

Speak Up

2018 YOUTH MAGAZINE

CULTURE | TOLERANCE | RACISM | HEALTH | SEXISM | CRIME | TECHNOLOGY

UNITY THROUGH DIVERSITY THE VOICE OF YOUNG PEOPLE

WRITTEN BY WARRAWONG HIGH SCHOOL STUDENTS

PUBLISHED BY PORT KEMBLA YOUTH PROJECT

NO MATTER WHAT RACE, COLOR, RELIGION OR
CULTURE WE HAVE, WE ARE UNIQUE AND
IT'S THAT UNIQUENESS THAT MAKES US

HUMAN





ARTWORK: EMILIA VICO
2018 ART COMPETITION WINNER

THANKS EVERYONE

The Port Kembla Youth Project is excited to launch our 2018 Youth Magazine with the help of students from Warrawong High School and local young people. This project is supported by the NSW Government through Family and Community Services FACS. We thank our collaborative partners in this project including the Multicultural Communities Council of Illawarra and the University of Wollongong. We have been working with professional graphic designers to edit and design this colourful and informative magazine produced by and for young people. This has been an opportunity for young people to develop articles around topics important to them, to build friendships and improve literacy and communication skills in a fun and creative way. Our appreciation also goes to all those who participated in interviews, workshops and contributed to the magazine by offering the young people their time and information. **We hope that you enjoy the 2018 Youth Magazine.**

You are welcome to leave feedback by contacting us:
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Port Kembla Youth Project

ABOUT US

The Port Kembla Youth Project is a not-for-profit community organisation that provides information and support to young people aged 12-24. Our programs focus on providing opportunities for skills development, youth engagement, mentorship and resilience building, recognising the cultural diversity of our local area. We work with young people in Port Kembla and surrounding suburbs, including Kemblawarra, Primbee, Warrawong and Windang.

If you are looking for information on our programs, support, advice on how to get involved in your community please phone 4267 1229 on Mondays and Thursdays 11am-4pm

PROGRAMS

Tutoring and Homework Hub:

Homework help and tutoring support in a friendly, relaxed environment. Small sessions are run for primary and high school students. Free of charge. Bookings are essential, as this is a popular program and fills up quickly. Port Kembla Youth Project and Macedonian Welfare Association provide Tutoring and Homework Help program, kindly supported by Bluescope and Win.

Splash Swim School:

Our swim program provides the following classes: Parent and baby, water confidence, learn to swim, stroke correction and adult classes (female only). Classes are held at an indoor heated pool in North Wollongong on a Monday afternoon during school terms. All instructors are Austswim qualified. Classes are \$11 a lesson. Port Kembla Youth Project is an Active Kids Provider.

PortWorx:

Our Youth Reference Group provides a safe environment for people aged 12 – 24 to meet and chat about topics important to young people. Do you have any ideas or opinions about your local community? Need to meet people your age with similar interests? Join our peer led youth reference group and connect to your local community.

Young Women's Forum:

Empowering young women from diverse cultural backgrounds by providing a safe and confidential environment for them to share their ideas and access information.

Casual Edge:

Educating young jobseekers on pre-employment skills needed to find a casual or part time job. Joint programs with local schools and other organisations, giving young people new opportunities and an awareness of services that are available through the Port Kembla Youth Project and the wider community.

Youth Magazine:

Each year we develop a youth magazine, written by young people for young people. Have a say, meet new people and get experience! Phone for more info.

Grow Project:

Strengthening young women's sense of belonging and participation in the broader Australian community while promoting intercultural community engagement, social cohesion and celebrating our region's cultural diversity.

CONTACT DETAILS

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Email: pkyp@bigpond.net.au

Website: www.pkyp.org.au

Facebook: <https://www.facebook.com/port-kemblayouthproject/>

Instagram: <https://www.instagram.com/portkemblayouthproject/>

OTHER ACTIVITIES

Connect Up: Drama and Visual Art workshops for young people with special needs.

Own It: A mural project transforming our community public spaces through visual arts.

Xpress Theatre: Expressions of interest taken for young people wanting to develop theatre skills and create a performance piece.

In addition to the Youth Project's general activities, we also run a number of community education programs for targeted groups. Suggestions for future programs are welcomed and encouraged. For information on any upcoming workshops or programs, contact our staff at Port Kembla Youth Project.

MULTICULTURAL YOUTH DEVELOPMENT PROJECT

Multicultural Communities Council of Illawarra's (MCCI) Multicultural Youth Development Project (MYDP) assists and supports young people (12-24 years) from culturally and linguistically diverse (CALD) backgrounds, many who come from a refugee background or with lived refugee like experiences.

The activities and programs are designed to empower young people to participate in all aspects of social and community life, enabling them to become valuable active members of the community. The program delivers a variety of activities including; sport clinics, art workshops and participation in local festivals and events.



SCHOOL HOLIDAY PROGRAM

Every school holidays MCCI runs a FREE school holiday program for CALD young people aged from 12-24. Activities run each week of the school holidays and include chill out afternoons at MCCI, soccer sessions with Football South Coast, water safety, screen printing and drumming with the Wollongong Con.

WATER SAFETY

The MYDP is passionate about water safety. Water safety programs are typically run during the spring and summer school holidays. Open to all ages, programs are designed to teach young people and their families from CALD backgrounds important water safety skills.

CHILL OUT MULTICULTURAL YOUTH GROUP

Every Monday afternoon from 3-5pm MCCI's MYDP runs a Chill Out afternoon for Multicultural young people aged 12-24 years. Young people are free to drop-in anytime between 3 and 5pm to play games, soccer, listen to music and socialise with other young people. Light afternoon tea provided.

MYDP IS FUNDED BY NSW FAMILY AND COMMUNITY SERVICES.

If you would like to know more about MYDP's programs and activities, if there are any issues you would like to raise relating to CALD youth in Wollongong, Shellharbour and Kiama LGA's, or if you are a CALD young person looking to connect, the MYDP Project Officer would be very keen to hear from you.



Please contact Multicultural Youth Development Project Officer
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 Email: allyson@mcci.org.au
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ABOUT US

Warrawong High School

By Valerie, Kaw Reh, Esma.



All of the contributors for this magazine are from Warrawong High School. Warrawong High School is a comprehensive, multicultural high school with a well-deserved reputation for racial and social harmony. At our school 10% of students are Indigenous and 52% have language background other than English.

Warrawong High School is also home to the **Warrawong Intensive English Centre (IEC)** which is the only non-Sydney metropolitan-based intensive English centre. The IEC is an Illawarra resource and students have enrolled from as far as Kiama in the south and Bulli in the north. After completion our students exit to their closest high school to continue their education in the mainstream. Most of our students are either refugees or migrants.

The students who have contributed to this magazine are;

- Alannah Dodds Rule
- Blake Hage
- Carmen Bawelkiewicz
- Connor Ryan
- Daisy Gillard
- Daniel Moro
- Dylan Alderton
- Ebonie Turner
- Elizabeth Kostadinovski
- Esma Kaya
- Ethan Walsh
- Gian Pontello
- James Haasjes
- Jamie Jovanovski
- John Wallace
- Kaw Reh
- Khan-Lee McAllister
- Leticia Valentine
- Maha Khan
- Melda Yavuz
- Milkessa Beker Mama
- Morgan Tyloch-Sim
- Sapphire O-Hara Mawson
- Sarah Thomas
- Shakaylah Coelho
- Shanae Costa
- Shukurani Birindwa
- Star Woolley
- Stefani Cvetkoska
- Valerie Medina
- Zachary Howland



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Warrawong Intensive English Centre

IEC STUDENTS have been involved in the Magazine Project for a number of years, and it has been a wonderful opportunity for them to develop their creativity. So many of our students have fantastic artistic talents, and the Project offers them the chance to learn new ways to express themselves. They also gain insight into the print industry, and how publications are made. We are very grateful to the Port Kembla Youth Project for their enthusiastic support and encouragement of our students, and hope that the partnership will continue for many years to come.

ACKNOWLEDGEMENTS

SCHOOL OF THE ARTS ENGLISH & MEDIA [TAEM]
UNIVERSITY OF WOLLONGONG.
GREGOR CULLEN LECTURER IN VISUAL COMMUNICATION DESIGN.
GRAPHIC DESIGN STUDENTS; MADDELYN WILSON, EDEN HELMORE,
LAUREN VASCONCELOS.
SPECIAL THANKS TO ARRON BURTON LECTURER IN MEDIA ARTS.



COVER ART : EMILIA VICO
2018 ART COMPETITION WINNER

Speak Up

DO YOU NEED HELP 'SPEAKING UP'?
TO HELP YOU OR SOMEONE YOU KNOW ACCESS
HELP, BELOW IS A LIST OF LOCAL SUPPORTS AND
CONTACT INFORMATION FROM 'SPEAK UP'.

Headspace

Phone: 4220 7660
Address: 7 Atchison St, Wollongong
<https://headspace.org.au/>

Lifeline

Phone: 13 11 14
Online Crisis Support Chat:
<https://www.lifeline.org.au/get-help/online-services/crisis-chat>

Kids Helpline

Phone: 1800 55 1800
WebChat Counselling:
<https://kidshelpline.com.au/get-help/webchat-counselling/>

Beyond Blue

Phone: 1300 22 4636
Online Counselling: <https://online.beyondblue.org.au/Webmodules/chat/InitialInformation.aspx>

Black Dog Institute

<https://www.blackdoginstitute.org.au/>

PKYP

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MCCI

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Wollongong Youth Services

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PCYC

Clubs: Wollongong
Phone: 4229 4418
Lake Illawarra
Phone: 4296 4448
Bulli
Phone: 4284 3878
<https://www.pycnsw.org.au/>



Raising the Issue: Racism

BY LETICIA, MAHA & JAMIE

The denial of racism in Australia perpetuates racist behavior. Speaking up reduces racism by helping perpetrators understand that their views are in the minority, making them less likely to engage in prejudice and stereotyping behavior in the future.

What is racism?

Racism is the belief that all members of each race possess certain characteristics abilities or qualities specific to that race. It is especially used to distinguish one race as inferior or superior to another race or races.

What are the different types of racism?

Individual - This type of racism stems from an individual's culture. For example, not hiring a person for a job based off their race.

Institutional - This type of racism involves large social structures that support racism. For example, apartheid in South Africa.

Stereotyping - This involves thinking about groups inappropriately & ignorantly. For example, African people are fast runners.

Scientific - This involves people using statistics, incorrectly, to prove racist, prejudiced and discriminatory beliefs or ideas. For example, the study of phrenology which measured the skulls of people from different races to say that some races brains were smaller than others.

~~RACISM~~



What can we do to prevent racism?

Most people know the solution to gender inequality requires both males and females to take action. Similarly, the solution to race inequality requires commitment and participation by everyone regardless of their cultural origin.

This goal is achievable by working on both a local and national scale, in a range of settings, simultaneously.

If you call out a person on their racist behavior the person may respond with a glib or angry answer. It might feel safer to nod and finish the conversation quickly. But try not to become discouraged

Who does racism effect the most?

Racism can be displayed in all ages and also commonly happens in public between adults, but it usually affects teens in the age group of 13-17.

Where do people experience racism?

• School • Online • Home • Shops • Sport • Work • Public

Are Australians really racist?



Had negative feelings towards Aboriginal Australians



Believe that African refugees increase crime in Australia



Teenagers have experienced racism

TIRED OF BEING STRESSED?

By Ebonie, Sarah and Sapphire

STRESS IS UNAVOIDABLE

You can take steps to reduce your stress and learn to cope with stress but you will never be completely rid of stress. Stressors that may be unavoidable include school work and exams, busy days at work, new babies, getting married, or moving. Some of them are actually good things but can still be a source of stress in your life. Learning healthy stress management techniques can help you 'turn off' your stress alarm system that you are not in constant state of stress as you move through life. *Self-care isn't selfish, it's essential for our resilience.* True self-care is an important part of maintaining balance and well-being.

Reframe your thoughts

Sometimes, a stressful situation is just a matter of perspective. Pessimism, for example, is an excellent example of avoidable stress we put ourselves through. Instead of focusing on the negatives and the problems that are causing you anxiety, concentrate on the positives.

Negative thoughts lead to a negative mood state and positive thoughts lead to a positive mood states. When you feel down, pay attention to your thoughts. Try to spin negative thoughts into positives. When you change your viewpoint, you can change your level of stress altogether. Do your best to see things in a positive light, and avoid cynicism at all costs.

Talk to someone

If you do not think you have anyone to talk to, let me be the first to tell you, you do! There are thousands of kind-hearted people who would love to help you and hear about your day if you are feeling under the weather bottling up is bad.

Keep a journal

Although keeping a journal may seem strange or tedious, writing down your thoughts on a regular basis can help keep you stress-free. When you feel bogged down with some emotional or mental stressor, write about it in your journal. Getting it out on paper will give you a sense of relief you might not otherwise find. Write honestly and without fear. Once your thoughts are down on paper, they will no longer be taking up space in your brain. Clean up a bit and organise. Oftentimes, stress arises from feeling overwhelmed. If your home, office, car, or workspace is overly messy

or dirty, it is certainly having an effect on your mental well-being. Take a few minutes to clean up your most unorganised areas, and your mind will breathe a sigh of relief. Also, try redecorating

Change your environment

If making little changes is not enough to cheer you up, try moving to a completely new place for a bit. If work or studying is too difficult in your office or at home, relocate to a cosy coffee shop or a park. Having a new environment will help you to move your thoughts away from your stressors, and give you a chance to breathe and recover from your anxiety.

Music. Listening to music has been shown to have a very strong effect on improving your mood and mental state. Calm yourself down by listening to your favourite soothing music. Keeping music playing in the background while you work, study or just go about your daily activities is a great way to subconsciously alter your stress levels. Research has found that music can change your brain functioning in similar ways as medication. Therefore, regular music really can help to 'cure' stress and anxiety.

Try Aromatherapy

What you smell can actually alter your stress levels. Scientific studies have linked the scent of lavender and oranges to reduce stress and anxiety levels. Use a lavender scented air freshener in your home, office, or car, or put a bit of essential oil onto your hair and skin before you head out the door in the morning. You can also dab a bit of essential oil onto your temples to relieve a stress-induced headache.

Talk to new people

It is possible the people you talk to are stressors. Do not completely take them out of your life but try meeting some different folks. They can offer a new perspective on things you never even thought about, or get you involved I knew stress-reducing activities.

Try a new hobby or maintain a favourite hobby

When we are stressed and anxious, it is easy to push hobbies to the side and focus on 'priorities' but by leaving out any free time for yourself, you may be making yourself more stressed. Return to a lost hobby by playing your favourite sport, going shopping, picking up your art journal, or heading out for a hike. You'll feel refreshed and better able to deal with your stressors when you've given yourself time to do something you love or teach yourself something new, such as a language, playing a video game or crafting skill, and practice to get better.

Take a bath

Some people are bath people while others are shower people. No matter which you are, it is hard to deny the comfort of a warm bubble bath with a cosy drink and a good book. If you are stressed out, try curling up in your bathtub for a while. The warmth will relax your muscles, and help soothe way your stress

Dance and sing

I do not care if you dance like a fish out of water and sing like a dog whose tail was stepped on, you are a beautiful contribution to this world so don't be afraid to shine.

Watch a movie or a new show

Watch something that will make you smile and laugh a lot and enjoy it guilt free, give yourself this time to decompress without stressing over a million other things. Turn

on your favourite show or look at a funny YouTube video, or get together with a funny friend. Smiling and laughing release stress-relieving hormones in your brain, which will have you feeling better in no time.

Head outside

Sunlight is a natural cure for depression, which is tied to stress and anxiety. Even if you are not able to get sunlight, Mother Nature provides excellent stress relief via the great outdoors. Walk through a park, head to a beach, and hike up a mountain, star at the star or go for a fishing trip – whatever interests you.

Drink a cup of tea

Tea drinkers have shown to be less stressed over time than non-tea drinkers, making this a great activity for reducing stress. Grab a cup of black tea for the best results, but any tea will do.

Get a massage

Massages are not just great for your body, they actually release feel-good hormones in your brain as well. The tension worked out of your muscles will help to work the tension out of your mind as well. Better yet, have a loved one give the massage for you. The combination of your partner or spouse giving you the massage will release extra hormones, practically demolishing whatever stress you did have.

Practice yoga, meditation and breathing techniques

You can practice any different forms of yoga for stress relief and practicing meditation and breathing techniques has proven to relieve stress remarkably, these things can help get rid of stress and calm your mind for better focus and clear thinking.

Get daily exercise and eat healthy

If you're stressed, you can cheer yourself up and throw your anxiety out the window just by making your heart work a bit harder. Head for a bike ride or swim, pick up some weights, punch a punching bag and take your anger out or play your favourite sport to gain both physical and mental health. Eating healthy can also relieve stress.

Focus on your sleep

When people are stressed and overwhelmed, often one of the first things to be sacrificed is sleep. However, this is one of the biggest health mistakes you can make. Getting adequate sleep allows your body to recharge and refresh.

Cuddle more often. Studies have shown that regular cuddling releases oxytocin – a hormone that produces happiness and reduces stress. Do these on a regular basis to keep your hormone levels up in general, making it less likely that you'll get stressed out in the first place.

Cry it out

A good cry can provide a feeling of relief, even if our circumstances still remain the same. Crying to know to release stress hormones or toxins from the body, and as a result, reduces tension, so let it out.

Download Apps

If you're just looking for something to help you forget about a stressful situation, try downloading a few apps on your phone such as Buddhify, Smiling Mind, Virtual Hope or even downloading some apps like Sudoku or Scrabble can help you take your mind off stressful situations.



Headspace



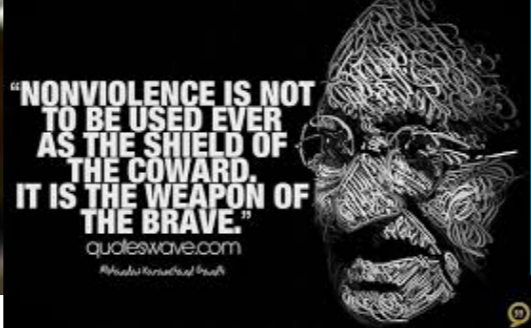
Virtual Hope Box



Smiling Mind



Buddhify



DEALING WITH THE STRESSES OF 21ST CENTURY HOMEWORK

BY JAMES HAASJES AND BLAKE HAGE

TEENAGE OFFENDERS

By Connor Ryan

These statistics show that in the area of Berkeley there is a high rate of violence and crime amongst male youths. This can lead to many other young males following in the paths of negative role models and continuing the cycle of crime. This is important for me as I love in this suburb and did not realise it was this bad. I've lived in Berkeley my whole life and this is a frightening future and a regular part of the daily lives of people surrounding me.

SO WHAT CAN BE DONE TO HELP YOUNG PEOPLE AVOID THIS FUTURE FILLED WITH CRIME AND VIOLENCE?

- Youth programs in the local area such as the Port Kembla Youth Project
- Programs offered by the PCYC Centres
- Programs at Wollongong Youth Services
- Visit the Safe Space at Wollongong Youth Service
- Visit neighbourhood centre that will give access to a youth support worker
- Visit Headspace

Better education about the negative consequences about violence and drug use.

Programs in schools to educate them about not giving in to peer pressure.

According to the NSW Bureau of crime, Statistics and research, crime tool, rates of crime are increasing for juvenile males from the ages of 10 to 17. The NSW state average crime rate for assault, robbery, theft, arson and drug use are considerably higher for young males in the local area of Berkeley. The listed crimes on the opposite page will be listed from the NSW state average to the Wollongong local area average to the area of Berkeley average.

All statistics are for Juvenile males from ages 10 to 17 per 100 000 people.

Assault:

NSW-9.5%
Wollongong -10.1%
Berkeley-15.6%

Arson:

NSW-40.8%
Wollongong -50%
Berkeley-100%

Theft:

NSW-19.4%
Wollongong-20.4%
Berkeley-46.4%



Weapon Crimes:

NSW-7.7%
Wollongong -5.6%
Berkeley-16.7%

Robbery:

NSW-34.2%
Wollongong-28.1%
Berkeley-100%

Justice Process:

NSW-11.1%
Wollongong -7.9%
Berkeley-21.3%

Damage:

NSW-19%
Wollongong -15.7%
Berkeley-16.7%

Drugs:

NSW-5.5%
Wollongong 5.1%
Berkeley-17.9%

The flaws of the education system have been prominent and noticeable for a long while now. Australian students' global ranking are always on the news for decreasing. It is no wonder why since for over two hundred years education in Australia has followed a systematic factorial setting, despite the clear need to adapt to modern times and better suit contemporary students who are not going off to work in factories.

Dealing with these stresses has been a living nightmare for some students, making it a dread to even wake up in the morning, with mountains of homework and being forced into an environment that many students find cruel and harsh.

Australian school kids are highly stressed according to the SMH paper (Sydney Morning Herald) Reporting:

Nearly half (47 per cent) of Australian students feel very tense when they study, compared to the international average of 37 per cent.

Based on the OECD average, 67 per cent of Australian students report feeling very anxious even if well prepared for a test, compared to the international average of 56 per cent (64 per cent for girls and 47 per cent for boys).

In the 50 per cent of young people in year's seven to 12 who report feeling moderately to extremely stressed over exams, the

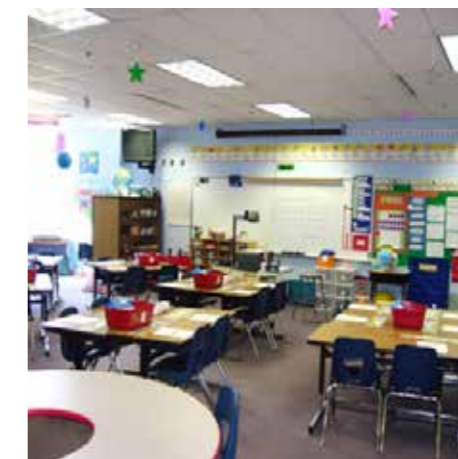
number one source of pressure comes from themselves. Coping with stress is a top issue of concern to young people. That is why today we will be focusing on providing a multitude of solutions for students dealing with stress and adversity during their schooling, especially regarding time management and homework.

The first major struggle we find most important is the simple fact that school is too stressful because of the overburdening of homework, especially when combined with assessments, SRC meetings, clubs and other school-partnered programs that take place outside of class time. Students are left with limited time for social activities outside of school, which drives them mad! It has become a simple fact of life that students dread going to school because of the expectation that they will complete more work after school for every subject.

To prove this we've interviewed two students on their opinions of homework and are going to show them to you now:

"I don't like homework it stresses me out and limits the time I have to relax. We have 6 hours of doing work already and it's kind of pointless to do more at home when we are supposed to be relaxing" – Ethan

"Why do we need homework when we have so much more important things to do like jobs and assessments! It just seems unnecessary- Alannah



We have identified 5 solutions to help with this homework problem:

- The internet, as most teens know it, is a universal haven that provides us with a feeling of escapism and relaxation. Using the internet is essential for most homework tasks, but you should avoid using social media or games while you complete your homework. Instead, you should get your homework out of the way and then use the internet as a source of relaxation. You can even access websites for mindfulness and self-care.
- Homework clubs, though they may seem daunting at first, are completely socially acceptable and will efficiently help you complete homework tasks in less than an hour at most! If you're school doesn't have one of these clubs quarrel with the local school leaders or SRC to encourage a homework club to open.
- If you find the playground too challenging to complete homework, you may seek solitude indoors with librarians and even some teachers may let you use their entire classroom to help you complete remaining tasks, before and after school and during break times.
- The library is also just a place that many student find calming. The activities there are primarily beneficial to your learning, with a surplus of books, computers, and board games like chess and other puzzles, which you can complete when you need a study break or as a reward for completing your homework, if you find adversity in the social world the library is a safe haven.
- Let's say you don't like the indoors and prefer a more sporty method of entertainment. The school gym or hall may just be your safe house! Bring a ball from home to play with and give yourself a study break or again, reward yourself after completing your homework.

So as you can see it's essential that we take action to battle this overwhelming surplus of stress in today's education system and we overcome the biggest causer of stress, homework.



Photo top right clockwise; Classroom at Break, School Gym, Homework Club Banner, School Library.



ART COMP

THANK YOU to all our entrants for the Unity Through Diversity Art Competition. **THE WINNER** has their artwork published in this years Magazine. Receives a copy of the magazine. A certificate for their resume. Art supplies. **RUNNERS UP** have their artwork published in this years Magazine and receive a certificate for their resume.

- top left:
1. ANNA SIXZZ, 2. ISOBEL HUMPHREYS
3. JESSIE BANTOCK, 4. JESSICA WILSON
5. BELLA COOPER, 6. EMILIA VICO
7. CARMEN BAWELKIEWICZ, 8. CAITLIN COOPER

SEXISM IN SOCIETY



BY daisy GILLARD, shakaylah COELHO, & elizabeth KOSTADINOVSKI



WHAT IS IT?

Sexism is prejudice, stereotyping, or discrimination, typically against women, on the basis of their sex. It is not right and it needs to be fixed. It can be improved by treating everyone equally, and not discriminating against people due to their sex and the belief that men are better than women.

HOW CAN WE FIX IT?

We can fix this major problem by treating everyone equally, and ensuring that all men and women are paid equally and have the same opportunities in life. This would make society much better and create happier communities and there would be less depression and unemployment around Australia.

WHAT IS HAPPENING?

All around Australia, the size of the gender pay gap varies depending on who you ask. Women earned 79.6 cents for every dollar men made in 2015, and earned about 82 cents for every dollar a man made in 2016. This shows that sexism is slowly decreasing in society, but isn't decreasing fast enough. Still today, men are paid much more than women, and employment is exactly the same.

Amounts of unemployment have been depreciating for men and women, but still more men are employed than women. According to the Census Bureau and Labour Department Data, women's employment has grown to 56% in 2016, whereas 65% of men are employed in Australia. This is unfair and disappointing. It must stop now.

Where to go if you have this problem

LIFELINE PHONE: 13 11 14

R.S.V.P. - <http://engagingmen.futureswithoutviolence.org/?program=reducing-sexism-violence-program-r-s-v-p>

SEXISM AND GENDER JUSTICE PROGRAMS - <http://www.culturalbridgestojustice.org/programs/sexism>]

NOMAS PROGRAM - <http://nomas.org/>

EXAMPLES IN SOCIETY

Lisa on the Today Show was refused a pay rise upon the basis of her sex as her male colleague, Karl, was being paid more than her for doing the same job as her. In the end, Lisa quit her job and is now on The Project.



Steph Houghton, the best-paid female English football player, earns around £65,000 a year, while Wayne Rooney receives £300,000 a week. This is a major difference and is very unfair.



Serena Williams makes about \$450,000 in their jobs, as Tennis players. Roger Federer makes over \$700,000 and



QUOTES FOR SEXISM

"I would be lying if I didn't say there was an element of wanting to be liked that influenced my decision to close the deal without a real fight. I didn't want to seem 'difficult' or 'spoiled.' At the time, that seemed like a fine idea, until I saw the payroll on the Internet and realized every man I was working with definitely didn't worry about being difficult or spoiled."
Jennifer Lawrence.

"You know, equality is a myth, and for some reason, everyone accepts the fact that women don't make as much money as men do. I don't understand that. Why do we have to take a backseat?"
Beyoncé.

"It's 68 cents on the dollar" for sports."
Ben Rothenberg.

"Both men and women should feel free to be sensitive. Both men and women should feel free to be strong...It is time that we all perceive gender on a spectrum, not as two opposing sets of ideals."
Emma Watson.



CAN DRONES SAVE US?

By Star Woolley,
Alannah Rule
and Ethan Walsh

Everyone is aware that drones are the most fashionable device on the technology marketplace presently, especially with young people. Drones are small unmanned aerial vehicles that are constantly roaming our skies. However, drones can do much more than just take aerial pictures and videos. Drones are now capable of saving human lives.

It is well known that young people have a higher risk of car crashes than adults, due to being inexperienced on the road and/or reckless. Drones can save people, especially young people, from the wreckage of their vehicles.

Following overnight reports of a man wandering away from a flipped car on an isolated road south of Grimsby some 130 miles north of London, the local police department deployed its drone to search for the driver.

The moment the drone found a hypothermic man in a 6 foot

deep ditch 160m from his crashed car in the pitch dark on February 25th 2018. It was a freezing cold evening, and the police knew that if they could not find the man quickly, he could die from hypothermia.

While some officers searched the immediate area on foot, the drone flew around the crash site to see if its thermal imaging camera could pinpoint the vehicle's owner.

After a short while, the drone pilot located the man not far away from the car and directed officers to his precise position. He was found unconscious and hypothermic, and would likely have died but for the search team's quick work, aided by the drone and its thermal imaging camera.

Without drone technology, the police could have received help from the U.K.'s National Police Air Service, but the drone was likely able to reach the scene far more quickly, and at a fraction of the cost of a helicopter.



Swimmers in Australia are at a high risk of dying and being in dangerous situations such as: rips/shore breaks and having animal encounters with dangerous sharks, jellyfish and stingrays.

Young people especially love going to the beach on school holidays and often go on family holidays to coastal areas.

Teenagers looking for some independence often organise with their friends to go to the beach and are not supervised by adults. Drones are able to aid and save young people who find themselves in these dangerous situations.

When two young swimmers got into trouble at a beach on the state's Far North Coast, the last place they might have expected a rescue to come from was the sky.

In a world-first, the pair were helped by a drone, piloted by lifeguard supervisor Jai Sheridan, which spotted them and then dropped a flotation device to assist them back to shore.

The Little Ripper Rescue UAVs with its flotation device, called a rescue pod being used across the Far North Coast. The drone is one of two Little Ripper Rescue UAVs operating on the Far North Coast, with daily flights on beaches between Port Macquarie and Byron Bay helping to keep swimmers safe.

Surf Life Saving NSW chief executive Steven Pearce said the drones were the next stage in the evolution of lifesaving technology.

Drones can be used to assist emergency services. They are more efficient than human responders are and can save more people's lives.

SUICIDE PREVENTION

MILKESSA, SHUKRANI,
DANIEL AND GIAN



WHAT IS SUICIDE?

Suicide means ending your life. It is sometimes a way for people to escape their pain and suffering, often as a result of a mental health issue. A suicide attempt is when someone tries to end their life but they fail to do so.

CAUSES

The causes of suicide are complex. Factors that may contribute to suicide include:

- Stressful life events.
- Trauma.
- Mental illness.
- Physical illness.
- Drug and alcohol abuse.
- Poor living circumstances.

SIGNS OF DEPRESSION

- A sense of hopelessness or no hope for the future.
- Drastic changes in mood and behaviour.
- Self-harming behaviours like cutting.
- Frequently talking or writing about death.
- Negative view of self.

SUICIDE RATES

There is a high rate of suicide in Australia,

- Suicide is the leading cause of death for males and females aged between 15 and 44.
- In a typical year, about 3,000 people in Australia die by suicide. That's an average of 8 people every day.
- 1 in 10 young people aged 12-17 years old will self-harm.
- 1 in 13 will seriously consider a suicide attempt, and one in 40 young people will attempt suicide.
- Intentional self-harm is the leading cause of death among Australian children and young people aged 15-24 years.
- 391 people aged between 15 and 24 died by suicide in 2015.
- Around 400,000 Australians experience suicidal thoughts.
- Over 65,000 Australians make a suicide attempt.
- Around 35,000 Australians are admitted to hospital for suicide-related injuries.
- More than 2,500 Australians die by suicide.
- In 2014, about 75% of people who died by suicide were males and 25% were females.

No matter who suicide affects, it has a devastating impact on families and friends. Most people don't really want to end their life, they want their pain to stop.

MINI

CELEBRITIES THAT HAVE ATTEMPTED SUICIDE

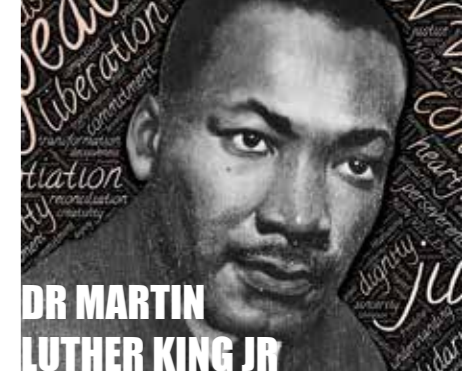
In 1996, Marshall "Eminem" Mathers was a struggling Detroit-area rapper whose debut album "Infinite" was a colossal financial flop. After his girlfriend Kim left him and he lost custody of his daughter, the dejected artist sought to end it all via a Tylenol overdose.



The first incident occurred when she was 14 and sought to kill herself and her unborn child by drinking laundry detergent. She allegedly attempted to end it all again in 1981, when she drove her car into a tree upon learning that her then-lover was married and already had kids.



Came this close dying before he even reached puberty. So distraught over visiting a parade against his parents' wishes and not being there when his grandmother died of a sudden heart attack, a guilt-ridden King tried to commit suicide by jumping out of the second story window of his home.



WHERE TO GET HELP:

There are many teams and people out there that can help you prevent suicide. There is also a lot of websites on the internet that can help:

- **Beyond Blue**
- **Black Dog Institute**
- **Headspace.**

You can also contact the life line for more support. This is a call centre in which you talk to on the phone to counsellors.

- **Lifeline 13 11 14**



By Carmen, Melda & Khan

AT WARRAWONG HIGH SCHOOL, we have noticed that, although there are students from multiple cultural backgrounds, many students do not know much about their cultural heritage and if they do, they do not get to celebrate and share their culture with others. We fear that the students in our school will eventually lose their knowledge of their heritage and that students are missing out on understanding and making connections with people from other cultures. Traditions are important as they bring people together. From eating traditional foods, wearing cultural dress, even speaking your first language, we believe that culture plays a big part in an individual's identity and it should be shared and celebrated.

We made a survey for all Year 10 students to complete to see how our involved our peers were with their cultural backgrounds.

After tallying these survey results, we also interviewed two students to gain a deeper understanding of their lives and their connections to their cultural backgrounds. Leticia Valentine and Elizabeth Kostadinovski gave us the following insights:

After tallying the survey results we found that:

- 40% of students speak a language other than English at home
- 50% of students participated in cultural events
- 72% of students do not feel connected to their culture at school
- 70% of students want to learn more about their culture

LETICIA VALENTINE

What is your cultural background?

L: African

Do you speak another language at home?

L: No

Do you know any cultural foods?

L: No

Do you participate in any cultural events?

L: No

Do you feel connected to your culture at school?

L: No

Would you want to know more about your culture?

L: Yes

ELIZABETH KOSTADINOVSKI

What is your cultural background?

E: Macedonian

Do you speak another language at home?

E: Macedonian

Do you know any cultural foods?

E: Burek

Do you participate in any cultural events?

E: Yes

Do you feel connected to your culture at school?

E: Yes

Would you want to know more about your culture?

E: Yep

As shown in our findings, many students feel like they are not connected to their culture, especially at school. We think that community organisations and schools should support more cultural events and traditions. Many students want to know more about their culture and be able to share their traditions such as dance, music, cooking and traditional celebrations with their friends. Ways that we can get more involved with our culture and the cultures of others include;

- Learning about religious traditions
- Simple language lessons
- Learning how to cook family recipes
- Learning about art from different cultures
- Organising major events, such as Harmony Day, that share cultural traditions



CULTURAL ACCEPTANCE



WHAT IS CULTURE?

CULTURE is an individual's way of life. It comprises of their values, beliefs, customs, languages and traditions. Culture is replicated in our history, in our heritage. It demonstrates characteristics and knowledge of a particular group of people including their religion, cuisine, social habits, music and arts.

By Shanae and Stefani



Australia is a diverse multicultural country. Since 1945, almost seven million people have migrated to Australia. One in every four Australians were born overseas with 46% of the population having a foreign parent. Additionally, almost 20% of the population speaks a language that is not English. With that being said there are more than 200 languages spoken in Australia, the most common spoken languages being Italian, Arabic, Chinese and Greek. Some of the problems that we face are racism, misinformation on our culture and a lack of understanding of the things that are important to us. Cultural groups in Australia are also often faced with a lack of celebration of important cultural events, especially at school.

Both of us are from a small country and people don't really focus on us or our cultural group. Our traditions and our way of life are being ignored by Australian society in general. We both experience the same struggles at school and in society. People from a variety of cultural groups are coming here because they feel safer in Australia, and don't want to experience the struggle of racism and cultural rejection, they want to live happy lives. One of the biggest difficulties is that they face is not being accepted for their culture, but also they are not speaking up about it because they fear being rejected.

HERE ARE SOME THINGS EVERYDAY PEOPLE CAN DO TO IMPROVE CULTURAL AWARENESS:

Try getting people from other cultures together, they could organise an international food day at school or in their local community.

Connect with young people as young people can make more of a change and tend to have more of a voice when they build their confidence.

Celebrate different cultures monthly holidays, for example Chinese New Year, name day, Independence Day and Eid.

WHY IS THIS TOPIC IMPORTANT?

We chose this topic because we want to make people aware of the issue, which involves people from diverse cultural groups not being accepted in the same way as other Australians. People who identify as being part of a diverse cultural group are also not getting the same support as other Australian citizens would. We would like to support this issue and give a voice to people from diverse cultural groups because we want to be accepted in the same way as other Australians.



By Dylan, Morgan, Ryan, Zach and John

Gaming is for Everyone, NOT JUST TEENAGE BOYS!

Welcome to the world of gaming where it does not matter who you are or what you look like, you will find something to enjoy. This magazine article will give you all the information you need to get started in the fantastic world of gaming and start reaping its benefits. Gaming can be enjoyed by both boys and girls, children and teens and even parents and grandparents!

GAMES FOR TEENAGE BOYS:

Grand Theft Auto V: is an action-adventure video game developed by Rockstar North and published by Rockstar Games. It was released in September 2013 for PlayStation 3 and Xbox 360, in November 2014 for PlayStation 4 and Xbox One, and in April 2015 for Microsoft Windows. It is the first main entry in the Grand Theft Auto series since 2008's Grand Theft Auto IV. Set within the fictional state of San Andreas, based on Southern California, the single-player story follows three criminals and their efforts to commit heists while under pressure from a government agency. The open world design lets players freely roam San Andreas' open countryside and the fictional city of Los Santos, based on Los Angeles.

Tom Clancy's Rainbow Six Siege: is a tactical shooter video game developed by Ubisoft Montreal and published by Ubisoft. It was released worldwide for Microsoft Windows, PlayStation 4, and Xbox One on December 1, 2015. The game puts heavy emphasis on environmental destruction and cooperation between players. Players assume control of an attacker or a defender in different gameplay modes such as hostage rescuing and bomb defusing. The title has no campaign but features a series of short missions that can be played solo. These missions have a loose narrative, focusing on recruits going through training to prepare them for future encounters with the White Masks, a terrorist group that threatens the safety of the world.

GAMES FOR TEENAGE GIRLS:

Fortnite: Fortnite (also known as Fortnite: Save the World) is a co-op sandbox survival game developed by Epic Games and People Can Fly and published by Epic Games. The game was released as a paid-for early access title for Microsoft Windows, macOS, PlayStation 4 and Xbox One on July 25, 2017, with a full free-to-play release expected in 2018. The retail versions of the game were published by Gearbox Publishing, while online distribution of the PC versions is handled by Epic's launcher.

Call of Duty: Call of Duty: Black Ops III is a first-person shooter video game, developed by Treyarch and published by Activision. It is the twelfth entry in the Call of Duty series and the sequel to the 2012 video game Call of Duty: Black Ops II

OTHER GAMES

Here are a selection of games that will come out in 2018 that are suitable for a variety of audiences.

Spider man/Ps4 all ages

Marvel's Spider-Man is an upcoming action-adventure game based on the Marvel Comics superhero Spider-Man, developed by Insomniac Games and published by Sony Interactive Entertainment for PlayStation 4.

State of decay 2/Xbox one and PC/ 18+

State of Decay 2 is an open world zombie survival video game developed by Undead Labs and published by Microsoft Studios. It is a sequel to the 2013 video game State of Decay. The game was released on May 22, 2018 for Windows and Xbox One.

Metro Exodus/All matter of consoles/ 18+

Metro Exodus is an upcoming first-person shooter video game developed by a Ukrainian Malta-based studio 4A Games and published by Deep Silver. It is the third installment in the Metro video game series based on Dmitry Glukhovsky's novels.

Vampyr/All matter of consoles/15+

Vampyr is an action role-playing video game developed by Dontnod Entertainment and published by Focus Home Interactive. It was released for Microsoft Windows, PlayStation 4, and Xbox One on 5 June 2018.

POSITIVES OF GETTING INVOLVED IN THE WORLD OF GAMING:

Enhanced reflexes

Research shows that video game players develop a heightened sensitivity to what is going on around them, and this benefit doesn't just make them better at playing video games, but improves a wide variety of general skills that can help with everyday activities like multitasking, driving and reading small print.

Improved hand-eye coordination

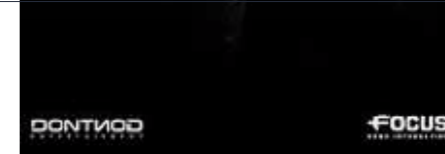
A study from the University of Toronto finds that people who regularly play action video games, like Call of Duty or Assassin's Creed, are better able to learn new sensorimotor tasks and have improved hand-eye coordination compared to people who do not play video games

Time killer

Because of the level of absorption one may experience while playing games time will seem to pass at an accelerated rate.

Fun

When you play games that you like you have fun and forget about the stresses of everyday life.



FOR THOSE CREATED TO CREATE

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