM.

MAGAZINE

Future it's over,
but I'm keeping the excitement

Your Body Isn't Wrong, Society Is

Summer in Kenya-
Expeditions with impact

Shine Media Awards 2022

The Political Crisis In England

YOUNG AND RESTLESS

TARPORLEY SIXTH FORM



YOUNG AND RESTLESS

EDITOR'S

NOTE

In this second edition during my time as Editor i wanted to reflect back at the last couple of years. We, as young people, have gone through an incredibly turbulent couple of years. From disturbance within our school and an overhanging dread of the pandemic, to the now ever prevalent cost of living crisis. We have come out the other-side with a new outlook on life.

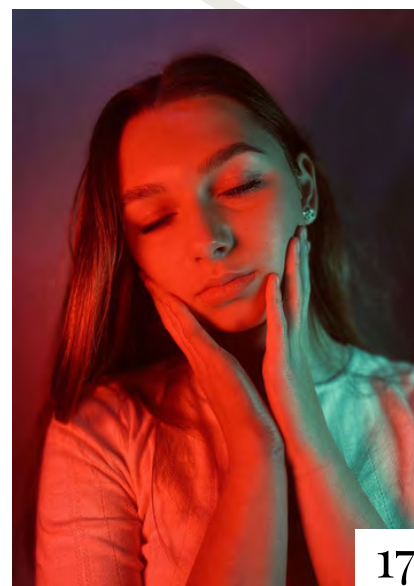
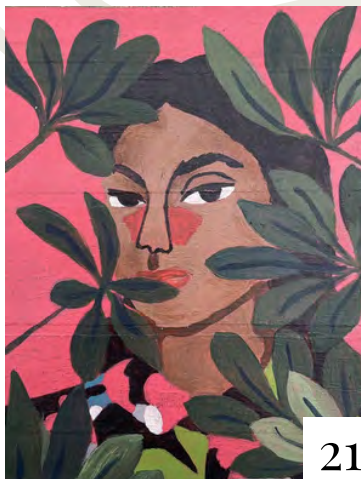
Still, these issues have had a massive impact on peoples mental wellbeing and a lot to process at once. In this edition we are reflecting back at these issues and more recent ones which are affecting young people. It's a true testimony to the Term team that they can talk about topics such as war, the environment and woman's rights with such maturity.

"CAPTURING MULTIPLE STRANDS OF STUDENT ZEITGIEST, TERM IS A GREAT MAGAZINE WITH A BLEND OF STRONG DESIGN, INNOVATIVE ART DIRECTION AND CHALLENGING THEMES." – SHINE 2022

Despite the role of Editor being initially daunting , the gratifying opportunity of attending the Shine school media awards was like no other. It was labelled "An outstanding and visionary entry" by the judges and only scratches the surface of what makes Term so special.

Sam Heaton

Contents



Contents

Page | Article

- 6 Future it's over, but I'm keeping the excitement
- 8 Is Christmas losing it is traditionalism?
- 9 Rugby, It's Over. But It's Still In The Heart.
- 12 The Political Crisis In England
- 13 Masha Amini
- 14 Price rising, happiness falling
- 18 The Human species and our contribution to the environment
- 20 I'm fed up with you, cosmetics.
- 24 Public health or Public Shaming?
- 25 Im 18! now what?
- 26 Shine Media Awards 2022
- 30 *Women in the Music Industry :The Expectation to 'Be More*
- 32 *Is Gold DofE really worth it?*
- 36 *Classical Literature: Ineffectual Or Influential?*
- 37 *Just Breathe... Air.*
- 38 Summer in Kenya- Expeditions with impact
- 42 *Be Courages, Be Proud, Be Gay.*
- 44 *Your Body Isn't Wrong, Society Is.*
- 50 Achievements page 2022

Dear future, it's over. You're leaving. You can keep the personal statement and it's not because it's given me a desperate need to throw my laptop at the wall. It's because you're just too overwhelming. You were fab back then. I did lots of online courses, had an excellent work experience and talked about universities and apprenticeships until I was blue in the face. You gave me time to sit and relax. You gave me chance to do all the things I don't normally think about or consider. I had a plan, time and choice. I liked that. You made me research my options on the rainy days and had me on an open day in the sunny days. You were good like that. You helped me to persuade my parents and my sister to agree to a university four hours away. My Instagram was busting at the seams, a flowing feed of positivity and productive people. Later, when I had that procrastination phase, sitting in-front of the tv while eating snacks, you never called me a couch potato.

When hand in dates got closer, you made the week days speed by and the weekends a even shorter. A reality check you called it! It dragged me off the sofa and gave me more of a reason to to make an effort the study sessions. The notifications and reminders were good for while, you never let me forget about you. But then...it hit?

When did you become so real?

You stopped being so cool and fun. You began preaching about the perfect CV, personal statement, university and plan. You had the future hit us in the face. You helped me to assess my options, my choices and my plans. You filled the idea that life after aitch form could be exciting and life changing. Though I suppose you helped to make it seem not as scary, so I'm keeping the excitement.

I soon wanted it to all be over and finish all the admin tasks. Once you have gotten to the fifth draft of an application letter, just about ready to to be done with it all. When its done it's done I guess. Application day comes too soon it was surprisingly worrying and a little odd.

Future, you wouldn't be so bad if you didn't make everybody so overwhelmed, excited and anxious. That mix of feelings is strange a one. I do love somethings about you. I know you will arrive and be slightly alien. But you're not so bad. Just next time you come around could you try to be less threatening.

Future it's over, but I'm keeping the excitement

By Ellinor Linsdell





Is Christmas losing it is traditionalism?

By Meg Drinkall

"It's the most wonderful time of the year" is a phrase so commonly uttered as we reach the beginning of the winter months. Or should I say, the end of summer. People used to begin celebrating Christmas on the 1st of December, so can someone please explain to me why I'm finding Halloween costumes mixed with Christmas goods on the 19th of September. I mean come on, its somewhat excessive.

Don't get me wrong, Christmas is undoubtedly my favourite time of year. With the atrocious tree decorations I had made when I was seven (which for some reason we still have to this day) to the Christmas dinners with all the trimmings. But the question lies, is Christmas losing its traditionality?

Ultimately, consumerism is what shapes our traditional Christmas values. For example, consumers shop in supermarkets on average three times a week, and as they walk past the mince pies, they're subliminally visualising Christmas in their minds. Guess what, they then buy the mince pies. Why anyone would want to buy mince pies is beyond me, but that's beside the point.

Due to the incessant and constant advertising from companies and businesses, people are inclined to buy products in a desperate attempt to 'get themselves into the Christmas spirit.' But when you're in the spirit three months prior to the big day, it's a dissatisfaction when it actually arrives. So advertising companies, it would be greatly appreciated if you could stop advertising your products this early and let me process the here and now. Unless your name's John Lewis, of course.

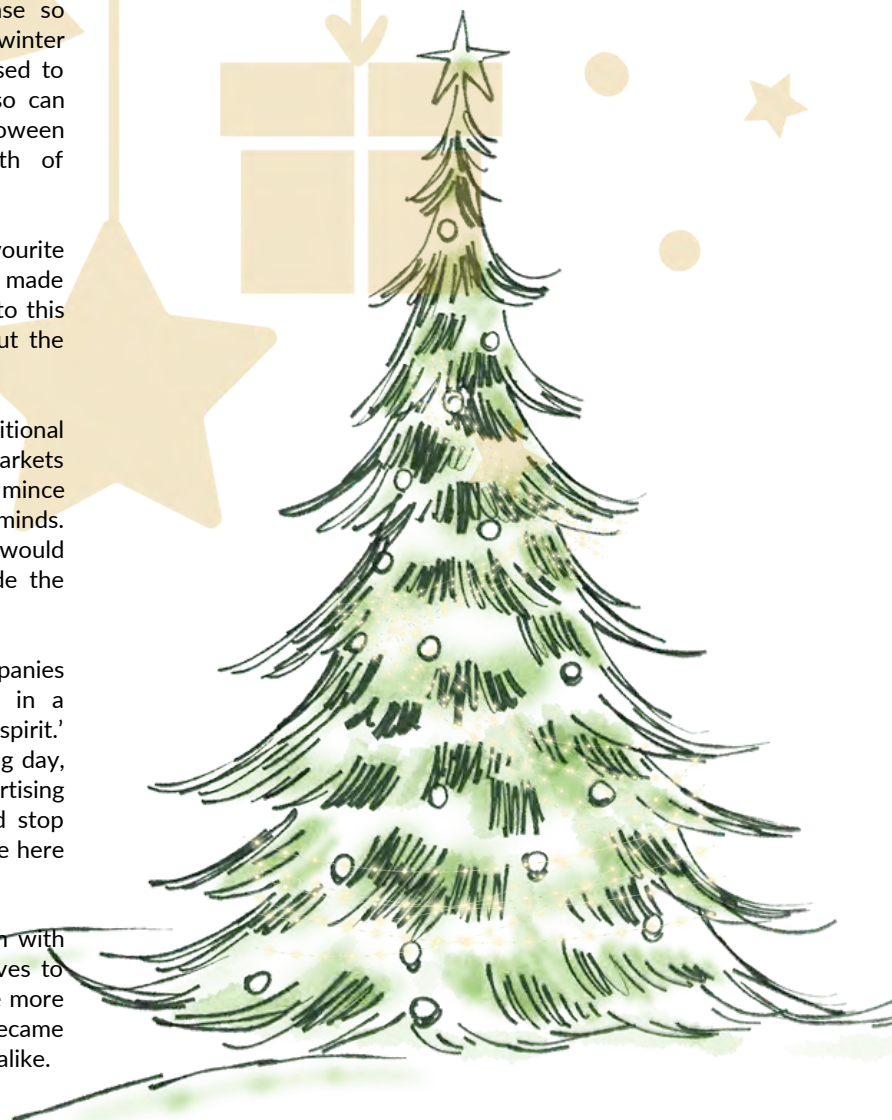
This concept of consumerism now has a vast association with Christmas. Okay yes, there's no doubt that everyone loves to both give and receive pressies, but surely there should be more to this unique day. In the early 20th century, Christmas became a family holiday, enjoyed by Christians and non-Christians alike.

Surely this presents Christmas in its definitive state as symbolic of togetherness. What about the family board games (which do get ridiculously competitive in my case) or lighting the fire, with many many blankets and fluffy socks, as you spend blue moons picking out the perfect festive movie. Imperfections, family traditions, and a nicely lit fire; this is the meaning of Christmas.

Personally, my favourite tradition which shapes the meaning of Christmas, comes from that full day on the 1st of December dedicated to decorating. After 17 years of practice, it goes something like this...

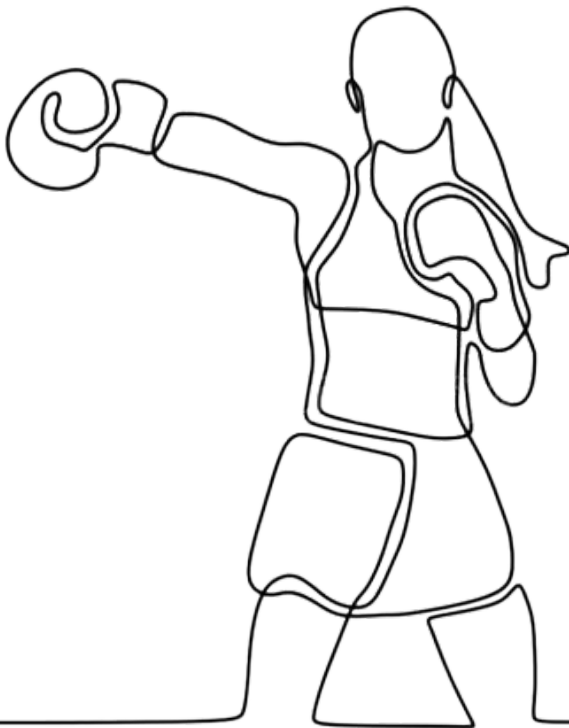
From the hours spent on tree decorations, making sure the ornaments are arranged perfectly, to the afternoon devoted to unravelling the Christmas lights; some how we make the same mistake of chucking them into a draw every year. Then on to the hanging decorations, and pocket sized ornaments that sit on the window sill.

Once the mammoth task is complete, I can then begin to officially visualise the big day... preferably after Halloween has passed if you don't mind!



Rugby, It's Over. But Its Still In The Heart.

By Carys Whitfield



Dear rugby, its over. We're out. You can keep the endless documentaries, not because Sam Warburton dissed you, or because Kyara Martin disowned you, its just that you don't play fare, equal, right or wrong. It's no fun these days, just war. When we were kids, you were all we wanted, a dream, a fantasy. You broke our dreams. You dressed us up in boots (that were always too big), chucked us into a mud bath, you taught us how to make friend's, laugh, joke, smile. You were one of a kind. Addictive. I liked that. You made us hand in homework late, you helped us build our confidence. I started a girl's team of my own; I didn't think you ever judged us. I was wrong obviously. Later when we went through the 'I don't want to be here' stage, you never gave up on us. You used to want us.

As life went on, we forgot the boys were in your crew. The favourites. The better half (so you say). Miesha Tate, Carmelita Jeter and Serena Williams messages all collate to one simple thing: it's embarrassing how far behind women's sport still is in this day and age. Gender equality you said. So I left college not knowing what to do, your certainly ruined me, drained me. Wanting to represent my country, fulfil my father's dreams (remember when we played for Wales? I do). I adored you. I loved you. I wanted to do it; you were my idol. But then ... what happened? You stopped opening doors for us, slamming them in our faces. Betrayal. You began preaching about how you needed to protect us, keep us safe. From what? Doing what we love? You took away opportunities. You said no more.

You criticized us, the family we had made. My style. Our opinion. You criticized our opinion- was nothing sacred? You policed our words and our actions. We were trapped, my body was stuck. You finally told us to shut up- taking our legacy away, to make them the 'it'. You lied to us. No legacy. No us. Just them.

You fuelled the idea that my dreams would come true. Our voices mattered, they meant something to you. That we all stood a chance. You said that we had chances. Instead you gave them away (I don't think Handre pollard thinks about getting a degree) its all wrong. I tried to put a stop to you. What really made me laugh is when you said we had to play shorter times to the men because you wanted to prevent head injuries. Oh rugby, what do you see that's different? What do they have that we don't?

It's hard. I love some things about you. The happiness, passion, laughter and thorough enjoyment. But I need you to fight. To fight: equal media, equal wages, same rules, same guidelines. But the way to empower women's rugby isn't to make them work a full-time job (as well as balancing being a professional sports women) but to acknowledge their achievements and the love they have for you. Girls are getting drawn in, dominating the sport, we commit, run charity events, teams, clubs, rule the game. Month on month more girls join as one, together. Girls from around the world dominate all sports. Are you blind, why not be proud, shout about it? Rugby, its not over. I'm not out. I am not out of the fight. I've worked too hard for us all. I'm still a rugby player, Serena Williams will still be a tennis player, Jasmine Joyce will still be an international rugby player. I need time, time to acknowledge the new fight. All women need a new fight to be equal. I've changed my thoughts. My view. We need to stand up, together as one. We can't accept to be looked down on. I will not accept rugby to be a male sport, sport is for everyone. We come together to fight for acceptance. I'm just not too sure about you.





"The Political Crisis In England"

By Emilee Cole

The political crisis in England, is one of the downsides to a luscious countryside, a country of atmosphere. What is the political crisis in the UK at the moment? And what does it mean for the people of England? The crisis within the government arguably started many years ago, however recent events, such as COVID, have created even more issues for the UK; the energy crisis, the tax cuts, political instability, mortgage rates, and calls for an immediate general election. The list could go on...

We all know energy prices have sharply risen in their costs but what does this mean for our household and what does this mean for others? Well, for some people, it makes little to no difference to their income or how warm their house is in winter, however many people in our country are facing the risk of debt, unpayable bills and choosing between heating or food. With winter just around the corner, will the government be able to ensure everyone in the UK has access to warmth? Probably not. Some of us in this country are hard done by the government, with little to no help with increasing energy bills. Despite every household receiving four hundred pounds with the energy bills support scheme, there is still a large amount of concern about larger families who use more electricity. How will they cope? An inevitable need: warmth during winter. Those using food banks are already struggling, and the government have only managed to cap the energy bill to an average of £2500 per year for 2 years. The worst thing is, some of those using food-banks are the nurses of Britain, the workers who help save lives. Is this what they receive in return?

The pound sterling, a victim of the potential tax cut, endured a rapid decline in September when it hit its lowest value of all time against the US dollar. But why? Due to numerous reasons, the main causes include rising inflation, lack of confidence from foreign investors in the economy and Brexit. Not only this, but uncertainty has placed a large burden on the pound due to a lack of confidence from investors who would undoubtedly prefer safer investments in safer economies, such as Europe and the US. Not only this but also the increased borrowing in a time of high inflation. However, despite all the worry, the fall in value only matters to large UK multinational companies as the UK does not borrow currency in foreign exchange rates, therefore not burying anyone in mass debt. Or so it is thought... However, rising mortgage prices are also taking their role. BBC news has reported that the average mortgage rate has now increased to over 6% which will cause more financial struggle for those on mortgages or looking to buy a property.

Only the government have failed to help with these situations, however, Asda has recently announced the launch of a £1 winter soup, roll and unlimited coffee and tea offer for those over 60 in its cafes throughout November and December after recent interpretations from Asda's latest income tracker suggesting that people aged 65 to 74 are experiencing a £163 fall in disposable income compared to this time last year. .

Undoubtedly, this is an aspirational target and something all large supermarkets should attempt to do in support of the disproportionality affected elderly in response to the cost of energy crisis and rising inflation rates which continue to outweigh the growth of pensions and savings.

So, what has the government done to help? Not much, except create fears of a recession and that the tough economic current situation will lead to weaker demand.

To conclude all this calamity of annoyance, Britain is becoming more and more into a deep crisis each day, but our government seems to be non-existent in this chaos. Something must be done...



The idea that a woman cannot express herself without judgement is something that has been completely normalised in our society. It is the validation that these people receive for their hateful comments that construct these fake norms and unjustified perceptions of her. Her: the girl that must look and dress and eat flawlessly so as not to create an uproar of irate individuals. That she must ensure her own presentability every second, of every moment, of everyday to avoid confrontation is insulting. Insulting that people believe they have the right to pass judgement directly about another person. What's worse is these actions often go unnoticed- unpunished. Without consequences. Without an influential figure, such as the media, to set a positive example that can be followed. Without advice and correct formalities how can we expect situations to improve? It is up to us to lead the way and upgrade our society. We need to improve situations for those who may feel they are fighting this issue alone, by showing solidarity and commitment. Despite many people's best efforts, we have allowed these altercations to reach a greater extreme than ever thought possible.

"Masha Amini"

By Alice Lazarus

In early September of this year, Masha Amini- a 22-year-old Kurdish Iranian women- was arrested due to violation of hijab laws by the 'morality police'. Amini chose to wear 'unsuitable attire'. Amini remained in police custody for 3 days before being pronounced dead on the 16th of September. Iranian authorities claim that she died of heart failure, but family refute these allegations accusing the government of covering up her murder. The police have been accused of beating her and inflicting a fatal head injury that could have been a direct factor of her death.

Amini's decision to wear her headscarf in an 'offensive' way should not have resulted in such a severe consequence and many suggest the situation was incorrectly handled. Nevertheless, it is these views of total dominance and power over civilians that have created this fear of originality as paranoia forces influential figures to believe that independence is a cause for rebellion and a potential opportunity to cause harm. This is exemplified when sky news announced that "president Ebrahim Raisi said that Iran must 'deal decisively with those who oppose the country's security and tranquillity'". Raisi disliked her independent thought and wanted to make an example of her. He was trying to make Amini's actions perceived as intentionally dangerous by government bodies and he made it clear that if her actions were replicated, they would be dealt with seriously.

Amini's death sparked a national anti-government protest across Iran that largely included women. They felt strongly that the situation was out of control and needed resolving before more distress was caused. Although, this demonstration of unity was extremely courageous the army promised to confront "the enemies" who were behind the turmoil. People placed themselves in harm's way to represent this issue which resulted in over 100 arrests and 76 deaths of protestors by Iranian security forces. The Iranian state media have claimed that 41 have died. Most of which are the army and police tasked with trying to break up the protest. We will never know the true number that died. The state also restricted Instagram use at this time. Perhaps, the government was attempting to control the narrative of this event by presenting false information. The government was exerting its authority over the people hoping they would remain silent about their own mistreatment. By inducing fear, it stopped future protestors from standing up for human rights and maintained its power.

Amini's action led to her death. She woke up one morning, made a choice and was killed for it. Is this how we treat members of our global community?

"Price rising, happiness falling"

By Lillie Nicholas-Jago

Have you been feeling like you aren't being paid enough? Or your part-time job isn't enough for your petrol, phone bill, lunch and other bills you are made to pay? It doesn't help that we are trying to save for multiple different reasons like cars or uni. This needs to change. Even student prices aren't student prices anymore. The cost of living is increasing at nearly its fastest rate in 40 years. This is mainly because of the drastically rising cost of food and fossil fuels like petrol and diesel. This isn't right.

Money wasn't something we had to start worrying about until we all started growing up. Parents protection us from the horrors of not being able to afford something. We used to go shopping with our parents and start throwing everything into the trolley that we wanted. Thinking money grew on trees. Knowing, now, money doesn't grow on trees, I now understand why mum wouldn't let me have them toys or chocolate that I wanted. Prices in august were 9.9% higher than they were 12 months ago. This means that prices are going to keep rising. For example, students comment that "a co-op meal deal is now £4!" This needs to end now. It is forcing people to choose between putting petrol in their car and having lunch. OKAY, £4 might not be that much to you but, the extra 50p added onto it can be put towards many other things you need to save for.

Are you being affected by rising oil prices? Many students says that the increase has a two-fold impact, especially those who rely on their cars to rely on their own cars to get from place to place. Oil price have been rising since December 2021. However, following the Russian invasion of Ukraine, price rates have escalated even more. Due to this ongoing conflict, there has been a decline in global supply of oil. However, the minister has said, "Petrol prices may have reached their peak." Petrol and diesel have jumped to record levels with the cost of filling an average car now is well over £100. Also, it's not any better for people with electric cars. It is not okay! Electric car owners have suffered a 42% cost increase in just four months. This means that those who decided to switch from fuel to electric because of the Ukraine crisis and souring fuel prices are going to be forced to be forking out more than they anticipated.

Honestly, I think this is embarrassing. Our own government, the leaders we look up to, the people that are in power, are forcing innocent people to live in poverty. I really don't understand how making our country struggle. Do they not understand that everyone is finding so hard to find money they need to put food in their bellies or clothes on their bodies? This isn't right. This needs to stop.

YOUNG AND RESTLESS YOUNG AND









Photography By Eve Bennion

The Human species and our contribution to the environment

By Charlotte Ellis and Grace LS

Environment: a word which has been embedded into our vocabulary which reflects the destructive nature of humans. For the past century, the concern of our planet has been globally discussed and now is an issue which is a topic for debate. Are humans really at fault for Global warming or is it a natural occurrence every few millions of years?

315,000 years ago, human ancestors, Homo sapiens began to engage intellectually and 50,000 years ago language began. As a result of this we were then deemed as a dominant species and since then have crossed boundaries in terms of original natural capacity. Environmentally the many industrial revolutions that have occurred have been the main factors which have led to the damage to the atmosphere. For example, the curation of the first car in 1886 which has now led to the mass production of many types of vehicles of which is a gargantuan contribution to climate change. 26.0 million tonnes of CO₂ are released into the atmosphere via the use of cars every year.

CO₂, a common greenhouse gas mainly associated and significant contributor to global warming. How, you may ask? It traps the sun's radiation within the ozone layer and causes ocean temperatures to increase. This subsequently can lead to a magnitude in extreme weather meaning, hurricanes, floods and droughts of which causes mass destruction of societies and habitations globally. 2020 was one of the hottest years on record + 55.4°C reflecting the true nature of climate change. If you think that's hot this is predicted to increase by 0.08°C every year.

Plastic is a substantial polluter of the ocean, currently there is 5.25 trillion micro pieces of plastic. Many aquatic species can become entrapped within these materials and can even ingest them this leads to the starvation and suffocation of these species. Examples abound, from the grey whale that died after being stranded near Seattle in 2010 with more than 20 plastic bags, a golf ball and other rubbish found in its stomach. It has also been indicated that half of the sea turtles worldwide have ingested plastic. According to the United Nations, at least 800 species worldwide are affected by marine debris, and as much as 80 percent of that is litter and plastic. This not only affects animals it can also affect humans due to consumption of various sea food as a result of plastic being mistakenly ingested by such creatures.

Now it is believed that there are also many other natural hypotheses for the result of global warming, it has been suggested there is a natural fluctuation of global temperatures since the beginning of existence. The most famous being the ice age where the warmest temperature was predicted to be 5°C. However, In despite of this humans are considered to be a catalyst for these natural fluctuations.

Humans have come to the conclusion our species are not only the superior species but also are a massive burden to planet earth. We need to take action now before it's too late... There are many different ways to contribute like litter-picking, car sharing and recycling properly plus many more.





I'm fed up with you, cosmetics

But Is It Just A Phase?

By Ruby Wilkinson



I had loved you for a while. The makeup. You made me feel pretty; the long, full eyelashes, the glossed lips, the flawless, glassy skin that I'd get comments on like I was a supermodel, and they were in total awe, like they had never seen someone so perfectly put together, as if I had been sent down from the Gods above. Realistically, I had just put on a bit more highlighter than usual and done a face mask the night before. But regardless. I felt good. I felt like the prime version of myself. I felt perfect to a degree, and to be quite clear, it was all thanks to you.

I would always wake up an hour early for school to get everything right- the meticulously organized order of how it was all put on my face had engraved itself into my brain. To be quite honest, I just couldn't be bothered with it anymore. The getting up early and whatnot. Eventually, I then ended up prioritizing that cheeky extra hour of sleep, in exchange for £45 on eyelash extensions, £20 on fake tan and a £25 eyebrow wax and tint. It felt even more amazing than ever, being able to roll out of bed looking so put together. I wholeheartedly thank you for that, I really do. But now, you quite literally leave me feeling 10 steps behind where I was when I found you.

Remember when I used to borrow my mum's lipstick, tapping it ever so innocently on my lips as a primary school kid, unknowingly trapping myself in a cage of insecurity later in life. It is hard. Tell me how you could do this to me? I struggle to even look in the mirror. You helped me out of a dark place but threw me ever so carelessly into a pit of self-hatred. But what about when we all leave school, college, university? What if some of us move onto what feels like just a treat, a bit of lip filler, a tad in the cheekbones if the practitioner's diary was a bit sparse and needed a few extra quid in the bank. What if we start to crave it. The perfection. The so called 'beauty standard.' Social media is what plays a catastrophically large part, by the way. I could never blame the makeup fully. We are bombarded with Instagram models all over our feeds; slim waists, symmetrical faces (airbrushed, evidently, but we no longer notice, blinded almost with what we know as beautiful). What if the makeup just doesn't cut it for us anymore? Notice how it's starting to sound like one of those drug awareness short films you were shown in school...

This is where I'm starting to believe that makeup is the gateway drug. It all starts so subtle, innocent, turns into filler when it just does not hit the same anymore, imagining yourself as someone on your Instagram feed to fill the void of feeling so imperfect and just not enough. How could this happen? We need to feel gorgeous. Imagine a world where we can't survive without plastic surgery, enhancement, just to be confident and have self-worth.

It is beyond me, but aesthetics means everything and more to our generation.

I just cannot decide. Can we ever survive without again?







"Public health or Public Shaming?"

By Martha Willetts

For many, eating out means socialising with friends or family, putting aside the oven gloves and aprons to enjoy different foods from our favourite restaurant and cafes. Is this now becoming a thing of the past?

In April 2022, we saw the passing of legislation which introduced calorie labelling on menus in larger restaurants, take-aways and cafes in England. And with the passing of this legislation arose strikingly different reactions; whilst some agreed with Boris Johnson that the measure would 'tackle obesity' and 'level up the nation's health,' many were directly opposed, and worried for the implications on those suffering from or vulnerable to developing eating disorders. This controversial move is supported by evidence suggesting that this new legislation will improve public health, yet it can also be seen as further driving the narrative that weight is the biggest indicator of health.

One argument is that calorie labelling has an extremely detrimental effect, as it pushes people to focus their meal on its calorie content rather than enjoying what should be a relaxed experience with family and friends. It should not be ignored that calorie labelling on menus will facilitate extreme dieting and disordered behaviours, which are amongst the most common risk factors for eating disorders. How can this be justified as eating disorder rates continue to soar in the UK? Beat* —an eating disorder charity - carried out a survey on 1,118 people, 95 percent of whom had experienced an eating disorder themselves or supported someone who had. Of those they surveyed, 89 percent didn't support the introduction of mandatory calorie labelling. As well as this, 84 percent didn't think that calorie labelling could be introduced without posing risks to people with eating disorders.

In practice, calorie labelling not only offers little momentum into improving public health and reducing obesity rates but enforces the idea that the solving of these issues is determined by it as well. This dismisses the complexities of obesity and minimises the importance of overall health asides from weight. Calorie labelling cannot account for the nutritional value of food, for example, fats, carbs, and proteins. Moreover, there is limited and low-quality evidence that supports the idea that displaying calories on menus will reduce the number of high calorie options purchased by the public other than those who do not already suffer from eating disorders.



Whilst help is needed to address obesity, it's apparent that this new legislation will have little impact on tackling the issue but will harm people with eating disorders. Should there not be more calls to involve experts in fields of both eating disorders and weight management when forming policies such as calorie labelling on menus? It's outrageous that when making this decision, it did not become mandatory for eateries to offer menus without calories to diners that do not wish to know the calorie content of the food they purchase. While some restaurants do offer this, it can pose great challenge to those with any type of eating disorder and those susceptible to one when they aren't freely available.

Therefore, it is vital that we seek to implement change in the governments new policy. Change is needed to protect those at risk and vulnerable to eating disorders as well as anyone affected by the government's evidently misinformed legislation.

For anyone interested in Beats movement for change - <https://www.beateatingdisorders.org.uk/>

IM 18! NOW WHAT?

By Sam Heaton



"18 is the age of discovery" was the muttered phrase all throughout my birthday celebration, but what does this mean? Apart from discovering that petrol for my car costs a fortune, and that now I'm 18 I should have "adult responsibilities" like taking out the bin and cooking for myself! I have not discovered much since being the much anticipated 18.

Turning 18 is one of those milestones in life that everyone makes a big deal over. In the eyes of the law, this makes sense. Once you turn 18 you can legally drink, buy alcohol, vote and do things without your parent's permission. Your legal rights have officially changed. An 18th is usually marked by a house party where you spend the night drinking something that will get you so smashed that even the smell of it will make you sick later (Vodka and Red Bull looking at you). And, after all that—after you've gotten your pressies, had your party and eaten your cake— you realise that behind all the hype, turning 18 can be a bit of a let-down, especially in my case...

Apart from the ritual birthday cry; I woke up, opened some cards, went to college, out for a meal, forced some smiles to family I haven't seen in months and then went to bed. That was it! 24 hours reduced into 1 sentence. Don't get me wrong the money and presents I received was a positive but overall it's just a huge let down due to all the hype around being 18 which in reality is no different to any other birthday.

You'll wish you could go back and tell your past self to stop spending all those years wishing they were older. You'll wonder "How exciting is it going to be when your 18?" When you're 18 you'll realise you still want mid-day naps, hugs from mum and goodie bags at the end of parties. At heart, you'll still feel like a kid, and turning 18 won't make you wake up in the morning and forget that.

Aside from the fact I can now join the army (which I am not planning on doing) it really feels like I'm in the limbo period between teen and adult life. I can drive, drink and buy anything in the Spar my little heart desires but to society I am still a "young adult" and not taken as seriously as someone with a few years under their belt. I even signed up to vote! Now if that's not the most grown-up thing I've done, I don't know what is?

I stress to all my 17 year olds reading this don't get your hopes up for the perfect 18th like you see in those cheesy American films, it probably isn't going to end up like that for you and that's ok! Let's not put pressure on the perfect birthday. Your going to cry, laugh, smile and shriek all within a few hours on the day which we label a birthday.

Anyway there is always next year to try this Birthday nonsense again.

"You'll wish you could go back and tell your past self to stop spending all those years wishing they were older."

Shine Media Awards

2022

By Meg Drinkall and Sam Heaton

After months of collaborating articles, art and photography, it was finally time to submit our application for 2022, in hope of making it to the awards ceremony in London. Luckily, we were offered a place at the awards on the 27th June after all of our hard work and group interpretation.

After a very early start, we headed to Crewe station for a long journey ahead! Fuelled by coffee from Mrs Mcmillian and a croissant we sat on the train with anticipation. Once arriving at London Euston, we stepped out of the train into complete chaos... rush hour! Making our way through the pandemonium called London station, we stepped onto the infamous (sweaty) tubes, towards Greenbank, home to the Ritz, and Buckingham Palace.

The day started with radiant sunshine as we made our way to the ceremony, taking lots of pictures along the way in true tourist style! With Google maps in one hand and a coffee in the other, we reached the magnificent building, where we were given name tags; the anticipation came to life. The organisers even recognised Mrs McMillan and actually commented: "Shine Awards without Tarporley is absolutely unthinkable!" As TERM has won awards at this prestigious ceremony since 2015, it felt like a real privilege to be there and to represent our college and flagship publication once more.



First, we spoke to the Social Media Manager of 'Conde Nast' and the Editor of 'Elle magazine' during the pre-ceremony workshops. This furthered our understanding of the media's significance and its ability to communicate messages via digital, convergent platforms. We even had the chance to participate in a cartoon workshop, drawing Boris Johnson as a cartoon!

Then we were called into a humongous hall which went on forever, sat at the very back table with a couple of other schools. After being seated the real nervous jitters started! We were served a delectable selection of bread and fancy butter to start with, then a main course followed by a wonderful dessert.

Once the plates were cleaned away by a mass of waiters, the anticipation started. A few awards were announced and our legs bouncing up and down constantly while waiting for them to call our name. First off; Best Magazine Design which we won! Followed by a Highly Commended Award for Business and Marketing Strategy and for Best Magazine. We were ecstatic at the news, constantly up and down collecting awards; our legs hurt!

We walked out of the hall feeling proud of ourselves and the team. Many countless nights of proof reading and lunchtime free's spent on layout, finally felt worth it. Once we had messaged the Term member's and let them know what we won we headed out of the hall and collected our snazzy Shine tote bags with a grin ear to ear.





"CAPTURING MULTIPLE STRANDS OF STUDENT ZEITGIEST, TERM IS A GREAT MAGAZINE WITH A BLEND OF STRONG DESIGN, INNOVATIVE ART DIRECTION AND CHALLENGING THEMES." - SHINE 2022

We are incredibly proud of the team for all the work and effort that went into creating this issue. Also a huge thanks to Mrs McMillian for all the support with the magazine. We couldn't have done it without you all! We are more than sure Term will continue its legacy in further years and do great things!







Photography By Ella O'Brien

Women in the Music Industry :The Expectation to 'Be More'

By Annabel Thorp

With the huge names of Dua Lipa, Taylor Swift, Lizzo, Olivia Rodrigo and many more- It may be thought that the modern-day music industry is one that is dominated by women or at the bare minimum equal in opportunity for people of all genders, races and backgrounds. Unfortunately, the truth lies within a system built on misogyny and performative feminism, in which women are vastly underrepresented and respected as musicians.

**"I'm so sick of running as fast as I can,
wondering if I'd get there quicker if I was
a man"**

- lyric from Taylor Swift's "The Man"

"The music industry" refers to all stages of the artistic process of creating, performing and selling music from producers to songwriters to sound specialists- which all play a invaluable role in keeping the industry innovative and economically thriving. Within this, each stage is largely male-dominated and offers little opportunity for the infiltration of equality. This is evident when looking at the Billboard Hot 100 Year-end Chart where even in 2021 women are only representing 23.3% of artists, 14.4% of songwriters and just 3.9% of producing roles. These statistics have risen over recent years however it is still a far cry from equal and the 51% that women make up in the US population. This leads us to closer examine the minority of women who managed to "make it" in the music industry and compare to male performers of the same level to further understand the institutionalised sexism.

**"Feminism to me is not man-hating, it's
just being like 'we deserve the same
opportunities"**

- quote from Dua Lipa

Taylor Swift - 14-time Grammy award winner, 24-time Brit award winner, Emmy nominee and winner. Yet, when talking about the most successful artists of the year, a stream of men come to mind whilst talented and extraordinarily successful women are demeaned and made excuses for. For Taylor Swift you hear "Kanye made her famous", "She just writes songs for teenage girls." or "She only writes songs about her ex-boyfriends". This causes us to ask the questions- why must we attribute a women's success to a man? Why are we so quick to create justifications or women's success, as if we cannot fathom they earned their living honestly without the aid of a man? Why is the work of women so greatly undervalued? The answer simply must be rooted in misogyny.

**"I am tired of living in a world where
women are mostly referred to as a man's,
present or future."**

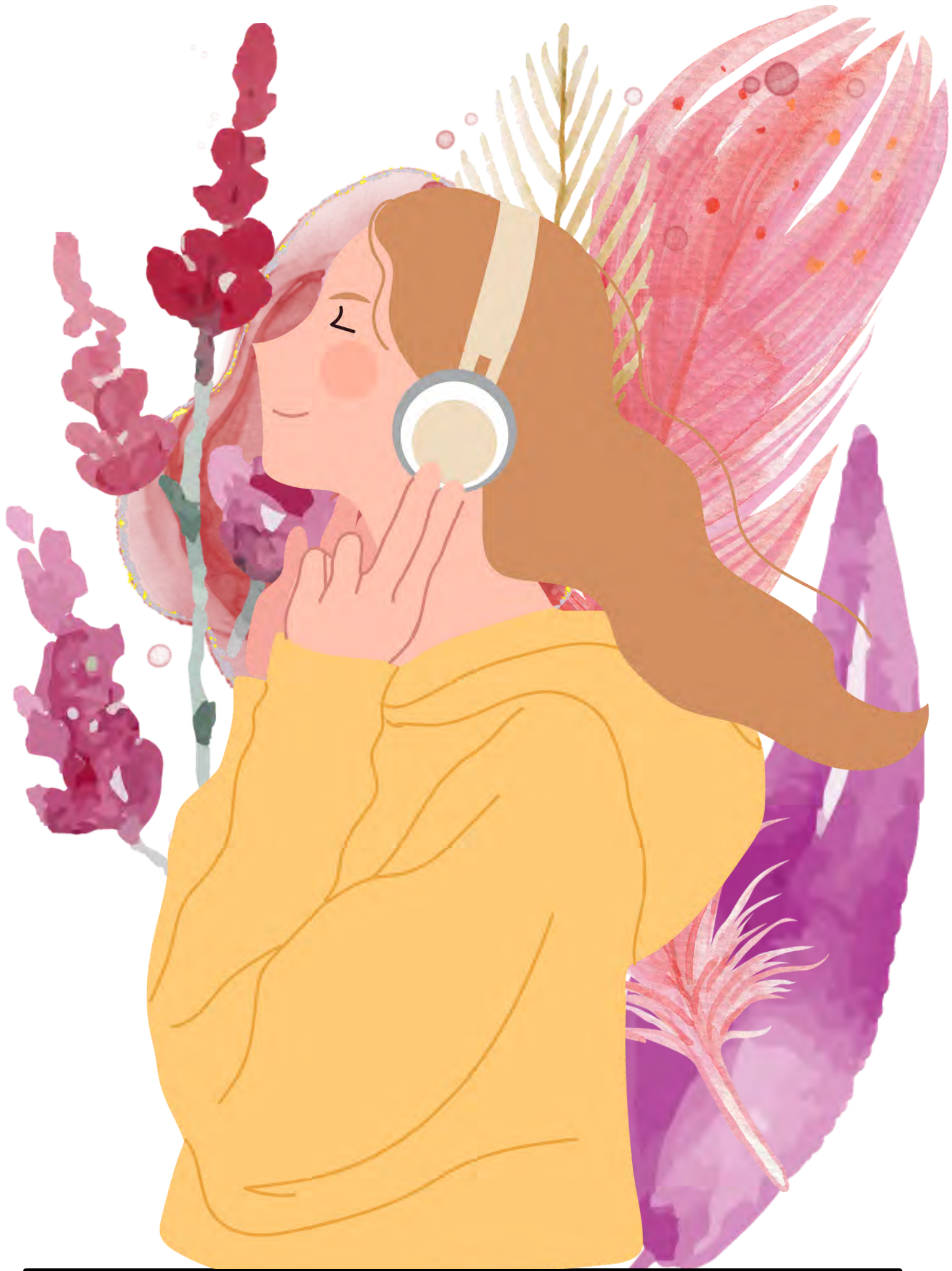
-quote from Ariana Grande.

For male performers in the music industry, expectations are set at creating music and performing their songs. For female performers in the music industry there is a whole added set of expectations that are not disputed but merely placed upon them- the scale of performance is to that of a showcase for women in pop music whereas popular males are praised to stand still with a guitar. This is not to say that being a man in the music industry is easy and without its pressures but to consider the expectation of women to 'be more'. To be more likeable, to have more backup dancers and costume changes and set pieces -all of which are not praised but simply expected in order to keep up with an industry that historically favours a conventionally attractive white man.

**"Men are allowed to react, women can
only overreact."**

- quote by Taylor Swift

The music industry is such a large part of everybody's day-to-day life which is why it is at the upmost importance that we shine a light on the level of gender disparity normalised in today's society, not to villainize men but to educate so that there is more equal opportunity in a male-dominated world.



Is Gold DofE really worth it?

By Chloe Bott

Gold DofE is certainly something I will never forget. Not only is it an amazing achievement, but it has created memories that will stay with me for a lifetime. I am not here to sell you DofE; I'm not going to tell you that future employers' mouths will start watering the moment they see 'Gold DofE' on a CV, because they won't. DofE offers an outstanding opportunity in so many ways, with life changing experiences that you will remember forever, not to mention the bonds you make with your friends.

I'm not going to sugar coat it either; it is extremely difficult. The actual qualifier expedition takes place in 'wild country' - remote from habitation - where each day consists only of walking, eating, and sleeping. You have to walk for 8 hours per day, from one campsite to the other for 4 consecutive days.

The walking, at times, was challenging, as you never thought you would see the end. Climbing up extremely steep hills made the time pass even slower too. We requested many breaks - all of which were needed; in fact, we might have gone way over the allotted time for each break, but we knew we'd get away with it! Consequently, we all maintained a good team morale, ensuring that each of us was happy and smiling.

You are not assessed on the first day of your Expedition, because it is the day where you get settled in. The instructors check your kit and make sure everything is in order. Fortunately, we were allowed to have dinner out in the town closest to our campsite, which we all thoroughly enjoyed. We all had fish and chips and made sure we ate every bit of it, as it was going to be the last bit of decent food for a while. It was like being out for dinner with your friends - which we all loved - as it made that evening feel like anything but a Gold DofE Expedition.

"DofE is a life changing experience with memories that will last a lifetime"

The campsites that we went to were surprisingly very pleasant. The first one had actual toilets and showers, which shocked us all. It even had an indoor area with a kettle and microwave, which was a total luxury. On the second day of our Expedition, it was raining so heavily that we simply couldn't be outside, so we took over the whole of the indoor area which, given that there were other campers on the site, made us feel a little guilty, but we don't think they minded - we hope! We chatted, played cards, and drank hot chocolate and tea and it ended up being one of the best nights we had. We could all just relax and enjoy each other's company.

The best bit about Gold DofE, in my opinion, is the night which you spend at the wild camp, which sounds bizarre as there is no toilet, no service, you're in the middle of nowhere and you have to get your water from the lake. However, the views and the freedom we experienced superseded our expectations. We were positioned on top of this field with views of the rest of Wales and the sea beyond; it felt as though you could've been anywhere in the world because it was so beautiful. It actually made you feel treated - when the degree of difficulty with a Gold Expedition is meant to feel painful - so none of us complained.

My personal overall experience with DofE was that it was enormously challenging - both physically and mentally - but hugely rewarding at the same time.

So, the big question is 'is the Duke of Edinburgh Gold Award worth it'? The answer is a resounding 'yes' and is worth every painful blister, foot sore and muscle ache, because it is filled with so much fun, it teaches you skills you never thought you had, it provides a real sense of achievement and, importantly, is a genuine world-renowned qualification.







Artwork By Katie Durnall



Artwork By Annabel Moulton

Classical Literature: Ineffectual Or Influential?

**Does historical literature pose more
relevance to modern day society than we are
willing to accept?**

By Beth Hardman

Shakespeare to Fitzgerald to the Brontës; the authors of classical literature have been shoved to the side of modern day society and doomed to be erased from the all too important pages of popularity.

Determined incoherent and mind numbing by you - the judges of the public; it is painfully unsurprising the amount of people who briskly discredit these olden day influencers' current importance and significance. As history often is disregarded as unrelated to modern day hardships, it is utterly predictable that our pompous population is arrogant enough to abandon literature as an unreliable historical artifact. A foreign object to be looked at from a distance and occasionally acknowledged but never truly appreciated. After all, how could the fictional anecdote of a vengeful monster, or a communist farm, or even a savage group of boys pose even an inch of relevance in our ever changing lives of today?

Well, the Gods these writers silently fabricated grasp more control over the malleable masses than it may primarily seem possible. Their beliefs are weaved into the structure of society so eloquently, they are often left unquestioned.

Before our eyes turned square from the inability to tear our dejected attention from the influential apps which dictate so many aspects of our lives; the arduous role of entertaining the insatiable crowds of society fell to books. Ravished, adored and worshipped by millions: it is no shock that the beliefs conveyed by these admirable authors were rapidly adopted by millions.

Yes: Ink, on paper, forming words, on books, in libraries stretching across the globe. These were once deemed as desirable as the new iPhone you begged your parents for last Christmas. A difficult scenario for you to picture I imagine?

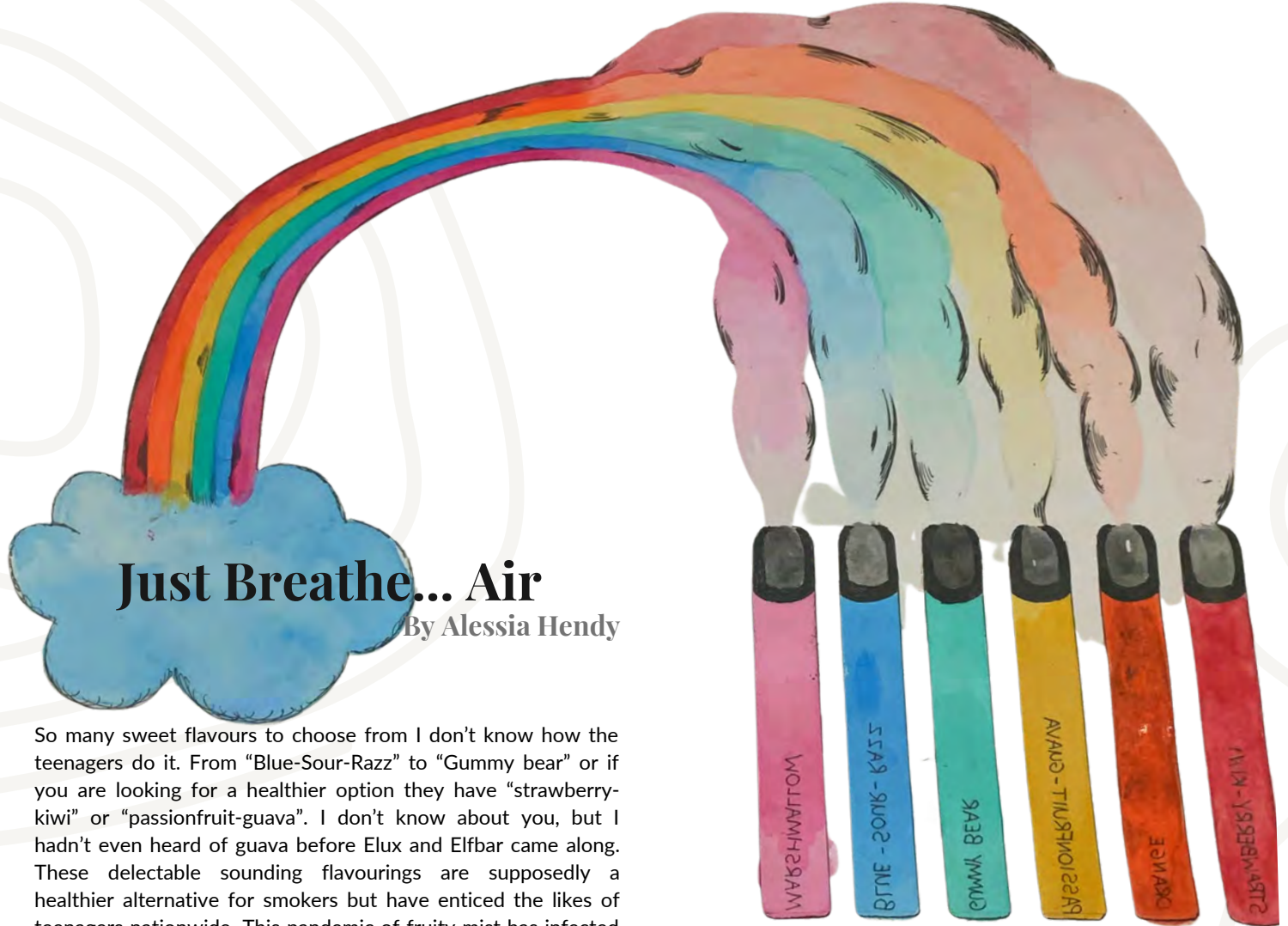
Within Literature lies the foundations on which our society leans dependently upon. The decensoring of the female mind; presented by Jane Austen and Sylvia Plath and Mary Shelley who defied the constricted limitations implemented unto them by a society which shunned the possibility of female intellectuals. Ideas previously unthinkable were carried out by Juliet Capulet, Jo March and Jane Eyre. The existence of characters such as these in classical literature is not to simply enthrall but revolutionise the minds of millions: starved of creativity and craving for a vicarious excitement, inflicted by the undeniable monotony of life.

Ideas - still indisputably recognisable - implemented in society today certainly did not miraculously materialise of their own accord. Toxic masculinity conveyed by none other than Romeo Montague, as the terrifying thought of being perceived as "effeminate," was obviously just a little too much for him to take, (unlike a vile of poison) so what was the natural response? Ah yes, of course: murder his wife's cousin. Although such extreme, irrational and unreasonable actions may not have been taken by you, I refuse to believe gender expectations haven't pushed you to make a sly comment or partake in usually untenable actions as a result of the pressure produced by disparaging peers.

Selfishness and egotism have never been better presented than through the shallow and injudicious actions of the incomparable Victor Frankenstein. Sound familiar?

Lady Macbeth overwhelmed readers with her destructive and overwhelming ambition, fuelled by desperation to be the best of the best; to gain undiminishing power. Ring a bell?

To conclude this tirade; the relevance of historical literature is as ever-present and influential today as it was when they were initially released to a previously uninspired world. These prominent pages ring true in an unfortunately unappreciative society, depressingly dependent upon social media. Lasting lifetimes longer than your transient trends, think twice before you dismiss a Plath or Dickinson or Orwell. Classics are named so for good reason. And after all, who knows, you might even enjoy it...



Just Breathe... Air

By Alessia Hendy

So many sweet flavours to choose from I don't know how the teenagers do it. From "Blue-Sour-Razz" to "Gummy bear" or if you are looking for a healthier option they have "strawberry-kiwi" or "passionfruit-guava". I don't know about you, but I hadn't even heard of guava before Elux and Elfbar came along. These delectable sounding flavourings are supposedly a healthier alternative for smokers but have enticed the likes of teenagers nationwide. This pandemic of fruity mist has infected over 15% of 11-17-year-olds in the UK (2021).

The lack of information of the health risks to vaping has led the population to believe they are healthy. As more knowledge surfaces, we begin to see the threat they pose, for example vapes are proven to expose users to 15x more Formaldehyde than cigarettes. This exposure can cause irritation of the skin, throat and nose, coughing, wheezing and nausea. Also, this continual high exposure can lead to many types of cancers: such as cancer of the nasopharynx and nasal sinuses as well as increased risk of leukaemia in some cases (American Cancer Society, Human Study 2021). Other health risks include gum disease, damage to reproductive health and hair loss. That's fine if you want to switch up your style and you work in hospitality and therefore the thought of having children makes you violently ill. However, don't let idiocy in your adolescence dictate the beauty of freedom in adulthood.

After speaking to teenagers in and around Tarporley we have found that local shops have sold vapes to these children at ages as young as 13. This ease of purchase exemplifies these disgusting companies target markets along with the unreliability of our shops in keeping these children safe from the temptation. The lack of need for identification when buying these "cancer sticks" completely undermines the regulation rules in place for the protection of the young and vulnerable. As the craze around disposable vapes continues to grow subsequently, the collection of colourful sticks in these teens' rooms flourish. If you want to taste the rainbow just invest in a pack of skittles! At least sweets might only put holes in your teeth and not your lungs.

Since the market for these pens of inhalable aerosol are going to be taking their GCSEs this may I'm sure they will be pleased to know that the cause of their memory loss is one of their favourite pastimes. Nicotine, one of the chemicals found in many vape liquids, can change the way synapses are formed, therefore harming parts of the brain that controls memory and attention. So, parents, no more blaming it on the phones! Nicotine also is associated with causing low moods and can affect impulse control. The brain doesn't fully develop until at least 25, by using nicotine products at such a young age, users are putting the development of their own brain at risk and creating an addiction that could continue to grow and pose more of a threat to the users' health. Vaping was once the alternative for smokers. Why has the solution morphed to become the gateway for this addiction? Teenagers begin with the fun flavours and switch up to cigarettes when the kick stops. Afterall nicotine is nicotine and breathing air is overrated. Right?

Vaping is still a healthier alternative but shouldn't be marketed towards younger adults and children as many health risks are still a major affect of consuming the product. Many of these health risks are still misunderstood, however, this should not be seen as a positive to vaping but should contribute to a concern around the craze.

Summer in Kenya- Expeditions with impact

By Jess Bradley

Most people have been on a family holiday abroad, whether it's to Spain, Greece or Italy. But I can only think of a small number of people who have been to a third world country like Kenya; It's a whole different experience. Being able to travel to such a beautiful yet heart breaking country was an experience that changed my life forever, and even better being able to work with a team and see the difference we made was the best reward I could have ever asked for. The charity 'Camps International' that I travelled with were incredible and ensured that we made as much of an impact in the communities as possible.

When getting off the plane the instant realization of how far from home I was hit me, and all I could think about was how long it was going to be until I saw my family and friends. I had only ever been away from home for a week before never mind a month, so this was all I could think about for the first 24 hours. We walked out the airport and got on a bus which looked like something out of Jurassic Park, and that's when the excitement hit me; this was going to be the adventure of a lifetime. We eventually arrived at camp Tsavo after 2 days of travelling, and I instantly felt at home. I will never forget the look on all of the staffs faces when we arrived, the pure joy and excitement that they presented us with is something that will stick in my memory for a long long time. During my time at Tsavo I experienced working with wildlife, meeting an inspirational women's group, and embarking on an amazing safari in the Tsavo national park; however, there was one particular activity that was overwhelming for me, and that was working at Marungu primary school. The second we arrived, the first thing that caught my eye is the immense smiles on all of the children's faces, I've never seen a group of students be so grateful that we were there to help, and rebuild their school. Throughout our time at the school, we painted toilets, built ramps, made bricks and even cemented sides of buildings. Even though we were working hard, it was extremely hard to get anything done as all of the children would want to play with you, constantly needing your attention. For me, the most shocking aspect of the school was the fact that all of the children, even at the age of 4, had to walk miles each day by themselves to get to school. Despite this, they still have the most grateful attitude to learning.

Once leaving Tsavo, we started our expedition to Diani beach where we had a 6-hour bus journey to get through. When travelling from camp to camp, the amount of people in the community who would stop and wave was incredible. Seeing how happy they were to see us there was what made me realise why we were there in the first place.

We arrived at Diani and the beach was pure white sand, it was absolutely beautiful. Our camp was surrounded by monkeys that constantly stole all of our food and clothes. They were like the equivalent of cats in the UK. They were everywhere. Whilst at Diani, we did a huge beach clean-up, worked with an Ocean clean-up group, and explored the local communities. Diani was a beautiful camp however we were only there for 3 days, then we began our next adventure to Camp Muhaka where the hard work started again. This camp was right in the centre of the Village, and surrounded by all the local families, you felt as if you were a part of the community. However, the hardest part of the trip was highlighted to me at this camp, and that was that there are families barley being able to survive, with no houses, with

"My time in Kenya was life changing, an experience that I will never forget"

- Meg, age 17

no clean water and no quality of life at all. It was an upsetting feeling to think of ourselves inside the camp with clean water, plenty of food, and a comfy bed to sleep in. At first, I couldn't comprehend how this was fair at all, but then it got explained to us that if we didn't raise the £4000 to come, then Camps International wouldn't be there in the first place and the locals in the community wouldn't have any houses or schools or resources to stay alive. The highlight of camp Muhaka for me was building mama's mud huts, this is because we were able to



build a house for a family who didn't have one, it was the most rewarding feeling seeing the house come together as we were all working as a team.

We were at camp Muhaka for around a week, we then moved on to our scuba diving camp, camp Firefly. This camp was a completely different experience, something that you would not expect to find on the coastline of Kenya, it was a tropical paradise with a fishing village just on the outskirts of it. At this point of the trip, I was really starting to struggle with missing home, however I knew that the scuba diving experience would be something that I will never forget. On the first day of the open water diving course, we were training in the pool to get us prepared to go out to sea. At the end of this day, I felt so overwhelmed by the fact that I could breathe underwater for around 40 minutes at a time. I was very apprehensive. It finally came to the day of our first two dives and the weather was not on our side, the wind was strong as ever and the rain was torrential, however our instructor decided to proceed with the dives and started to set us off with our dive masters on the boats. Driving there I felt sick to my stomach and I couldn't think of anything worse, but then as I got in the water and went under, I felt so relaxed and safe, it was nothing like being in the pool. We went back to the camp and then the last day of dives soon arrived. Over the 2 days of diving, we saw turtles, dolphins and so many amazing fish, so all in all it was certainly one of the best things I have ever done.

It came to the end of Camp Firefly and we headed for our last camp... Athi River. This is when the realisation of leaving this beautiful country hit me. We arrived at Athi River after a long 12-hour journey and we were all tired, hungry and in need of a bed, so if you haven't guessed yet I got some food and went straight to sleep.

This camp was a completely different environment, it was 30 degrees during the day and freezing during the night. In the morning, it was like waking up in a freezer. I felt as if I was back home. During our time at this camp, we litter-picked in the middle of Nairobi National Park surrounded by giraffes, monkeys and even ostriches, we then fitted lion lights on the locals houses and finally visited some of the locals stalls to bring back a little something for our families.

Kenya is one of those places that holds a special place in your heart. While I was there, I felt like I made a bond with the country and I didn't want to leave, however I know that the immense impact we have made all over the country has changed people's lives forever. It was time for me to go and get back to all my loved ones. I couldn't even put into words how much I was going miss it. From the smiling school kids to the camps staff, I will miss everything. Travelling with a purpose is the most rewarding feeling. I can't even explain it.







BE COURAGEOUS, BE PROUD, BE GAY.

By Luke Wilson

Dear homosexuality, I'm starting to love you. You correctly identified my sexuality (as I realise now), on many occasions, like how I speak/act, how I dress, how I treat others and my caring nature. All of which are true, "but" within my early days hadn't really been overlooked. I now see where they were all coming from, (thanks for the realisation btw).

At the time, I denied all your accusations, yet considered them... These conscientious thoughts were always playing in the back of my mind after the first year they initiated. It upset me, and I would consistently express my straightness, unsuccessfully. There is a common assumption that a person must fit into a certain stereotype in order to be called gay, just because I'm hanging out with girls and not guys, doesn't necessarily mean I'm queer. Like, straight men can have all female friends and still be straight but could be identified as gay. It's okay to ask someone of their sexuality, just approach it less aggressively and in a non-derogative way.

I know a very relatable scenario that all of us gays used to shelter our sexualities with which was having fake boyfriends/girlfriends. This was used to fade ourselves further from the truth in hopes to turn us straight and convince everyone we were straight; we all came to realise that this wasn't how it worked... My phoney of a girlfriend was called Holly Toward. It was the most chaotic month of my life (I prefer being gay).

Being homosexual is "great", falling for straight guys is an amiable pastime, (NOT!). Instead of fake relationships, we have our non-existent, made-up fantasy ones! How joyous. Now, you also seem to be under the impression that because I'm gay, I have a romantic attraction to every guy I see. I'll have you know; I have standards and I don't go around falling in love willy nilly.

In acts to form unity with the LGBTQ community, your pride movement was initiated in 1969. Obviously, mass homophobia is still being produced, but great efforts, I guess. Pride is a great fluctuation where you're able to freely express your personality and not have to hide from any truths and just be yourself. Homosexuality, you used to be shitty but I'm starting to enjoy your company.

My first pride was in July 2022, and it was one of the best moments of my life, I felt so confident and free. This was one of the only moments I felt so capable to express myself in public, rather than just around my friends with the sanctity of my own home. I even met the person I was so longing to meet. I understand how safe you make me feel now and I gratify you for that, you're actually pretty cool. From obsessing over how I felt I was required to fit in with everyone, to finally having the conviction I was so thirsty to achieve. Thanks for showing me that I don't need to change myself for anything or anyone.

Dear homosexuality, I do love you.





Your Body Isn't Wrong, Society Is.

By Lucy Badger

Body image is the thought process of how a person views their own body and the feelings associated with this perception. The concerns of body image often focus on traits such as skin, face or the shape and size of a certain body part. All things that are perfectly normal for a healthy human to consist of, yet our mind can often disagree.

Throughout history, people have been given importance to the beauty of the human body. Society, media, social media and popular culture often shape these views, and this can affect how a person sees their body whenever looking into the reflective glass. Body image has kidnapped the thoughts of young minds and brainwashed them into believing there is something erroneous about themselves. Its concerning how social media plays a huge role in these negative reflections as I believe it owes an apology to all of us. It's an area in life we're unable to escape as everywhere we glance, we see adverts, billboards and phones that constantly remind us of model traits and how we can look better. Constant bombardment by media images and social pressure can cause people to feel uncomfortable about their body, leading to distress and ill health in some cases. Do you realise that the photos on the internet of these people have been photoshopped? The answer to this isn't the same for everyone.

We exist in a world today where anything can be faked or fixed. Lips can be filled, stomachs can be tightened, and noses can be changed. This is due to the obsessive negative thoughts which can control our minds and convince us that there's an issue with a certain part of our bodies. An example of this behaviour is on Victoria secret fashion shows, and we are made to believe that the models are perfect and that we should take after them. Therefore, we automatically begin to compare ourselves and point out things we aren't happy with.

The majority of this negative thought process can hit when high school occurs as everyone felt equal and free. It was unusual to care about what you looked like or how one dresses yet as the judgment builds up in high school it can often take a turn. Instead of prioritising their grades, students may choose to spend their time at the gym to fix their negative image of themselves.

Body image shouldn't be a negative expression. We should be allowed to feel confident in anything and everything we wear. A positive body image is when someone chooses to accept and appreciate one's body and taking steps to care for it in a way that feels healthy and fulfilling. A 2015 study of university students found that for both men and woman, positive body image was associated with fewer reports of depression and unhealthy eating. This demonstrates how having a positive image about your body can change your life for the better.

Recent studies revealed that one in five adults (20%) felt same towards their own body when looking into a mirror compared to 19% felt disgusted and disheartened by their body image every time, they viewed it. This could be due to social media negatively influencing us or just a general thought swirling around our thoughts. With regard to measurement, body image has often been assessed only in terms of body dissatisfaction, disregarding further aspects such as body appreciation or the importance of appearance.

Overall, body image is something that us humans should adopt in a positive manner and not let our negative thoughts over-ride the positives. We should be proud and accept what we appear as and nobody should adapt themselves for anyone. After all, giving up social media may be too big of an ask to the world so instead, people should focus on themselves, mental or general health and fear no more about how they appear to themselves or others.







ice
and
what
the



part of
of the paint
however, still
I experimented
by the paint



Achievements page 2022

By Chloe Bott

Annabel Thorp- Played the lead role in "Little Shop of Horrors"
Hannah Thomas- Directed the play "Little Shop of Horrors" and played one of the lead roles.



Katie Tyler- Played Handball in Denmark with England's future squad.



Sam Heaton- Awarded 2nd place in the Young Fashion Designers UK competition.



Students from Year 12 and 13 travelled to Kenya on a voluntary expedition in the summer of 2022.



The 6th Form football team won a Cheshire school's tournament.



Year 13 students partook in the Gold Duke of Edinburgh in South Wales.



Emily Dawson- Represented her handball club (Trafford) at the National Partille Cup in Sweden.





LAST WORDS

As teenagers, we are constantly fulfilled with the motivation for whats to come, yet equally, bound by the stresses of daily life. In this Term's edition we wanted to represent youth and the concept of 'growth' with hope to inspire future generations. For many of us, this could mean: thinking of university and turning 18, to passing our driving tests and sitting our exams... life is filled with upcoming possibilities.

With the help of the new Year 12's and their original conceptions of written work and creativity, we hope to have achieved a vision, inspiring young people and developing a sense of inclusivity. Although this seems like a small step in the right direction, it will hopefully create an uplifting generation of new creatives which will take us to new heights as collectively conscious individuals.

We hope that the Year 12's and future generations of Term will continue to flourish by using this platform as a voice. A voice of unity, and one that can inspire and influence many generations to come.

We are prospective. We are for filled. We are...

*Wishing you all the best
-Term Team X*

YOUNG AND RESTLESS

Sam Heaton, Editor

Meg Drinkall, Deputy Editor

