

Yolode

INSIDE:
INTERVIEWS
FASHION
YOUTH SUCCESS
LIFE & CULTURE

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**HELLO
I'M
FREE**

Xplode

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**YOUTH
LEADS.**

WELCOME

Welcome to Xplode Magazine. Xplode is published by Youth Leads UK - the charity that gives young people like you the opportunities, information and guidance to improve your life chances. We run a number of leadership programmes for young people across Greater Manchester - they take part in skills development workshops, hear from industry experts and complete their own social action projects. They also produce this magazine showcasing their writing, photography and management skills in this magazine.

We're not just a magazine either - we get the voices of young people heard and acted upon. We believe in a country where youth leads, and we challenge decision-makers to make sure that decisions about young people involve young people. Because of this, we're a registered charity helping thousands of young people across Greater Manchester.

All our volunteers take pride in what they do, and we are so proud to have been recognised by Her Majesty the Queen, who gave us an award for what we do!

To learn more, join the team or donate, check out our website youthleads.uk

Enjoy the magazine!

VOLUNTEER VOICE

Saarah - "Youth Leads has really helped me try things outside of my comfort zone and I've picked up amazing new skills"

Whitney - "My experience of the Youth Leads' Leadership Programme was one of enjoyment and enlightenment. I learned so many important life skills that will definitely be of help to me in the future"

DISCLAIMER

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Search 'Youth Leads UK' on Socials

SINCE LAST TIME...

MEDIA LEADERS



Young people on the Youth Media Leaders Programme at Youth Leads UK showcased their Public Health campaigns to local decision-makers.

CASH FOR KIDS



Youth Leads UK is awarded £2,000 in funding from Hits Radio Cash for Kids for 30 young people to develop their skills, empower their potential and influence change through their magazine project.

LEADERSHIP PROGRAMME



15 amazing young people took part in our most recent leadership programme and graduated with a certificate and a whole host of new skills.

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THE FUNKY FUSIONS OF FOOD

Who doesn't enjoy eating? Food is something everyone loves in their lives. Everyone has their favourite foods as well as foods that they despise. However, there are certainly a lot of strange combinations out there for you to test. These pairings may be even better than your current all-time favourite, but you haven't yet discovered the profound and magnificent combos just because they are a little bizarre and peculiar. You're in luck since there are a few funky fusions of food just impatiently waiting for you to relish.

By Umama Sajal

1. Fries with whipped cream/ice cream

Everyone loves fries, particularly the famous McDonald's fries on a late-night drive. Have you ever thought about dipping your fries in ice cream? This combination is all the latest craze. The warmth and fluffiness of the fries blends seamlessly with the coldness and smoothness of the ice cream, creating the ideal combo.

2. Pizza with melted chocolate

Pizza is a universal favourite for all people. There is always some type of pizza to which everyone can become addicted. Consider drizzling melted chocolate over the top, allowing the sweetness to complement the pizza's tomato sauce. Creating just the right balance between sweet and savoury.

3. Crisps with Nutella

According to many daring and bold people this is a match made in heaven. With this combo you won't have to choose between sweet or salty. Why choose when you can have both?

These are just a few examples of funky fusions. These combos might become your new favourite late-night nibbles, and if you don't try them, you'll be missing out. They may appear strange and even unpleasant on the surface, but never judge a book by its cover!



MY TOP 3 NIKE SHOES

You probably think the most difficult part of putting together a look is deciding the clothes but we all can low-key agree it's actually the shoes. The shoes are the main element that truly complete the look and make heads turn. So, worry not, here are some of my favourite all-rounder shoes to help you stand out!

By Asmaa Kara



Air Jordan 1 - Image from Nike



Dunks

Air Jordan 4 Retro

Air Jordan 4s are some of my favourite shoes as their style is quite complimentary but they can be quite costly. One of my favourite shoes from this specific selection is the Air Jordan 4 'White Oreo'. The shoe features a design theme that reminisces the original 'Oreo' AJ4 from 1999. And instead of the black tumbled leather on the upper of older versions, it is replaced by a clean white finish. Although the tech grey speckled moulded eyelets remain the same.

Unfortunately, these shoes are not known for the quality even though for the price you are paying you expect it to be a must, despite being my favourite.



Air Jordan 4 Retro
- Image from Nike News

Air Jordan 1

I love this collection especially for the colour block of the shoes. Mostly, I do prefer Air Jordan 1 highs over the mids and lows, but some Jordan 1 lows can be quite eye-catching like these. The price for Air Jordan 1s can range from £60+ varying on colours, size and popularity. My favourite from the Air Jordan 1 collection is the Air Jordan 1 Low SE Arctic Punch. The design features for this shoe include: smooth white leather uppers, pink panels, complimentary purple Nike Swoosh, white and purple midsole, contrast stitching, and embroidered wings on the back heel. I recommend this if you're looking to make a striking and distinctive appearance.

Dunks

I prefer the Dunk lows over the highs simply because I dislike the back designs of the dunk highs. Dunks also range in price and sometimes can be quite affordable but the reselling price for them can be much higher than the retail price. I recommend the Dunks for its ability to transcend sport, style and culture whilst still being culturally iconic.

APPRECIATE, DON'T APPROPRIATE.

By Hifza Ali

As the world progresses, more and more cultures and traditions are being shared and loved by many people worldwide. However, some may take this “love” a little too far.

Cultural appropriation refers to using elements of a particular culture in a way that dismisses its original meaning and reinforces stereotypes. It's often seen when people use other cultures for their own “aesthetic” whilst they disregard the original importance entirely, especially in fashion and makeup. It is a problem that is not discussed often and is overlooked. In the following article, I will discuss a couple of examples where appropriation occurs.

Food

The first area in which cultural appropriation has become very present is in the food world, where ethnic dishes and desserts, which by most, were seen as undesirable in the past, have now become trendy and quirky. Food from all over the world, especially in Northeast Asian countries, has become increasingly popular in recent years, mainly on social media and TV. Cultural dishes are not a trend; they mean a lot to people belonging to those cultures, so using them for social media attention is ignorant as these foods were looked down towards before this. Additionally, the westernisation of traditional foods is disrespectful. This doesn't mean you should not eat cultural food though. If you genuinely enjoy the food, try to understand its importance too!





Makeup

Makeup trends come and go, and over the years, there has been a considerable change in makeup standards, and it has progressed immensely. However, a few trends have been recently popping up, which have angered many people from certain cultures, backgrounds and religions. An example is the “fox eye” trend, where people would elongate their eyes using makeup, resulting in them looking Asian. This has been labelled as “Asian-fishing”, and it has offended a multitude of Asian people who have been battling racism and discrimination, especially through the pandemic. Additionally, people have been overusing fake tan to the point where they look a different race resulting in anger from melanin-rich communities. On top of that, using traditional items such as henna or even makeup products to emulate freckles and tattoos, which many people find troubling! Makeup is fun but only when used appropriately and respectfully!

This doesn't mean you can't discover and try new cultures outside your own; in fact, many encourage this! However, you must do this within respectful boundaries and with knowledge of the importance of these customs and traditions.

Report fraud and cyber crime to



actionfraud.police.uk

CHOOSE THE RIGHT SERVICE FOR YOUR SITUATION:

Action Fraud is not an emergency service; in an emergency you should dial 999.

If the crime involves your bank account or credit card, always contact your provider first.

Face-to-face crime which involves a local suspect, can be dealt with by your local police by dialling 101.

WHEN TO CONTACT ACTION FRAUD:

Action Fraud makes it easy and quick to report non-emergency fraud and cyber crime.

You can also tell us about a suspicious call, letter, text or email even if you haven't lost any money.

ActionFraud

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

AMONGST YOUR PEERS - INTERVIEW WITH ROREY SCRIVEN

We checked in with Rorey Scriven, the young CEO of the Youth Voice Trust, a charity that works across England and Wales. Here is what he had to say about the trust and how he began the journey of change.

By Umama Sajal & Alaina Jiva



What is your charity about / what does it do?

“Youth Voice works with the UK youth sector to improve young people’s services and develop their employability and life skills through campaigning, skill development programmes and 1-1 mentoring. Our vision is that young people are at the front and centre of the matters that are important to them.”

What inspired you to start it?

“I’m a care-experienced young person, both passionate about youth voice and systematic change in the child social care sector. After initially researching the care system, I found that care-experienced young people overall have worse outcomes than my non-looked after peers. This got me really interested in how I could make a change in the care system, for other young people, like me, and this is what inspired me to found Youth Voice. To fight against the inequalities that young people in care face, like me, but also groups of underrepresented youths, who are yet to have their voices heard and acted upon by changemakers across the country.”

What difficulties did you face, and how did you overcome them?

“The difficulties I faced were often lots of paperwork and legal restrictions over finances. I overcame these difficulties with the support of our trustee board, advisors, and the backing of the youth sector. All of which believes in the power of youth. Also, because I am a young person, adults often didn’t believe in me or said wait till you leave school. I ignored this advice as I know that I have the lived experience, skills and expertise to make a change in the care sector and improve life outcomes for looked-after children, like me, and of course, proving the adults wrong who didn’t believe in me!”

How are you planning to expand?

“Once funded, we plan to launch two key projects in February 2023, focusing on improving life outcomes for care-experienced young people. After these projects have achieved their aims, we plan to tackle other disadvantages that young people face and works towards our aim of young people being at the front and centre of the matters that are important to them.”

How can young people help your charity?

By following us on social media or donating if you can! [🐦 @youthvoicetrust](https://twitter.com/youthvoicetrust)
Donation link: youthvoicetrust.org/donate

THE UNHEALTHY RELATIONSHIP WITH FOOD

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Have you ever wondered why you don't look like others? Looked in the mirror and didn't like what you saw? Don't worry, we've all been there at some point, but we have different ways to cope with that. We almost brainwash ourselves into thinking that we need to be someone we're not. Our minds can become intoxicated with negative thoughts provoked by unrealistic influences. We can base our ideal body image off of the people we see on social media and the people around us. Unfortunately, some of us can resort to forming some type of unhealthy relationship with food that can ultimately lead to an eating disorder (ED). As someone who has and still is battling with ED, I think that it's essential to notice these symptoms before it's too late.

Common Types of EDs:

- **Anorexia Nervosa** - Trying to control weight by not eating enough food or exercising too excessively.
- **Bulimia** - Losing control over portions and weight and then taking drastic action to lose that weight.
- **Binge ED** - Eating large portions of food until an uncomfortably full feeling occurs.

A minimum of 1.25 million people are affected by EDs in the UK alone!





Common Symptoms

- Spending time worrying about weight and body shape.
- Avoidance of food references.
- Eating very little food.
- Making yourself purge or taking laxatives after eating.
- Exercising too much.
- Having a strict intake of food.
- Mood changes i.e., anxiety.

These are common symptoms however there are also many physical symptoms like feeling cold, weak or numb, digestive problems or delayed signs of growth and development.

What Can I Do?

When coping, it is extremely hard to get yourself out of a pattern your own negative thoughts have weaved into your routine. Avoid forcing yourself to eat food as it may lead to extreme binge eating which may result in many more negative thoughts. Even little things like keeping a food diary or keeping track of calories if that's what makes you feel secure and comfortable. It's all about finding your niche and building your healthy relationship with food.

You shouldn't force a load onto yourself. Instead ask for help from someone you trust and talk to them about how you are feeling. Ask them to give you the correct portions to avoid overeating. People can make jokes about your weight and body, and this can trigger more negative thoughts. The key is to ignore them. It may sound obvious and hard to do but people around you will support and help you no matter what. Don't worry about others and focus on what you want. Remember, you're not alone!

If you're experiencing any symptoms, please see a doctor instead of relying on self-diagnosis. You can seek help at the NHS website or even getting in touch with your General Practitioner.

By Sarah Huda

Please note this article was not written by a health professional, if you need professional help please seek this through www.nhs.uk





THE POWER OF MONOPOLIES

No, I am not talking about the Monopoly game, however the game links in to it. The monopoly game's end goal is to take total control of the entire game and cause all your opponents to become bankrupt.

Now, imagine a world just like that, with one company in total control of your favourite form of consumption. Whether it's streaming services or soda drinks, monopolies can happen in all sectors of businesses and it causes one seller to be on the market. In the UK, a business is a monopoly if it holds more than 25% of the market share. These monopolies can cause a lot of problems in the industry. For example, it can restrict choice for the consumer especially if they increase the products prices. Scary, right? While monopolies are outlawed in many different countries, there's many instances in which companies tried to make a monopoly and today I will be informing you all about two of them:

Google

Owning up to 92.47% of the market shares, Google beats all search engines by a mile. If you ask anyone to tell you about a search engine, chances are Google is the answer. In 2020, 36 US states issued a lawsuit against Google for using monopolistic practices. This is a very pivotal ongoing case as it can prove whether Google is a monopoly or not and it can determine the fate of this famous search engine.



Unilever

This particular brand is quite a secretive brand as you only recognise familiar products. Vaseline, Lipton and Hellmann's mayonnaise are all under the supervision of this specific company. Companies like Unilever own many brands without the spectacular image like Google making users not realise that their consumption is owned by them. This is a major issue as it interferes with your consumer consciousness. In 2020, Unilever gained approximately 42 billion pounds in global revenues, most of which comes from its almost 100 brands. Shocking, isn't it?

I hope this article has given you some information about monopolies and I hope it encourages you to be a little more careful on your consumption of products stemming from corporations. We, as a society, should understand the dangers of these awful monopolistic ideas and combat them together.

By Marwa Mohamedkheir

FASHION SHOOT

AHMAD

Neckchain -
ASOS - £10

Jacket -
BoohooMAN
- £27

Trousers -
BoohooMAN
- £21

Trainers -
ASOS - £25

SAARAH

Earrings -
ASOS - £8

Top -
Missguided
- £22

Flares -
H&M - £17.99

Bag -
ASOS - £26

Boots -
ASOS - £35

IMAAAN

Vest -
ASOS - £26

Bag -
H&M - £9.99

Jeans - ASOS - £28

Trainers - ASOS - £25



Recently we've been loving tote bags! They can be styled with absolutely anything while still being practical enough to carry anything you need. We've paired it with a sweatshirt to add more of a preppy touch.

AHMAD

Shirt -
ASOS - £25

Trousers -
BoohooMAN - £21

Bag -
ASOS - £16

Trainers -
ASOS - £25



Flares -
H&M - £17.99

White Boots -
ASOS - £35

SAARAH

IMAAAN

Striped Shirt -
H&M - £14.99

Jeans -
ASOS - £28

Trainers -
ASOS - £25



SAARAH

Alice Band -
H&M - £17.99

Vest - H&M -
£19.99

Bag - H&M -
£9.99

An outfit for both going out or even being THE fashionable student! This outfit can be paired with a simple headband to really add an element while still keeping it cute and casual.



STAPLE ACCESSORIES FOR YOUR SUMMER WARDROBE

As a young generation, we always have the urge to splurge on the newest item whether it be clothing or accessories. To be more cost-efficient, we should always try to focus on what we can ultimately do to spend as little money as possible while still being fashionable and keeping up with the trends. We have put together a list of a few items that we think are absolute staples in a fashionable yet sustainable, money-saving wardrobe!

By Sarah Huda



TOTE BAGS:

Tote bags are the perfect accessory be it for any gender. These can be styled with many items and are handy for anything needing to be carried. Some things to style with:

- **Shirts/Blouses** - These emphasise the minimal nature the bag displays. Instead of clashing, these items complement each other and are perfect essentials in a summer wardrobe.
- **Denims** - Whether it be jeans or shorts, these pair well with tote bags while also varying the textures and tones in an outfit.

ALICE BANDS:

Alice bands are essential when it comes to a hair accessory that screams preppy. These go well with:

- **Co-ords** - Matching sets pair together easily and also compliment the preppy aesthetic.
- **Corset/Bustier Tops** - These tops scream preppy and pair well with alice bands. They add sophistication and structure to an outfit while still keeping it casual.

CHUNKY HEELED BOOTS:

Chunky heeled boots are both fashionable and trendy despite their minimalism. They can be styled with:

- **Puff Sleeve Tops** - Preferably white, the shoes require a balance between flowy and fitted to avoid clashing. Puff sleeve tops are the best for this as well as being amazing for the summertime.
- **Flared Trousers** - These trousers are perfect to style with chunky heeled boots. They flow well over the boots and provide a structure for the legs. Flared trousers also elongate the legs and create the illusion of being taller.

BOWING BAGS:

These uniquely-shaped bags are both stylish and practical. They can be styled easily with:

- **Black Leather Trousers** - These wide legged trousers are such a fun and fashionable component in an outfit while also adding a different texture.
- **Lace Tops** - Lace tops are perfect for the Summer season and can also be styled easily.
- **Converse** - Converse allow the bag to be styled in an alternate, streetwear way.

THE HOTTEST RESTAURANTS IN MANCHESTER

Food is something that calls out to everyone. Whether it's a burger or some sushi, we all have that one dish we can't resist. However, sometimes it's so hard to find that perfect meal when you're out with friends and family. Especially when you're discovering a new area. So here are some of the trending restaurants in Manchester to satisfy your food desires.

LOCATION: 336-338 PALATINE ROAD, MANCHESTER

CUISINE: VIETNAMESE

VIET GUY

Viet Guy is an authentic, family-run Vietnamese Street Kitchen. They serve traditional Vietnamese food, which is healthy, vibrant and fresh yet still full of flavour. The menu provides a variety of food with a special Vietnamese twist, that caters for vegetarians and vegans alike. They also offer a range of Vietnamese desserts and drinks including Kem Chien; a signature dessert of fried ice cream. If this is a cuisine you are yet to try, I suggest taking the plunge into the unknown with this affordable and delicious restaurant, perfect for young people!

By Alaina Jiva



LOCATION: 229 DEANSGATE, THE GREAT NOTHERN WAREHOUSE, MANCHESTER

CUISINE: POLISH, EASTERN EUROPEAN

PLATZKI

Platzki is a Polish restaurant with a very eccentric concept. This restaurant changes its menu twice a week! Yes, I said twice a week. From Wednesday to Friday, their menu offers Polish classics with a modern twist, as well as some dishes that are not so obvious to Polish cuisine which create comfortable meals, perfect for lunch and dinner. However, on the weekends a completely different menu is created, filled with specially selected meals of traditional Polish cuisine to create the ideal 'fine dining' experience. This restaurant is the place to be for some extraordinary Polish meals whether you want it fancy or chilled.

LOCATION: UNIT 10, CORN EXCHANGE, MANCHESTER

CUISINE: INDIAN

DELHI HOUSE CAFE

Delhi House Cafe is a unique cafe-meets-restaurant style establishment which aims to redefine Indian cuisine with its one-of-a-kind take on traditional Indian cooking. They use locally sourced and fresh ingredients to create the most daring of dishes to represent 'Modern Indian Dining' and showcase what India eats today. Their menu provides every kind of food, ranging from breakfast to dinner and everything in between, hand-picked from each corner of India and a few exclusive international dishes too! They also serve an array of drinks to match any preferences, from coffee and tea to mocktails. This restaurant is affordable, healthy and vegetarian-friendly, making it the perfect place to go if you want to expand your palette with some spice from South-East Asia.

LOCATION: 120 HIGH STREET, MANCHESTER

CUISINE: MEDITERRANEAN

NOI QUATTRO

Noi Quattro is the first Italian-run and owned, traditional pizzeria in Manchester, created by four friends, which inspired the name, 'The Four of Us'. They strive to serve delicious, Neapolitan-style starters, pizzas and some great Italian street food in the form of O Cuoppo which is a cone-shaped paper, holding a mixture of Italian delicacies. They focus on creating the perfect pizza, starting right from the dough to the toppings of the finest ingredients from Italy and ending in an authentic wood oven. And to round off your meal, you can try some of their original Italian desserts which are sure to knock your socks off! If you're in need of some comfort food on a rainy day, then this is the place to go.

LOCATION: 91-93 OXFORD STREET, MANCHESTER

CUISINE: MEXICAN

LISTO BURRITO

Listo Burrito is an energetic fast-food spot which serves all types of classic Mexican fare, including their well-known burritos. They were formerly known as 'Changos Burrito Bar' but the change in name hasn't stopped their fun, fast and fresh approach to producing some delicious burritos. They offer a varied range of different fillings, going from grilled and slow-cooked meats to vegan and veggie friendly choices, topped with mild or spicy sauces, to add to your meal which can be wrapped-up tight or served in a box, allowing the menu to satisfy anyone's palate. This budget-friendly, flavourful restaurant is the way to go for a quick and filling meal to round off your day.



ARE WE IN A MODERN PATRIARCHY?



Traditionally there were defined roles for men and women; men worked and women raised children. Even though the world has changed and our gender roles are less definitive, gender inequality issues still exist. Nowadays, many women and men have the same job titles, however often men receive higher salaries than women. For example, the Financial Times found more than 3 out of 4 UK companies pay their male staff more than their female staff, and in 9 out of 17 sectors in the economy, men earn 10% or more on average than women. The most recent Gender Pay Report by the World Economic Forum suggests that, 'While progress has been made in delivering gender parity (particularly in Western Europe), the economic gap between men and women is actually widening.'

The facts show that whilst the traditional roles of men and women may have changed, women's gender still defines how they can expect to be treated. For centuries women have been viewed as the weakest gender which leads to men being allowed to overpower women. As a result, women become defined by their roles as homemaker and a mother and men being empowered to earn money and take the charge.

Women had no access to education and therefore their roles offered no freedom of choice, no chance for emotional growth (confidence) and no time to create identity. And that way society was deeply entrenched in patriarchy.

Nowadays, some countries do have gender equality such as Switzerland. According to the Gender Inequality Index (GII) 2020, Switzerland was the most gender equal country in the world. However, there are still some countries that are facing gender inequality issues but they are making progress over time.

How can we stop gender-based inequality?

- Giving more girls access to education
- More opportunities for women to be in power and achieve economic success
- De-gender all the roles and responsibilities
- Treat everyone equally

There has been progress over the last decades: more girls are going to school, fewer girls are forced into early marriage, more women are serving in Parliament and positions of leadership, and laws are being reformed to advance gender equality but there is still a long way to go.

By Wajiha Begum

NETFLIX REVIEW: ETHOS, AN UNDERRATED DRAMA

N

By Marwa Mohamedkheir

Surprisingly, like many other Netflix shows, Ethos has still not yet gained the attraction that I think it deserves. This 8-episode drama is set in Istanbul, Turkey, which follows Meryam, a part-time cleaner, who goes to a psychiatrist called Peri after continuously fainting. As the show begins to unfold, we are shown a story of a group of uniquely different characters with different socioeconomic backgrounds who coincidentally have intertwined lives.

One thing that really stood out for me about this show is its distinct characterisation. Each character in the show is completely different from each other and as the show progresses, we get to see their detailed story. It goes from Meryam, who's from a conservative religion-driven household from the rural outskirts of Istanbul, to her psychiatrist Peri, who's from a wealthy and secular background. We instinctively make first judgments of the characters through their mannerisms and attitude which begin to change as we are shown their full story. Not to mention, the smooth transition from each character is phenomenal as it really puts into perspective how closely related they all are. It is a true microcosm of an entire society.

Overall I really recommend this show although it is not a light-hearted watch. It is a show that should have your full attention or else you would not be able to truly enjoy it. A beautifully written show which depicts completely different lifestyles and circumstances through their connections.



SPOTLIGHT ON: SOCIAL ACTION

BE
THE
CHANGE

Young people on the Leadership Programme plan and execute a social action project every three months. This time we planned a social action project around mental health, sustainability and personal hygiene.

Research shows that 78% of 8-18-year-olds agreed that looking after the environment was important to them, although only 27% of pupils felt like they learnt something about the environment in PHSE based curriculum.

Key findings include:

- Those spending time outside at least once a week were more likely to rate their anxiety as 'low'.
- Most (96%) children and young people spent time outdoors beyond the garden at least once during the week. This did not vary based on gender, ethnicity, or income.
- Despite the pandemic, just 16% said anxiety about coronavirus stopped them from spending more time outside.
- More than 8 in 10 (85%) children and young people agreed that being in nature made them very happy. White children were also more likely to agree that being in nature made them very happy (86%) than Black children (75%).

Source: www.gov.uk/



The purpose of this project is to raise awareness of some of the social problems we are facing today. We would like to help address these issues which are environmental problems like recycling, deforestation, poverty with hygiene as well as mental health issues.

Our campaign, #BeTheChange promotes our communities to be the change that they want to see. We are mainly focusing on how individuals can work on themselves and their environment. We know that poverty can be a barrier to living a more sustainable life; therefore, we have considered DIY and affordable solutions.

This summer we are creating 100 packs with information and sustainable items to give out in our community, alongside campaigning to organisations, individuals & schools to raise awareness.

Will you #BeTheChange?

By Imaan Hassan



5

EFFECTS OF COLONIALISM ON AFRICA

Colonialism is the practice of acquiring political control over another country, occupying it and exploiting it economically. In this article I will be discussing the negative effects it has had within Africa where it is more prevalent.

1. Economic Exploitation

Colonialism was introduced to exploit other countries and cause them to be completely dependent on their masters. All wealth and valuable resources were stripped away from Africa to improve the conditions of the colonialists. Africans were taxed highly to ensure they generated enough money to guarantee the success of their colonial masters. Moreover, colonialism destroyed any local industries and introduced an economy heavily reliant on a single resource for growth and development.

2. Imperialism

Cultural imperialism ruined the indigenous cultures of South Africa through colonisation via control of the media. "Imperialist forces manipulate sentiments around culture to continue oppression, thereby eroding the own culture of people" - Thele Moema. South Africans along with many other African countries would work and aspire to benefit these overseas countries, instead of working to build up their own cultures and wealth. This is one of the reasons why Africa is currently stagnant economically.





3. Restricted Political Opinion

During the pre-colonial era, Africa had their own form of governments and systems put in place, which for some would be described as rather democratic as they did not have any appointed ruler. However as a result of colonialism, African people were introduced to the Western style of government and the majority of Africans did not get to be a part of this. This incited rebellion, such as the Aba Women's Riot of 1929, which occurred in Nigeria.

4. Weak Education System

Colonial masters forced their education system and the English language onto the African population. It was compulsory to learn the colonisers' language as it was presented to be sophisticated and of good status, anything else would immediately be demonised. Not only this, but the lessons were taught by teachers who lacked any knowledge of the local environment and it was void of any teachings of African culture or content, this began to strip away individuals' identity.

5. Neglected Faith and Spiritualities

The colony's population were made to forsake their previous belief systems as the colonial powers imposed the Christian faith upon them. They used this to destroy and demonise other spiritual beliefs, exploit the lands and assist colonialism. Africans were viewed as 'barbaric' and were therefore taught to neglect all that made them African and accept "a new order that alienated them from who they originally were" -The African Exponent.

In conclusion, colonialism left detrimental effects on the economy of Africa and placed a previously thriving continent into corruption and debt. The true culture and faith of many Africans has been white-washed and meant that that many now will never truly align with the practices of their original ancestors, there will always be a remnant of colonialism in their identities.

By Shaina Gatharia

WW3: WHAT ARE THE CHANCES?

By Alaina Jiva

World War Three seemed like something that would never happen but with war between Russia and Ukraine now a reality, here is a timeline.

Ukraine and Russia were both part of the Soviet Union which broke up in 1991 and since then Russia had a very parochial (narrow-minded) view of Ukraine once they became separate, independent countries. In 2013, it was a hard time for Ukraine; would they go to the West or stay with Russia? In Early 2014, the then Ukrainian President, Viktor Yanukovich, rejected an agreement with the EU for one with Russia and this was seen as pressure from Moscow which led to mass protesting all over Ukraine. After months of protest Yanukovich was kicked out and the EU deal was eventually signed by the new president Petro Poroshenko on 27 June 2014. Russia responded by annexing Ukraine's Crimean Peninsula and throwing its weight behind a separatist rebellion that broke out in Ukraine's East. This killed 14,000 people.

Ukraine and the West accused Russia of sending troops and weapons to back the rebels but Moscow denied it saying that those who joined the rebellion did so voluntarily. Now we know the history behind this all, what is currently happening? Russia has long resisted Ukraine's move towards NATO and recently has felt threatened by advances towards Ukraine. Currently, the West is accusing Russia, which has amassed troops on the Ukrainian border, of preparing an invasion. As a result of this many countries are on standby to offer military help to Ukraine.

Here is a timeline of the build-up to the invasion:

November 2021 - Satellite imagery showed a build up of Russian troops on the Ukrainian border, stoking fears of a potential invasion. Zelensky (Ukrainian President) also said Russia has mobilised 100,000 troops in border areas with tanks and other heavy equipment.

December 7th 2021 - Joe Biden talked with Putin. Putin wanted NATO to guarantee an end to expansion eastwards and Biden threatened to impose harsh economic sanctions if Russia invades.

January 2nd 2022 - In a call with Zelensky, Biden promised US and their allies will act "decisively" if Russia continued invading.



January 22nd 2022 - Canada offered a \$120 million loan to Ukraine to help bolster its economy. They also looked into expanding UNIFER which provided Ukraine with defensive weapons and equipment and sanctions towards Russia.

January 26th 2022 - Canada extended UNIFER (previously ending in March 2022) for another 3 years. This meant 60 more troops, shipment of non-lethal weapons, intelligence sharing and support to combat cyberattacks were deployed to Ukraine.

How does this affect the rest of the world?

If an invasion were to happen, the consequences would spill over into the rest of Europe and have a global impact. Global economy and stock market instability will grow and energy prices will rise even further as Russia is one of the largest natural gas producers. African and Asian countries that depend on basic food supplies from Ukraine,

the world's fifth-largest wheat exporter in 2020, would suffer. Also China's support for Putin would further deepen the east-west tensions. Although the UK has said that it will not be involved with conflict directly, we will suffer from rising energy prices and be at a higher risk of cyberattacks.

January 31st 2022 - Canadian Defence Minister Anita Anand travelled to Kyiv to meet with her Ukrainian counterpart. Ukraine asked for lethal weapons but Canada refused.

February 1st 2022 - British PM, Boris Johnson travelled to Ukraine. He promised to work with Zelensky to find diplomatic solutions with Russia and "avoid further bloodshed". And announced to hold a call with Putin within the next week.

February 2nd 2022 - US announced deployment of 2,000 troops to Poland and Germany and 1,000 to Romania, sparking condemnation from Russia.

February 4th 2022 - UK Foreign Secretary, Liz Truss, travelled to Russia for talks with Russian counterpart, Sergei Lavrov, at the UK's request.

February 7th 2022 - French President Emmanuel Macron held talks in Moscow. German Chancellor Olaf Scholz met with officials in Washington.

February 8th 2022 - Canada, US, UK, Germany and other NATO allies urged all their citizens to leave Ukraine immediately and issued a warning against any travel to the country.

February 11th 2022 - US escalated its warning saying that Russian invasion could happen at any moment.

February 12th 2022 - Canada temporarily relocated staff. Biden warned Putin in a phone call that invading Ukraine would cause 'widespread human suffering'.

February 13th 2022 - The US said there are more than 130,000 troops at the border.

February 14th 2022 - Canada announced another \$500 million loan package for Ukraine along with 7.8 million worth of lethal weapons.

February 15th 2022 - Russia announced a partial troop withdrawal.

February 16th 2022 - The White House disputed troop withdrawal and said forces at the border have increased by 7,000.

February 17th 2022 - Shells hit a kindergarten in the Donbas region of Ukraine which is controlled by pro-Russian separatists. Defence Minister Anita Anand said Canada is looking into ways to reinforce Canada's commitment to the military alliance. Foreign Secretary Liz Truss said that the UK is increasing its financial support for Ukraine.

February 18th 2022 - The Russian military announced it will conduct drills of its strategic nuclear forces.

February 20th 2022 - UK Prime Minister Boris Johnson said that evidence suggests that Russia is planning the "biggest war in Europe since 1945". U.S. officials also said intelligence suggests that Russia is ready to launch a military operation.

February 21st 2022 - U.S. President Joe Biden agreed "in principle" to hold a summit with Russian President Vladimir Putin to discuss the crisis over Ukraine, however this can only take place if Russia does not invade its neighbour.

February 24th 2022 - Russian troops entered Ukraine and began their invasion.

Top tips to improve your mental wellbeing



There are little things we can all do to take care of our mental wellbeing.

Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.

6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.



Better Health every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.

DEALING WITH EXAM STRESS

It is natural to feel a little stressed throughout the exam season. Although feeling a little stressed can be a good thing as it works as a motivational push. But sometimes, dealing with it can become overwhelming. Research has found that tests and exams have the biggest impact on young people's mental health due to the pressure they are under. So, here are my four tips to help you get through the exam period:

By Abeer Abdul Aziz



Set realistic goals

Setting realistic goals, before your exam, helps you to put everything into a clear perspective. Design your goals into a schedule to help your mind get into a regular and healthy working routine before the exams approach. And remember to work within the realms of what maximises your productivity as this prevents the risk of burning yourself out.

Take breaks

As easy as it sounds, taking breaks when you feel stressed can feel very difficult simultaneously. Especially when stressed there is a risk of getting caught in a spiralling cycle. So, make sure to look after yourself and take good, timed breaks in between the exam preparation to have fun and relax a bit. Try watching your favourite movie or do some baking!

Eat, sleep and exercise well

During exam period, we automatically tend to survive on a poor diet, pull all-nighters, and get minimal amounts of movement. This can increase your symptoms of stress and anxiety. For your body's optimal performance, make sure to get at least 8 hours of sleep, enough slow-release carbs, stay hydrated and avoid caffeine, and at least half an hour of exercise every day.

Talk to someone

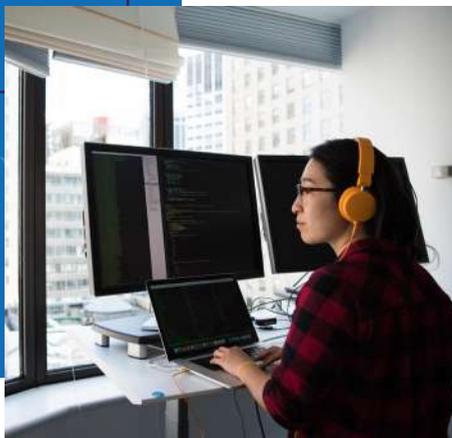
Asking for help is never shameful. So, if you ever need clarification around a topic you're revising for, make sure to speak with your teachers and even friends. If you feel like you're struggling to cope with the exam stress at any point, please reach out to your family, friends and even your tutors; it can help clear your mind in moments of distress. Alternatively, don't be afraid to seek professional help and support from ChildLine or your GP.



UNSURE ABOUT YOUR FUTURE?

It can be challenging to decide what you want to devote your life to. Many aspects go into making such a huge decision, such as what you like, what you need, and, most importantly, if the income is adequate. In terms of a successful and steady employment, many paths and occupations are likely to start fading away. Many professions, however, are on the rise, which many people are unaware of. Many of these jobs seek specific characteristics that make it easier to secure a decent job that you may not be knowledgeable of. I've included a few of the potential career paths that could be in high demand in the future.

By Umama Sajal



ENGINEERING

Engineering is a career that is continuously on the rise and appears to have a bright future ahead of it. Engineers are in higher demand as the world continues to evolve at a rapid pace. Engineers appear to be in limited supply in the United Kingdom at the moment. A total of 124,000 engineers and technicians on average with fundamental engineering abilities are required on an annual basis across the industry. Being a woman in this industry can be quite beneficial. Despite the fact that the number of women entering engineering has increased, the demand remains strong. The number of women in this field/in engineering has doubled in the last decade, from 25,000 to 50,000. By 2030, the goal is to reach 1.5 million, indicating that women are still in high demand in the engineering field.

REMEMBER, NOT EVERY CAREER SUITS EVERYONE, KEEP SEARCHING AND FIND THE ONE THAT SUITS YOU BEST.

MEDICINE/NURSING

Recently, there appeared to be a rise in the number of people required in the medical field, particularly for positions such as doctors and nurses. The pandemic has also had an impact on the growing demand for a large number of medical staff. Even if the hours and shifts are long, the job is very rewarding. A doctor's starting salary is £25,494, whereas a nurse's starting salary is £19,200. It also has a high employment rate, giving it an even better potential career option. In the United Kingdom, nursing has recently been one of the most in-demand degrees, with 94% of graduates finding work within six months of graduation. Resilience, friendliness, common sense, and good communication skills are all a few of many desirable attributes in a doctor or nurse. These are just a few that could help you if you want to pursue a career in medicine.

PROGRAMMERS/SOFTWARE DEVELOPERS

As the world has progressed and computers have become more prevalent in workplaces and the working world, the demand for programmers and software developers has increased. With average junior developers earning between £30,000 and £35,000, the demanding but necessary job is a battleground for all things technical. It is becoming increasingly competitive, yet hard effort can get you a fantastic position as a programmer, and you can live your life knowing that you are having a big impact on the world's most important and relevant affairs.

This may be the career for you if you see yourself as a good problem-solver. This employment entails tasks such as designing and developing new software programmes, but it can also lead to other opportunities, such as making computer games.

These are just a few of the careers to be a good idea to go into. With the employment rates increasing daily for these jobs and an adequate salary, it could be the career that leads you into a nice comfortable future, though there are still many other options out there.

THE POWER OF SPEECH

Having a voice is a powerful aspect of our daily lives. It ensures a sense of communication as well as having the rights to different opinions which help with the diversity within our world. However, being able to get your voice across is where the majority of us struggle. So, pay attention as I give tips on how to efficiently and effectively speak with an audience.



"LUCK IS WHEN AN OPPORTUNITY COMES AND YOU'RE PREPARED FOR IT"

-Denzel Washington

HAVING CONFIDENCE:

I understand that this crucial instruction has been mentioned many times. Still, apart from being able to stand in front of a crowd, you must also be able to speak with passion and integrity and present yourself as someone who knows what they are talking about. Even if you're unsure about a particular aspect of something, having this front will go a long way. Be proud of what you can say and take no notice of what you believe others are saying about you. Just speak your mind and leave that room with no regrets.

BODY LANGUAGE:

Using hand gestures creates a professional atmosphere as it breaks down any discomfort you may feel being in front of an audience and engages them with what your saying. It gives you time to think about what you want to say and adds to your thought process. Staying still makes a person feel restricted but moving your hands and creating gestures maintains that continuous flow of the message you're conveying. My best hand gestures would be the 'on and on' gesture where you would create a slashing movement with your hands. Whenever you feel a sense of awkwardness don't be shy to try this.

ENGAGING EYE CONTACT:

I know you might find eye contact awkward and you may try and avoid that by looking down or staring into one place. However, this should not be the case. Having eye contact creates a bond with your audience. They listen better when you are personally addressing each individual through this eye contact. You are telling them that "I am looking at you because I want you to listen and take heed of what I am saying". It really is a great way to establish that connection with the people you are speaking to.

TAKING A BREATHER:

Getting your word across does not mean speaking as quickly as you can so it is over and done with. Take a breath and take your time. The only way to get people to listen to you is speaking at a pace where they are able to listen as well as understand what you're saying. You have to stay in the place and take a huge breath and only then will you be able to address the audience. It's okay to get a little muddled up because you are not a robot. But that doesn't mean you stop there. You should continue to speak in a professional manner at a slower pace. Remember they are there to listen to you, so don't give them an excuse not to.

ENJOY YOURSELF:

Feel that freedom of speech. Take pride in what you're about to say and present it in the best way you can. Don't beat yourself up over one speech because they will come and go. Just try to learn from where you went wrong and you can improve really quickly. Focusing on what you did wrong is good but you should also look at the good aspects of the speech. By doing so you will be able to change it, making it the best it can be.

By Imaan Hassan



SUSTAINABLE FASHION: IS IT WORTH IT?

As the world grows more and more populated, more and more people need clothing. This gives rise to the practice of “fast fashion. Fast fashion is when retailers rapidly produce inexpensive clothing in response to the latest trends.

Whilst this may seem positive at first glance, a little insight reveals the horrors behind fast fashion and its environmental and ethical issues. Recently, people around the globe have discovered the awful practices behind the scenes of some of the most loved clothing brands, and they have demanded it comes to an end. This has resulted in the rise of a new type of fashion known as ‘sustainable fashion’. Sustainable fashion, also known as ‘ethical fashion’, is a way of using fashion without harm. The clothing is ethically sourced and does not contain materials that are harmful to the environment. Many people are glad about the increase in sustainable fashion as it has many benefits. However, some people are against it. The higher prices mean many cannot afford to purchase these clothes. Some argue that sustainable fashion is for the privileged people, and not everyone has the opportunity to purchase clothing from these brands. This has sparked controversy and conflict between fashion lovers. Nevertheless, sustainable fashion is becoming more efficient and affordable, which is why we can look at some great sustainable fashion brands and why you should buy from them.

SUSTAINABLE
FASHION
MATTERS

LESS
NEW



EVERY PERSON MAI
EVERY PERSON MAI



Brogger

This Danish sustainable fashion brand has sparked much interest among fashion lovers today. The founder, Julie Brogger, states she wanted to create a brand where the clothes are durable and long-lasting as that's what matters most when it comes to sustainability. When you are bringing new products to the world, they can never be 100% sustainable. Julie says, "we need to get back to investing in pieces we will wear and care for more." Their clothing is unique and reliable, so it's worth looking at!

Omnes

This sustainable brand is friendly to people on a budget with its affordable prices. They made this their mission during the difficulties of the Covid-19 pandemic, and it still stands today. They believe that anyone should be able to dress sustainably. The lead designer of Omnes, Freya Rabe, told Bazaar how the fashion industry needs a radical overhaul. "We have to move to a circular fashion system. It's not enough to design beautiful products without a thought about the next phase of the product's life." The affordable prices and fashionable pieces are the perfect reason to check them out!

Brother Vellies

A designer named Aurora James started the Brooklyn-based brand Brother Vellies in 2013 with the hope of keeping traditional African design techniques and practices alive through her luxurious shoe brand. The brand works to reduce its environmental impact by using recycled materials, vegetables and natural resources. Many people know and love the brand, including Megan Markle, Duchess of Sussex. The quality and unique designs make this brand stand out and appeal to many!

By Hifza Ali

MAKES A DIFFERENCE
MAKES A DIFFERENCE



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