# HSC REAL SQUAWK

The **SOCIAL JUSTICE** Edition



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# LETTER FROM THE TEAM

Hello Students at High School in the Community.

It's been a long year, but the end has arrived. Our May issue of the HSC Real Squawk will be the last issue for the 2021-2022 school year. It has been an honor for us to serve this year's HSC students, and we are so grateful for all the students and teachers who have supported us.

This is not the last issue ever however! We plan to continue on into the 2022-2023 school year and beyond, with our next issue going to be released at the end of October 2022. We hope for the literary magazine to become a staple in the culture of HSC, and for that we need support from the students of the school. We ask you to please consider joining our team for next year.

This final issue of the school year will be centered around the Social Justice Symposium projects of HSC's sophomores. They have worked hard on the longform articles featured in this issue, so please take the time to read every single one.

We will also be having our usual Puzzles N' Games Section

Sincerely,
The LitMag ProCo

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**Dear HSC Community and Friends**,

Traditionally, **The Social Justice Symposium** asks students to select and then research a social justice issue that concerns them, synthesizing their work into a proposal for making a positive change. At the culminating event, these sophomore students invite community members to discuss the real life actions that, based on their research, our students recommend to address the problem. The community members provide feedback about the students' solutions by asking:

"Are they feasible? Reasonable?

"What obstacles may they face when implementing the proposal?

"What might they want to consider before taking the next step?

"To whom should they talk to in order to put their proposal into ACTION?"

The 2021-2022 school year has been full of challenges as well as many moments of coming together for the sophomore class. Through it, we have collectively faced the challenging realities of many of the social justice issues the sophomores have chosen to research. Whether inspired by personal experience, interest, or passion, the students have developed research and found solutions to address issues such as gun control, racial justice, and suicide prevention. We are extremely proud of the progress and growth the sophomores have made throughout the year and are excited to share their perspectives with you. By browsing through this literary magazine special edition, we hope you also come to the same realization—**the future is bright!**

Sincerely,

Amy Brazauski          Ben Scudder

English Teacher          History Teacher

# Bias/Prejudice

<div align="center">

**OBGYN Healthcare Rracial Iissues Eexpanding**

**By Osiana Brown**

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**Is racism a contributing factor to increased African American maternal mortality?**

Racism, sexism and other systemic barriers that have contributed to income inequality. Maternal death in the United States is more common in non-Hispanic Black women.

The estimated national maternal mortality rate in the United States is about 17 per 100,000 live births—but it is about 43 per 100,000 live births for Black women.  Racism contributes to black people's lifespan making it harder for some to afford health care  which causes an increasea increase in healthcare and then when a woman is involved with anything with OBGYN they get treated differently.

**Maternal death in the United States is more common in non-Hispanic Black women.**

Black and American Indian/Alaska Native women were two to three times more likely to die from pregnancy-related causes than White women . 115% percent higher for Black compared with White women, after adjustment for age mix, and did not change significantly during the study time period which means that age wasn't the cause.

**National Institutes of Health**

A health disparity  in the world population, this is defined by the National Institutes of Health, is one in which there is "a significant disparity in the overall rate of disease incidence, prevalence, morbidity,or mortality in the specified population as compared with the general population around the United States.

**Purposely late diagnostic?**

With a lot of black/ afro latinas patients do not receive needed interventions at all or soon enough, leading to a higher risk of chronic health conditions. This means women of color potentially enter pregnancy less healthy than other women, increasing the risk of complications. Even if we control for those sorts of things, they still have worse outcomes than white patients, which is likely due to disparities in their care

**"No pajamas. No slippers. No hair bonnets."**

This was just no regular doctor office policy , it was a clear example of one of many  types of unnecessary barriers to **health care Black women.** "Black maternal health rates are abysmal in the United States'' ridiculous" ridiculous dress stipulations being put on receiving care. An officeA office of any healthanyhealth care is for a patient to be seen for whatever reason they need help for. ApproximatelyAproxsemly that certain groups of Black women could be denied care, all while Black women experience a maternal mortality rate 3.5 times higher than that of white women.
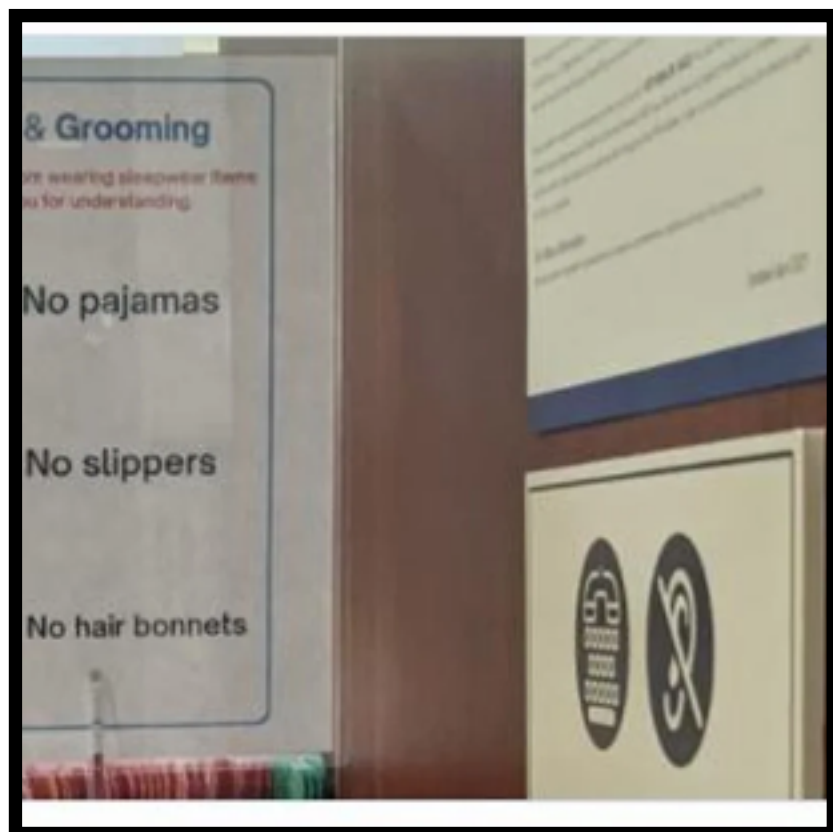
# Antisemitic Conspiracy Theories

## Samuel Rosenberg

### Introduction

In the second half of the 20th century, there was a steady decline in the popularity of antisemitic conspiracy theories in the United States. However over the preceding decade, this trend has suddenly reverted to an increase. Antisemitic conspiracy theories have become more popular with the rise of social media and the lack of education regarding antisemitism to the public. People are increasingly hostile to Jewish Americans, and Jews in this country face more hate crimes and harassment than ever before in recent memory. However, while 82% of Jewish Americans say that antisemitism has been increasing, only 43% of Americans overall agree.

With antisemitic conspiracy theories being popularized rapidly among left-leaning and right-leaning people and the wider public ignoring the threat of those conspiracies, Jewish Americans today are more vulnerable than ever before. As a Jew who has fought back against microaggressions plenty in the past year, I am personally affected by the rising power that antisemitic conspiracies have on ordinary Americans. When I go to my synagogue for high holidays, it has to be guarded by law enforcement in case anyone tries to attack us. I sometimes feel I have to hide outward indications of my Jewishness for my safety. While I'm on social media, their algorithms sometimes recommend media that espouses hatred against people like me. While it might not seem like it, antisemitic conspiracy theories actively harm Jewish Americans in terrible ways.

### Historical Context

Jewish Americans today are mostly descendants of refugees from Europe, who fled to the United States from persecution and pogroms in their historic homes. However, for many Jews who arrived in the New World, it seemed that the antisemitism they were escaping had followed them. Before the 1950s Jewish Americans suffered discrimination, harassment, and even physical attacks and lynching. Paramilitary groups like the Christian Front would attack Jews regularly, sometimes with help from local law enforcement. Jewish Americans were often banned from attending certain universities and from living in certain neighborhoods.

However, during World War 2, the United States found itself in conflict with Adolf Hitler and the Nazi regime. The Nazis committed a brutal genocide against Jews, slaughtering over 6 million of them ($\frac{1}{3}$ of the global Jewish population) and wiping out Jewish culture on the European continent. Noting how the treatment of Jews by the Germans could be implemented for war propaganda, the American government encouraged its citizens to abandon antisemitic conspiracy theories. This caused antisemitic beliefs among Americans to decrease in popularity. The number of Americans who openly held "antisemitic beliefs" dropped from 64% in the 1930s to 16% in 1951.

As antisemitic conspiracy theories dropped in popularity, their dangers were also forgotten by the general public. Many considered the teaching of the Holocaust and other massacres and discrimination caused by antisemitism as unnecessary, leading to a decline in the teaching of antisemitism starting in the 1990s. To this day antisemitism in the United States is still considered an "outdated hatred" that is no longer a critical issue.

**The Situation Today**

While in the second half of the 20th century there was a consistent decline in antisemitic conspiracy theories, this trend was swiftly reversed in the 2010s. Today antisemitism seems to be rising to an all-time high among the general public. Hate crimes against Jewish Americans are more common, and it is unchallenging for people to come into contact with antisemitic conspiracy theories today than just a decade ago.

60% of all religiously motivated hate crimes in the United States target Jews. ¼ of all Jews in the United States were targets of verbal or physical harassment in 2021. 61% of Americans agree with one or more antisemitic canards, and 11% of Americans admit to having "intensely" antisemitic viewpoints. 19% of all Americans think that Jews "talk too much about the Holocaust." The growing dangers of antisemitic attacks have made Jews warier about being possible targets of hate crimes, with 39% actively concealing outward indications of them being Jewish for their safety.

**Types of Antisemitic Conspiracy Theories**

The World Domination Conspiracy Theory states that Jews secretly control world governments, or at least western governments, and cause deadly world events with their power. This conspiracy theory allows people to easily scapegoat them for global problems. In the United States, this theory is often used to blame Jews for problems like the national deficit, the U.S. intervening in foreign wars, and income inequality.

The Financial Domination Conspiracy Theory states that Jews control national economic and banking systems. Jewish Americans are frequently stereotyped to have employment in money-lending. This leads to beliefs that Jews control the economy. Antisemitism commonly spikes during economic recessions, and bankers in media are often depicted as stereotypical Jewish men.

The Dual Loyalty Conspiracy Theory states that Jewish Americans are more loyal to Israel than to the United States. This theory is often utilized to blame everyday Jews for actions committed by the Israeli government. Jewish Americans are often villainized over these actions and painted as traitors. Often Jews are seen as untrustworthy to serve in public offices and positions of power, with people fearing they are "secretly zionist."

The Blood Libel Conspiracy Theory states that Jews use non-Jewish human blood in religious rituals. While this conspiracy goes back to the middle ages, it is nevertheless believed in the modern United

today. Currently the most recent reincarnation of this conspiracy theory is the Qanon movement, which claims that mainly Jewish politicians use child blood to stay young.

The Jewish Deicide Conspiracy Theory states that ancient Jews had slain Jesus, or conspired to have Jesus killed. This idea was often used as an excuse for many antisemitic pogroms and massacres throughout human history. It was popularized to the modern American public through the internet and media like The Passion of the Christ. This conspiracy theory is still a frequently held belief among conservative Christians in America.

The Holocaust Denial Conspiracy Theory states that the Holocaust was fake, or was not as bad as history shows it was. This belief had grown in popularity as it and antisemitic pogroms in history were taught about less and less in schools. Currently, 24% of Americans believe the Holocaust was a myth or greatly exaggerated. Additionally 67% are unaware of the 6 million Jews killed in the Holocaust, making them vulnerable to the conspiracy theory.

**Possible Causes**

An easy cause of the spreading of antisemitic conspiracy theories to point out would be the rise of the internet and social media. While the internet has most definitely been a net benefit to society, it still has its detrimental effects. People have an easier time spreading misinformation and conspiracy theories on the internet than before they existed. This has especially impacted antisemitism; anti-Jewish hatred can be detected on any social media platform. This is no surprise, given that 84% of all antisemitic posts on social media are never taken down.

What often makes antisemitic misinformation online so effective is people's inability to recognize the warning signs of those conspiracy theories. Over the past few decades, schools are dedicating less time to education regarding antisemitism. Many schools see it as an "outdated hatred" that no longer needs to be taught about. This leads to young people not only being unaware of the horrors of pogroms and the Holocaust but also being unable to recognize anti-Jewish beliefs when they witness them. Many young people are targeted by spreaders of misinformation because of their lack of awareness of antisemitism.

Something that adds to the idea that antisemitism is no longer a significant issue, is the exclusion of Jews from broader movements for ethnic equality. Some in progressive movements do not consider them as a targeted minority for discrimination. Many also refer to Jews as just "another group of white people," erasing the very real systematic antisemitism that American Jews face. By excluding Jews from movements for ethnic equality, the dangers of antisemitism are ignored, causing them to be easier to spread.

**A Possible Solution**

As covered previously in this essay, a significant factor in the increase in the popularity of antisemitic

conspiracy theories is the lack of education regarding them in schools and workplaces. If young people are better aware of these issues then antisemitism would decrease in general. Types of programs that teach about it and its warning signs could be instructed in places of learning so that people will be equipped with the knowledge to identify antisemitic messages when they see them. Students with at least 1 month of Holocaust education, for example, are 28% more likley to report antisemitism when they come across it.

This heightened knowledge of the dangers of antisemitism among young people would make them less susceptible to misinformation online. Misinformation assumes the target has a lack of understanding of a subject. With young people being well educated on antisemitism, they will benefit from immunity against antisemitic conspiracy theories. Without their prime demographic to target, the efforts of online antisemites would decrease in success.

**Conclusion**

Today in the United States, we are witnessing a radical change in the trends of the popularity of antisemitic conspiracy theories. Americans are on average much more hostile to Jews than they were just a decade ago. This is due in part to the internet making it easy to spread conspiracy theories, young people not being taught about antisemitism, and Jews being excluded from ethnic equality movements. Jewish Americans are overall in more danger of hate crimes and harassment of their faith and ethnicity than they were even a few years ago.

Antisemitism has often been described as the world's oldest hatred. From the time of Alexander the Great to now, Jewish people have been an easy target for conspiracy theories and prejudice. Through the usage of conspiracy theories, antisemites then and now seek to harm Jews. The Jewish experience is one of constant rejection and persecution by a gentile majority, and the United States is no exception to this. And so, the idea that antisemitism is now an "outdated hatred" is one of the biggest lies someone can utter. As antisemitism is in constant existence, we must fight against it constantly.
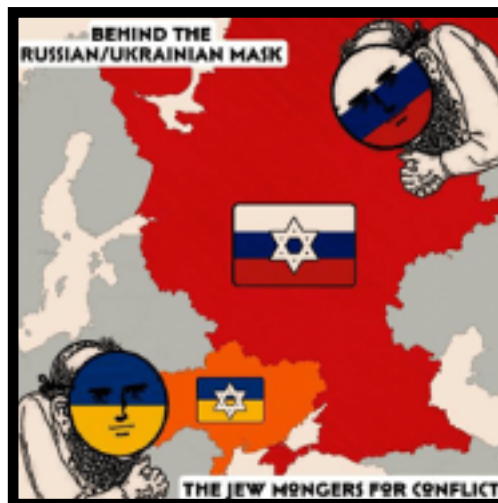


Viral meme accusing Jews of causing the Russo-Ukrainian War (2022)

# Lack of Representation in education: Why this can affect our Future Generations

## Eric Jones

### What is Lack of Representation in Teachers in Profession and Education

Representation in the Teacher Profession helps strengthen the communities and it improves students' outcomes students outcome in elementary , middle and high school. Lack of Representation in teacher profession and education is when there is no connection between the teacher and the student and it's because they aren't the same race. A lot of negative outcomes can come because of that.

### The Importance of Representation in Education

For students looking for clear cultural diversity in the classroom and role models in their school, having a teacher from the same background can lead to deeper understanding, connections and more engaged learning. Having a diverse Teaching workforce allows the teachers to connect with a variety of students and it allows them to collaborate with the students so that they can learn from each other.

### How does representation affect students

Representation in the classroom matters. Having a diverse teacher workforce connects cultures, sets high expectations, and reduces implicit bias. Far too often students of color feel isolated, underrepresented or mistreated, which leads to lower graduation and higher dropout rates.Representation allows students of color to see themselves reflected in the educators and leaders that surround them at school.

# The Issue with Poverty

## Chris Loja

Being on the wealthier side sounds amazing. Wealth means that you're rich. You have money, a home, a roof on top of your head, a nice comfortable bed to sleep on. Basically, you might as well not worry about anything that involves money, because of your wealth. Unfortunately, some people aren't lucky enough. Some people in the globe suffer from some poverty. Which poverty basically means that you're the opposite of rich, that you're poor. You have no money, no roof on the top of your head, you don't have a bed to sleep on. Basically, being in poverty doesn't sound good at all and because of this, there comes global inequality. Those that are rich are respected while those in poverty are treated disrespectfully.

## Wealth and poverty

For someone who's rich/wealthy, they have a lot more things than those that suffer in poverty. They would have nothing to worry about at all. For those though, those that are going through poverty, they suffer a lot. They don't have things that the wealthy have. They don't have a job, a house, money, no income, nothing.

Rich people see things differently about the world. Since they are rich and they can do almost anything, they see normal things as "an opportunity", something that they really wouldn't need entirely. Like getting a job because without a job, they won't get money anywhere so they somewhat need a job, but not entirely because they are rich and they can find a way to still get money. For a poor person, finding a job or getting a job is something that they desperately need. Something that they need "to earn" because if a person gets a job, then they will obviously get money out of it for working. So they would really need the job. To them, it wouldn't be "an opportunity" like for a rich person. Despite having all the money that a rich person would have, is it really worth it? Having all the cash? With all the money, everything would basically be invaluable because a rich person would always pay it off. So again, is being rich all worth it? Is it all great as they say it is?

## Poverty and Wealth out on Society

With everything, there will always be inequality about almost everything in the world. Especially for a topic that's about wealth and poverty. For example, a rich person has money, like mentioned before. A rich person is treated respectfully, they are valued, they have a lot of opportunities to go get a job, and they get income. Basically they are treated very well. Now, however, for a poor person, they are treated very VERY differently from a rich person perspective. They're not respected well, they're not valued, and they struggle a lot on finding a job, and no income. All of that, because they're poor. People think that those who are poor are bad. That they're not not supposed to be valued because they are well, poor. This inequality is very serious and it obviously still happens today. People also believe that those who are poor, are because they "are alcoholics" or didn't get education.
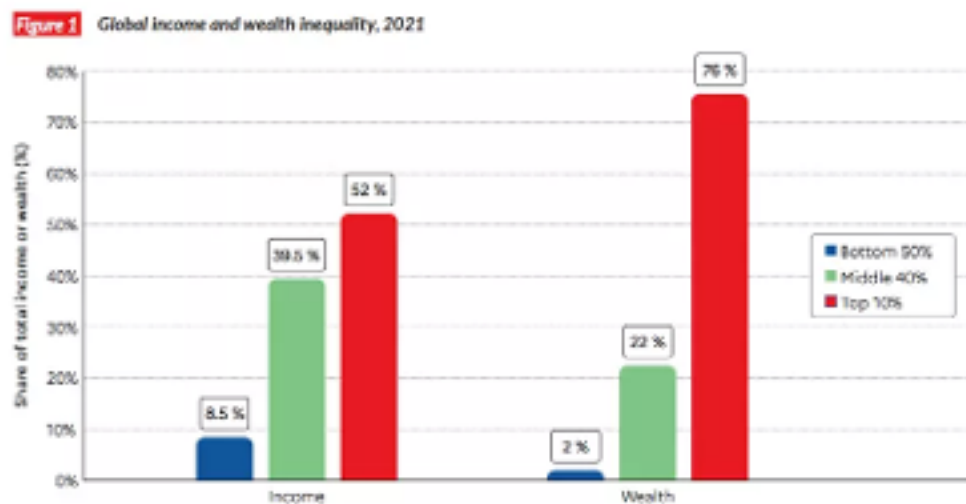
While some of these stereotype statements may be true, it's not true for everyone. Some celebrities start off beingof being poor. Basically going through poverty, but they somehow find a way to get out of that situation. In the end, they end up getting rich.

**Helping Out**

Despite all the inequality going around the globe, there are some great people that are willing to help out those that are going through poverty. There are some organizations that help out the poor people. Home shelters are out there for people who have no homes. People who store food for those who are homeless. Sometimes, people spot a homeless person walking around. They give them money to them so they can get food for themselves. That's one way you can help out. However, some homeless people take the money, and buy drugs instead. Cigars as well. One of the reasons why people don't tend to help them out is because of that specific problem. Which is very understandable, but I think it would be good if you went with them (an adult) to supervise them if they buy food or whatever the homeless person needs. As long as it's not drugs, then they are good. I think that's one way to prevent that problem.

The problem with poverty, will most likely, obviously never end. People make the same mistakes which lead to them going through poverty, but that can change a bit if we perhaps help them out. Perhaps putting action will also help out. Make some more organizations to help out. People will be against that, but not everyone. We can all work together and help them out. They are no different than us. In the end, they're also humans too. Just like us. Even though we as humans cause poverty, we can yet still help out.

"God has not created poverty; it is we who have created it." - Mother Teresa



**Figure 1** Global income and wealth inequality, 2021

Income: Bottom 50% 8.5%, Middle 40% 39.5%, Top 10% 52%
Wealth: Bottom 50% 2%, Middle 40% 22%, Top 10% 76%

**Interpretation:** The global 50% captures 8% of total income measured at Purchasing Power Parity (PPP). The global bottom 50% owns 2% of wealth (at Purchasing Power Parity). The global top 10% owns 76% of total Household wealth and captures 52% of total income in 2021. Note that top wealth holders are not necessarily top income holders. Incomes are measured after the operation of pension and unemployment systems and before taxes and transfers. **Sources and series:** wir2022.wid.world/methodology.

# Rights of Children

- Elish Correa: Bullying and Suicidal Behavior in Children - Page 17

- Vanessa Guerra: Oversexualization of Girls in Manga and Anime - Page 20

- Yartiza Mendez-Rodas: Teens Problems with Alcohol - Page 22

**Bullying and Suicidal Behavior in Children and Adolescents Who Present Emergency**

**Elisha Correa**

## Introduction

Have you ever been bullied? Have you ever bullied someone? One out of every five (20.2%) students report being bullied. Bullying puts students in danger of suicide, something school leaders should be aware of.

## Bullying and Suicide-Related Behaviors Have a Link

There is a link between bullying and suicide that people need to notice if someone is bullied so much to where they take their own life just to stop the torture. Bullying can be a traumatic experience for a young child, as many people are aware. Stories about teens like Phoebe Prince and Amanda Todd, who committed suicide after being bullied, have brought home the point during the previous decade. The evidence I have is endless articles and doctors' professional opinions and celebrity speeches. Outsiders say, However, as much they despise suicide, they understand it. One thing that people have said often in comments in response to death-related suicide is that you can't comment on why someone might commit suicide unless you've had your life ripped apart by a significant depressive episode. Severe severe depression is arguably the most excruciating agony a person can endure for an extended period of time.

## Bullying: A Serious Public Health Concern

Accordingly, in recent years, bullying has become a severe concern, particularly among teens. In 2019, 17.4% of students claimed they had become the victim of cyberbullying, compared to 16.5 percent in 2016. From 2016 to 2019, the percentage of students who reported being cyberbullied (or who had cyberbullied others) increased somewhat. In terms of victimization, 17.4% of students claimed they had been the victim of cyberbullying in 2019, compared to 16.5 percent in 2016. In 2019, 6.3 percent of respondents reported they had cyberbullied others, up from 5.6 percent in 2016. Over half of children reported being bullied at school in the previous 30 days in 2019. All youth are affected by bullying, both those who are bullied and those who bully others.

Bullying's effects can last far into adulthood. There isn't a single profile of a bullied adolescent out there. Bullying youth can be well-connected socially or ostracized, and they may be bullied themselves. Those who have been bullied may also bully others. People may say that bullying just gives the child a thicker skin and gets it ready for the real world and all of the issues that come with it which is understandable why they would think that but bullying isn't ok and you don't know the true effects until it happens to you but bullying mentally destroys a child to the point where they might harm themselves and become a danger to others over how mentally unstable they can become because of the extent of the bullying.
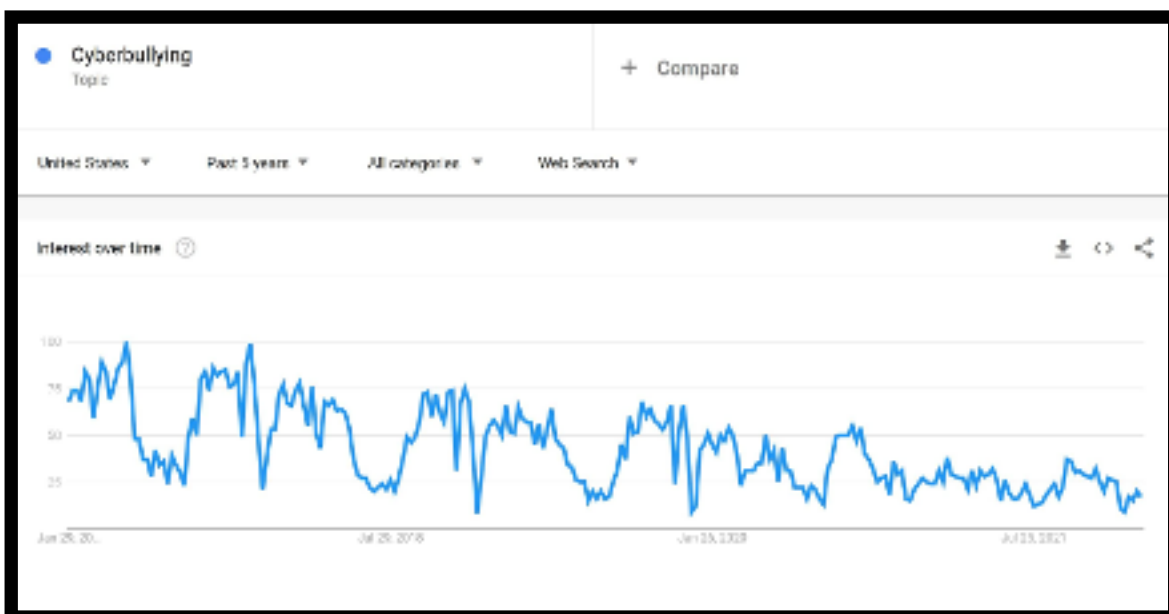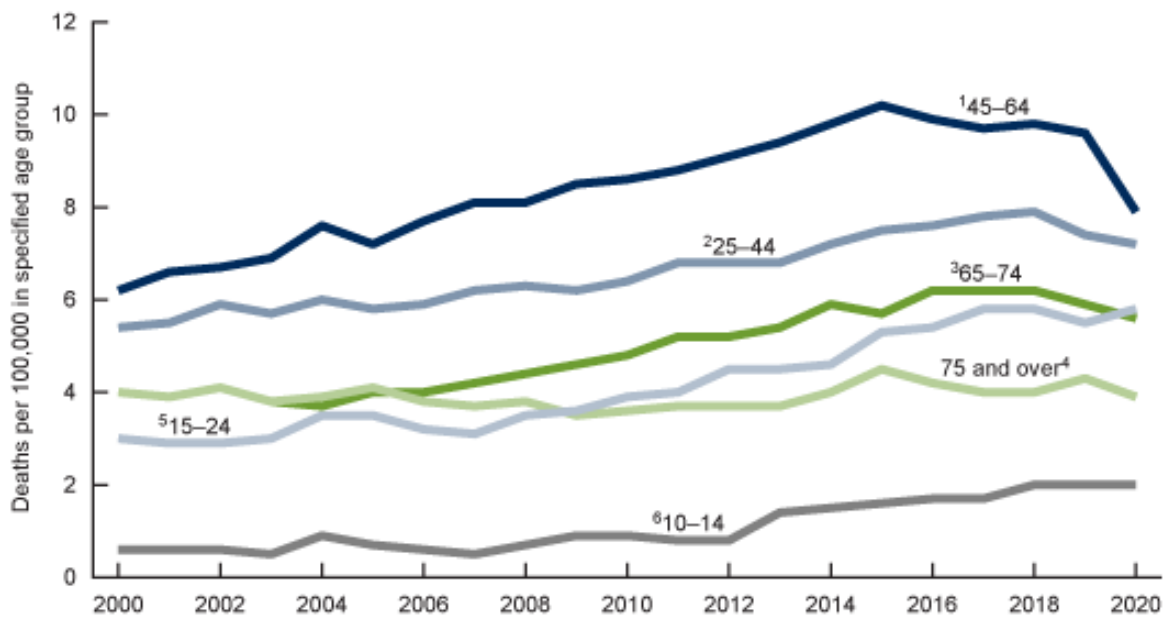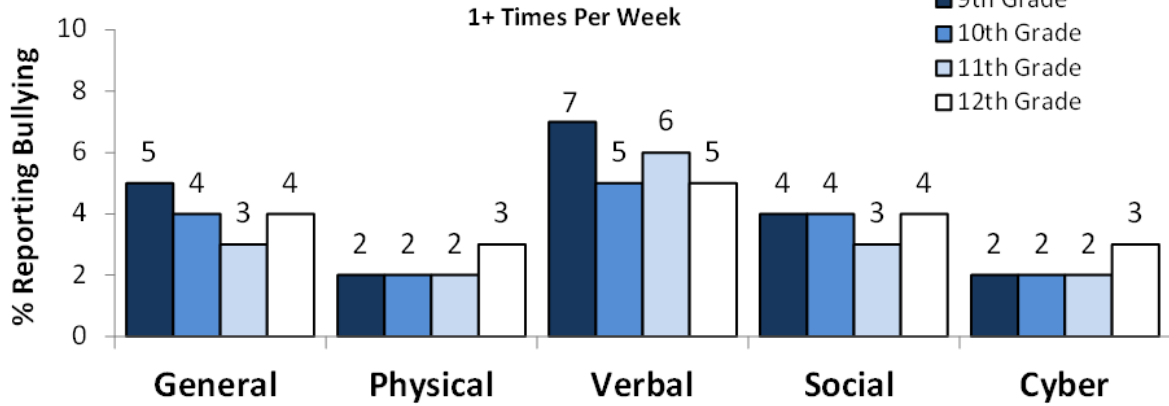
**Suicide Risk Factors in Children and Adolescents**

Additionally, suicide also affects people of all ages, yet rates definitely climb as people get older around the world. The highest rates are observed among the oldest adults aged 80 and up (60.1 per 100,000 men and 27.8 per 100,000 women), 70–79 years (42.2 and 18.7 respectively), and 60–69 years in practically every region of the world (28.2 and 12.4 respectively). These figures are much lower in younger people: 15.3 and 11.2 per 100,000 for males and females aged 15–29 years, respectively, and 0.9 and 1.0 per 100,000 for those aged 5–14 years. The same trend can be seen in Europe, with rates falling from 53.2 and 14.0 per 100,000 men and women aged 80 and up to 19.9 and 4.2 per 100,000, respectively. accordingly. 1.0 and 0.4 for the age group 15–29 years, and 1.0 and 0.4 for the age group 5–14 years.

Despite the lower suicide rates across younger age groups, suicide is the world's second-largest cause of death among those aged 15 to 29. Suicide is the second most common cause of death in the 10–19 year age range in Europe, where rates of teenage suicide are on the decline. Even among females aged 15–19 years, it is the leading cause of death (6.15 per 100,000). Suicide fatalities account for around one-fifth of all deaths among European older teens and young adults (15–29 years), or roughly 24,000 deaths each year. You may say that they are just being dramatic to end it all and they probably aren't going through a lot but people take things differently, what you might find easy another might find extremely difficult and you never know what someone's going through behind closed doors. School shootings, student debt, joblessness, and even politics all contribute to chronic stress in our generation. Technology also plays a part. Some young people may experience acute feelings of isolation and loneliness as a result of growing up in a hyper-connected environment. According to a Wall Street Journal investigation, Instagram, for example, has a negative impact on the mental health of teenagers. In the United States, the suicide rate for people of all ages climbed by 30%. According to a new study by The JAMA Network of medical journals, juvenile suicide rates increased from 2000 to 2016 and peaked in 2017. According to the authors of the JAMA study, social media use and a greater willingness of families and officials to acknowledge suicide as a cause of death contribute to the high incidence of juvenile depression and suicide in America. Women are more like-ly to attempt sui-cide but men are more like-ly to die by sui-cide, per the Nation-al Insti-tute of Men-tal Health. In 2018, for example, the suicide rate for men was 3.7 times higher than for women, with white men accounting for 70% of all fatalities.

While the circumstances surrounding each suicide are unique, the information offered here can be utilized to identify and target programming to the populations with the greatest need for suicide and self-harm injury prevention. Understanding how diverse risk and protective factors interact, overlap, and impact different populations could improve the success of suicide prevention initiatives and justifies more research. To have the best impact, preventative initiatives should address risk factors at the individual, relational, and community levels.

## Victims of Bullying
### 1+ Times Per Week



Legend:
- 9th Grade
- 10th Grade
- 11th Grade
- 12th Grade

% Reporting Bullying

| Category | 9th | 10th | 11th | 12th |
|----------|-----|------|------|------|
| General | 5 | 4 | 3 | 4 |
| Physical | 2 | 2 | 2 | 3 |
| Verbal | 7 | 5 | 6 | 5 |
| Social | 4 | 4 | 3 | 4 |
| Cyber | 2 | 2 | 2 | 3 |



Deaths per 100,000 in specified age group

- [1] 45–64
- [2] 25–44
- [3] 65–74
- 75 and over [4]
- [5] 15–24
- [6] 10–14



Cyberbullying
Topic

+ Compare

United States ▾ | Past 5 years ▾ | All categories ▾ | Web Search ▾

Interest over time

# Could Manga and Anime Have a Negative Effect on Society?

## Vanessa Guerra

When it comes to the world of the media and entertainment industries, they produce a variety of content to please the audience. The issue of the anime and manga industries is explicitly the over-sexualization of childlike female characters. This kind of content only exists because of a book written by Vladimir Nabokov called Lolita. This causes discomfort to the audience, who have to deal with only a fraction of it. Those who watch pornographic content featuring childlike female characters are only pedophiles in the making.

## The Origin of Loli

Today, lolis can be projected as wholesome or sexualized characters in the anime and manga industry. Loli's are defined by their appearance as a young female, behavior like a child, and childlike clothing style. The word loli originates from a book called "Lolita" by Vladimir Nabokov. The review by The Atlantic says the novel is about "the affair between a middle-aged sexual pervert and a twelve-year-old girl." The novel is to be a sort of pornography for the consumer. The consumer who seeks this kind of pornographic content is addressed as lolicon and will twist many wholesome things. Many would try to say that the origin of the name wouldn't matter. Despite there being some wholesome content on loli, there would still be pornographic content.

## The Discomfort That Loli Brings to Audiences

Lolis is in almost every genre of anime, even in the pornographic content. The roles lolis plays are being wholesome characters or some stress relief after an intense scene. Though sometimes it's not always the case, they can be sexualized and it brings some of the audience discomforts. Entertainment industries take a count the feedback both positive and negative. That doesn't mean they would change right away. If not many complain or they don't see a major loss in profit they won't change anything about the show. This kind of thinking also includes the darker parts of the web. Though moral the production of child pornography is wrong, when they see the profit it brings they don't care if it's wrong. The discomfort of sexualized minors are not just by major industries but also artists. If you are not familiar with the term fanart, it is art created by artists of characters that they like from the media. Most of the time, there are some artists who would create art of loli with more sexualized content if the producer wanted to. This attracts lolicons and they become like parasites, turning the fandom and show into something bad. An example of this could be My Little Pony, a children's show. Due to a group of older men who called themselves "brony". They have made "something as innocent as My Little Pony a far more complex topic," said Youtuber Liam McEvoy. Sometimes it's not the producer of the show but the fault of some people who make it less innocent content.

## The Issues Loli Brings

The issues of lolis and lolicon are very complex and debatable topics. Though in a knowing sense, it's still media that portrays the sexualizing of a young female. For those who don't know, in the darkest parts of the internet, things like child pornography exist. Child pornography is something of an issue when it feeds the darkest and most disgusting desires of pedophilia. In the Los Angeles Times, Julie Hudash was listening to a crime being committed by a young girl. As Hudash listened to them discuss the murder, they concluded that "the connection between such crimes and child pornography." This is a minor issue right now, and few people are aware of the dangers of child pornography. This could endanger young adult females and children of all ages.

Minors' sexualized content should not be produced by the entertainment and media industries. I don't fault the industry if people turn something innocent into something twisted. Nobody should turn something that is made for children's entertainment into something that is a danger to them. We have to hold industries accountable and people who make sexualized minor content. It would be the start of making the internet safer for minors.
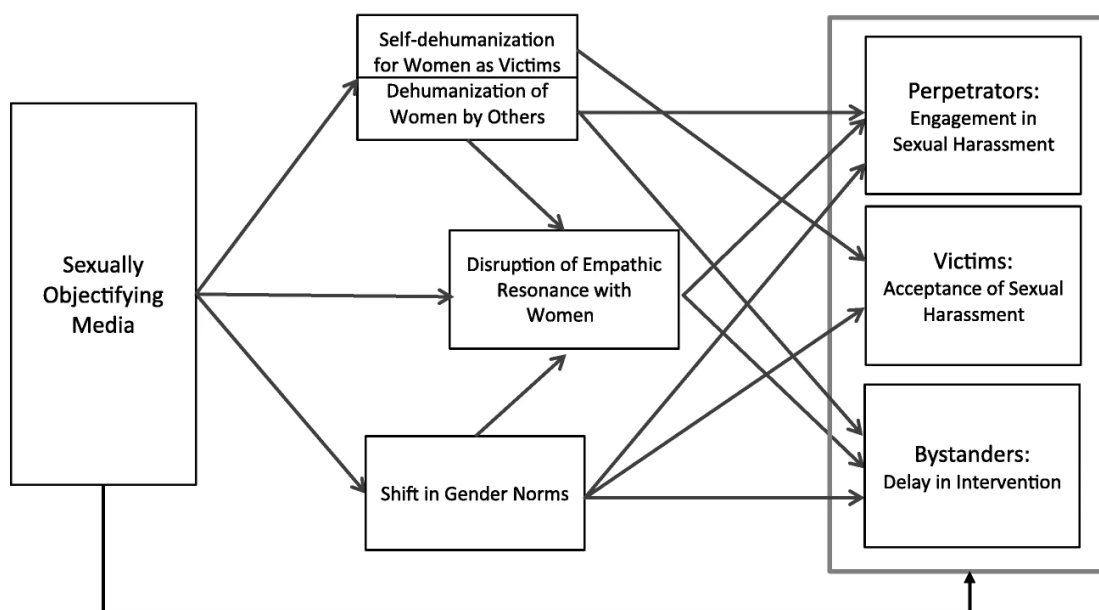
**Teens Problems With Alcohol**

**Yaritza Mendez Rodas**

This article is for teens to understand and see how alcohol can affect you and how abusing alcohol can lead to serious consequences and death.

**Alcohol health effects**

Drinking alcohol as a teen is really bad and risky. It affects your growth and health mentaly and physically,the health effects problems are pancreatitis, hepatitis, liver cirrhosis, hypertension, and anemia.

Alcohol has an impact on mental health and can contribute to feelings of depression and anxiety,and makes stress harder to deal with which can cause teens to commit suicide or some serious consequences. "Paris Kamper,15,was found unconscious at a semi-rural property in Kenthurst, in Sydney's northwest, on Friday night and died on Monday in hospital."Early investigations show the girl had consumed large amounts of alcohol and some other items, which "led directly or indirectly to her death."

**Drunk driving**

Drunk driving as a teen is really dangerous. You can end up in a car crash and you can get hurt badly or dead because driving while being drunk is not okay at all. Some teens drive while having their friends in the car. They are risking their life and other people's lives if the drunk driver crashes and they survive but their friends die, they're gonna go to jail because they were driving. If you're a teen that is drunk don't drive at all. Call someone who is sober to come pick you up because you're saving your life and other people's lives.

**Why do teens drink?** Some teens drink alcohol because they feel stressed and they want to feel better and others drink alcohol because they see adults drink and they wanna feel grown and cool but they don't realize how dangerous it is to consume a large amount of alcohol that damages your body. These are some signs of underage drinking

- Skipping classes
- Grades dropping
- Discipline problems
- Comes home smelling like alcohol
- Alcohol missing from your home
- Withdrawing from family and friends
- Changes group of friends

**How can we stop teens from abusing alcohol?**

Understand how substance abuse develops and to understand that consuming a lot can kill you.

Avoid Temptation and Peer Pressure trying to impress people isn't worth dying. Seek help for mental illness if you need someone to talk to reach out to an adult or someone you really trust so they can understand you and help you if somethings going on in your life speak up don't go straight to alcohol you might think it helps you and that it's the only thing that keeps you going but that's not reality there's more to life so value life and stop drinking alcohol.

**Conclusion:**

If you know someone who struggles with an alcohol addiction please contact https://www.samhsa.gov/find-help/national-helpline You can also talk to them. Maybe all they need is someone to talk to and express their feelings. Teens mostly drink alcohol because they feel lonely or they're going through something but some teens need to understand alcohol is damaging their bodies and not only that it causes death and so many car crashes.
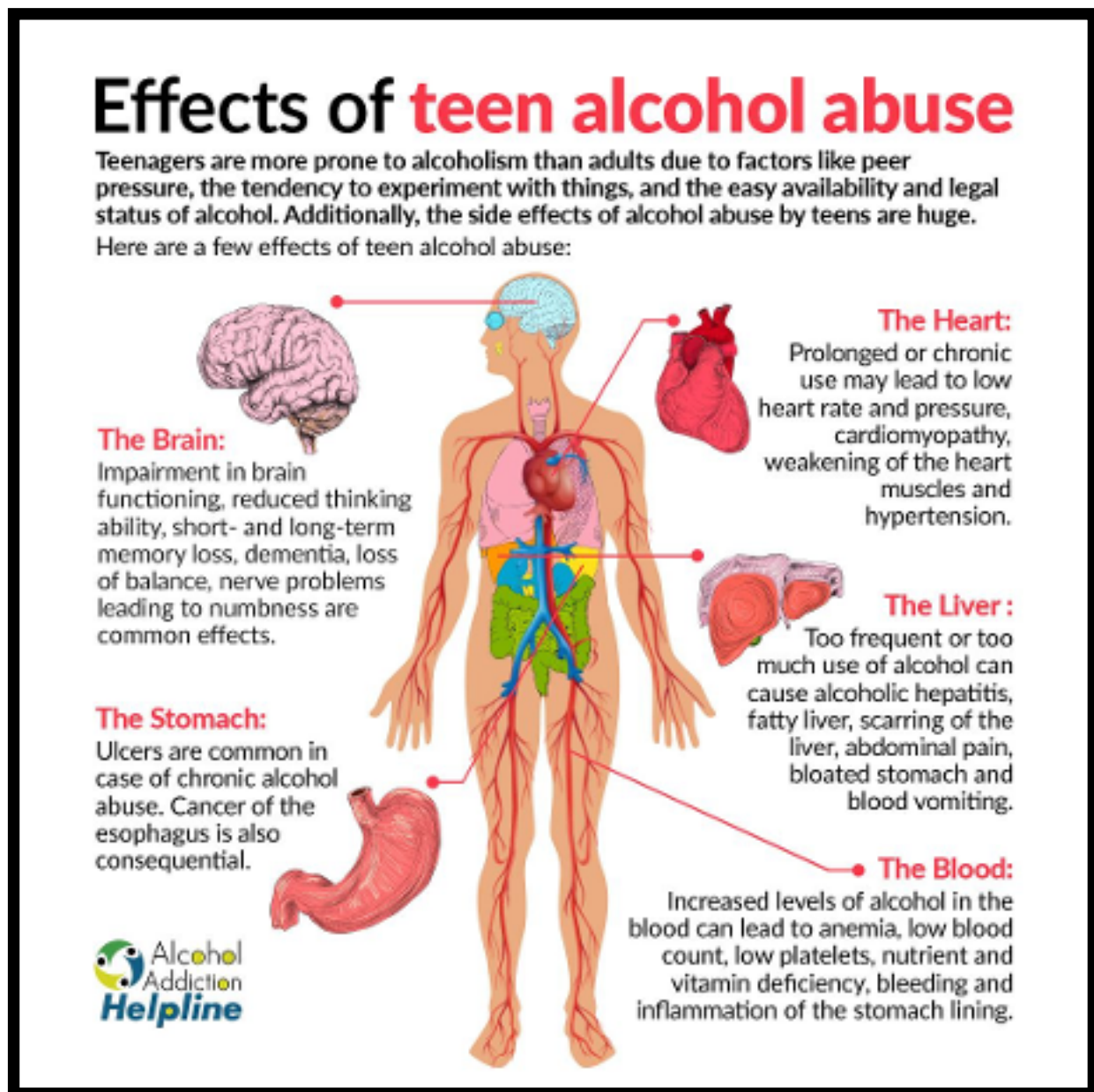
# Justice/Politics/Legislation

- Angelisse Perez-Vargas: Health Care in the US - Page 25

# Health Care In The US

## Angelisse Perez

### You may be asking yourself, What is health Care ?

Health care or healthcare is the maintenance or improvement of health. Health care is delivered by health professionals and allied health fields. It includes work done in providing primary care, secondary care, and tertiary care, as well as in public health. Medicine, dentistry,pharmacy, midwifery,nursing, optometry and other health professions are all part of health care.

### Why is the US healthcare system so broken and why is it important to improve it?

The biggest reason for the healthcare system to be so broken is the High cost that  prevents Americans from accessing health care services. Americans with below-average incomes are much more affected, since visiting a physician when sick, getting a recommended test, or follow-up care has become unaffordable. The Importance of Quality Improvement in Healthcare is needed when healthcare systems focus on quality improvement they can create significant change within a medical institution, achieving everything from financial savings to, most important, saving patient lives.

### Why is healthcare so expensive?

The price of medical care is the single biggest factor behind U.S. healthcare costs, accounting for 90% of spending. These expenditures reflect the cost of caring for those with chronic or long-term medical conditions, an aging population and the increased cost of new medicines, procedures and technologies. Also, healthcare reform law has expanded access to insurance to millions of Americans. We've transitioned to a healthcare system in which everyone can obtain health insurance regardless of age or health status, and many individuals who are newly insured need ongoing medical attention. We can all play a part in helping to make America healthier and curbing healthcare costs. Our healthcare system must focus more on quality care for patients that helps them get healthy faster and stay healthy longer. Meanwhile, everyone can lower their risk of developing many costly chronic diseases by adopting healthier lifestyles.

### Who does health care impact ?

Health care costs also impact some American households after an individual receives care. A KFF survey from March 2019 found that about one-fourth of U.S. adults (26%) said they or a household member have had problems paying medical bills in the past year, and half of this group saying the bills had a major impact on their family (48% of those who had medical bill problems, or 12% of all adults). The share reporting their household has had problems paying medical bills has remained steady between about 25% and 30% for the past decade. Nearly half (45%) of uninsured adults ages 18-64 report issues paying medical bills, and one in four (25%) say it has had a major impact on them

and their families. Among those under age 65 with health insurance, one in four report issues paying medical bills, and 12% say it has had a major impact on their lives.

## Conclusion:

In conclusion, I think citizens should start caring about our healthcare system. Most people are just ignorant when it comes to this topic. Overall at least half of US citizens just complain about how expensive it is and how they can't afford it. I understand the frustration of not having enough money or insurance to cover their bills/debts but instead of just just talking about it we should as a community (ACT ON IT) actually do something about it that will affect the system. We need to start being aware of how this is affecting us as a community, it may not affect everyone but an estimated **9.6%** of U.S. residents do not have access to health care. This article should teach us that we should care for our citizens and their health, many cannot afford but if we all act together we could make a change for the better for every U.S. citizen.

# Science

# Animal rights in the food industry

## By Ailany Arroyo

Animal rights in the food industry. Animals should have rights not only in the food industry but also in makeup and any other product similar. Those makeup products are hurting animals by testing their products on them. Scientists say "These tests can result in immense pain, distress, blindness, swollen eyes, sore and bleeding skin, internal bleeding, organ damage, birth defects, convulsions and even death in the animals".

If animals have a right not to be bred and killed for food then animals must not be bred and killed for food. In general, the animals would be killed for food; they might also be slaughtered for other reasons such as being diseased and unsuitable for consumption. The slaughter involves some initial cutting, opening the major body cavities to remove the entrails and offal.

**Companies that hurt animals:** Dean foods, Hormel foods ,JBS, Sandersons, Seaboard, covance animals are subjected to routine mutilations extreme confinement and are otherwise manipulated to benefit human consumers.

## How to help animals without going vegan

Buy cruelty-free products, Buy free range eggs and meat , Avoid items made with palm oil.

In conclusion I think all people should help animals because animals do deserve rights in all types of ways not only in the food industry.

# The Cruelty and Dangers of Animal Testing

## Katie Harper

Animal testing has been practiced for centuries, but I think it's time to make a change. Back then there weren't many other options for determining whether a product or chemical was harmful. But in recent years many procedures other than animal testing have been developed.

Many brands, including Elf, Bath and Body Works, and Trader Joe's, have discontinued using animal testing for their products. Unfortunately, even if there has been a major success in finding a solution to animal testing, many other brands continue to use it.

## Animal Testing Procedures

Animal experimentation is a dangerous and cruel reality that millions of animals are forced to endure. Animal testing is procedures performed on living animals to test the safety of certain chemicals and products, before being mass-produced. Testing experiments consist of chemicals being rubbed on the animal's shaved skin or dripped into their eyes without any pain relief. Anthony Douglas William, a consultant, researcher, and author stated that "Animals have hearts that feel, eyes that see, and families to care for, just like you and me." Every year more than 100 million animals are harmed due to animal testing. Today, many industries use animal testing for different products, including cosmetics, medications, household goods, and pesticides. Many individuals disagree, believing that animal experimentation is both necessary and the only true way to test a product.

## Animal Testing's Negative Impact on the Environment

Animal testing is extremely environmentally damaging and has caused a number of problems. Every year, millions of animals used in testing are discarded. From 2011 to 2013 it was said that the National Institutes of Health (NIH) Division of Intramural Research Laboratories produced over 1.5 million pounds of animal breeding and excess food waste. Animal waste is contaminated with toxic or hazardous chemicals, viruses, and infectious diseases. Ricky Gervais an American actor said "Wearing makeup that was tested by torturing a beautiful, innocent creature makes the world an uglier place." Because of these revolting truths, scientists and animal testers have found it difficult to admit to the public the harm that animal testing brings to our ecosystem.

## Animal Testings Cruelty and Captivity

Most captive animals are bred in laboratories from birth, and once tested, they cannot be released into the wild because they will die. What they do to animals and how they treat them is incredibly sad and terrible. Many people are unaware that most experimental animals are bred in captivity. These animals can not be released into the wild or homes because they would be unable to cope and live. After the experiments, some animals may be used again or even adopted, but the majority are euthanized or incinerated. Scientists feel that this is the most effective and efficient method of

testing and disposing of the corpses.

**Prevention and Solutions to Animal Experimentation**

There are numerous ways to avoid animal experimentation with the help of new technologies. Alternatives to animal testing include advanced experiments involving human cells and tissues, complex computer modeling techniques, and human volunteer research. Animal testing is used by many scientists and animal testers since it is more affordable and easier to perform. Government agencies are obligated to conduct certain animal testing to examine the safety of products such as industrial chemicals, pesticides, medical equipment, and pharmaceuticals.

We are now in the year 2022, and it's time for a new approach to animal experimentation. Instead of continuing to treat animals in this manner, new approaches should be devised and implemented. The treatment animals are receiving is unfair and disgusting. Unfortunately, I am aware of the necessity and importance of disease and virus testing on animals. Unnecessary and extensive testing of cosmetics, on the other hand, must be prohibited. I strongly hope that new improvements and alternatives to animal testing will be available soon.


These companies... DON'T TEST ON ANIMALS!


Companies that TEST ON ANIMALS


The Environmental Impact of Cosmetics


CERTIFIED CRUELTY-FREE bunny logos you can trust
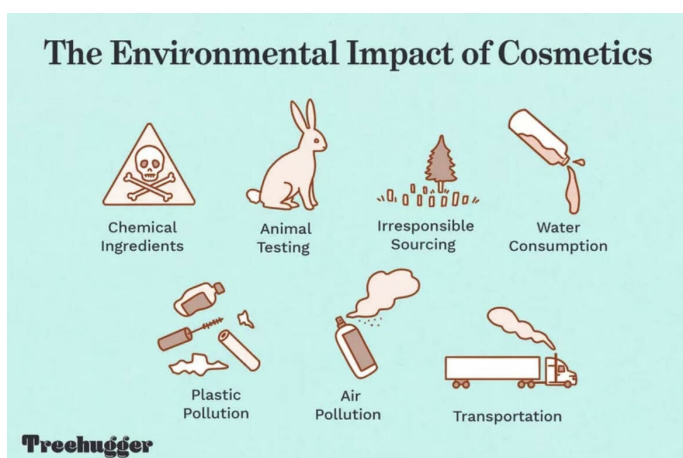
# Psychology/Self-Esteem

- Sarah Harper: Media Portrayls of Female Body Image - Page 32

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- Igmarie Cruz: Causes and Effects of Teen Suicide - Page 36

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# The Media's Negative Effects on Female Body Image

## Sarah Harper

### Introduction

Social media constantly increases the negative perception of bodies in young girls and women.

For decades, harsh female body standards have been produced through the media and plagued our society. Even though social media has been around since the late 1990s, magazines, books, ads, and newspapers have been around for much longer.

In our society, the media has created a definition of what it means to be "pretty" and "fit the ideal body image." It's becoming immensely hard and mentally/physically demanding for females all over the world to constantly keep up with the extreme standards.
As a young female, growing up I have realized that my body image is a huge part of who I am and how I am seen by others. I strongly believe that this is a huge global issue and needs more recognition/awareness for all of the harm it has done to women everywhere.

### The Negative Influence of Influencers

In recent data, only 5% of women naturally possess the body type often portrayed by the media ("Do Something Organization").

Over many years the media has put out unrealistic beauty standards in the form of photoshopped celebrities, stick-thin fashion models, and other influencers.

Very frequently, people will use photoshop and filters which are always available to users who play into the concept of unrealistic body image.

"You will never look like the girl in the magazine. The girl in the magazine doesn't even look like the girl in the magazine," said Jessiemae Peluso, a stand-up comedian, and television personality.

Platforms like Instagram and Tik Tok are more likely to cause strong body insecurities for young females. It attacks girls when they are still at a vulnerable stage of growth and development. A lot of the time, people who are on these apps only post at times when they feel and look their very best and will ignore their usual daily appearances. It sends a false standard to females and may also provoke unhealthy decisions. Influencers and celebrities are also greatly affected even behind their "perfect" posts and amazing figures.

Jennifer Aniston, a very successful and well-known actress, and influencer once said, "You're damned if you're too thin and you're damned if you're too heavy. According to the press I've been both. It's impossible to satisfy everyone and I suggest we stop trying."

### Cyber-bullying Hurts

A vast amount of cyber and verbal bullying occurs daily towards people who don't fit the "ideal

beauty standards" or are being "slut shamed," because of people's opinions on what others wear or post.

One of the most common forms of cyberbullying is body shaming. Because our society currently considers thinness as the gold standard of beauty, people who do not fit that mold are frequently mocked and made to feel inferior.

A recent study found that approximately 91% of women are unhappy with their bodies and turn to diet to achieve their ideal body shape. ("Do Something Organization").

Body image standards can lead to low-self esteem for many women and can also incite horrible eating disorders, suicidal thoughts, and depression.

**Conquering the Unrealistic Beauty Standards**

Body positivity is a social movement that promotes acceptance of all bodies, regardless of size, shape, skin tone, gender, or physical limitations, while standing against and calling out the modern beauty standards as a negative social construct.

Body-positive influencers share videos, images, and messages that promote self-love and serve as public reminders that our differences should be celebrated.

Many books, documentaries, and articles have been made in addition to supporting the body positivity movement, which also defies the media and the harsh body standards to help promote healthy and positive information.

Straight/Curve is a documentary film that talks about society's unrealistic beauty standards and their harmful effects on women and girls. The film creates awareness of body shaming and how damaging it is to people's health.

"Don't change your body to get respect from society. Instead, let's change society to respect our bodies." Golda Poretsky.

## What to Know About C.T.E. in Sports

### Maxwell Morrison

### What is CTE

CTE is traumatic brain injury which has been increasing in athletes at a fast rate especially American football players as well as military veterans in combat setting commonly as result of repetitive mild traumatic brain injury

Chronic traumatic encephalopathy(cte) is brain degeneration likely caused by repeated head trauma. The symptoms of cte include memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, anxiety. These symptoms often begin years or even decades after the last trauma or end active athletic involvement. Symptoms may start between the ages of 40 and 60 years old.

Memory loss, disorientation, impaired judgment, impulse control issues, anger, sadness, anxiety, suicidality, parkinsonism, and finally progressive dementia are all symptoms of CTE. These symptoms usually appear years, if not decades, after the last brain trauma or the cessation of active athletic participation

### How is chronic traumatic encephalopathy (CTE) diagnosed?

After a person has died, CTE can only be definitively identified in an autopsy. The doctor will gather information about the patient's medical history and examine brain tissue from persons who have died from the disease. The diagnosis can be confirmed by a specific pattern of tau protein in the brain.

Many of the observed signs and symptoms (which are typically evident in everyday life) are comparable to those of other degenerative diseases such as Alzheimer's and Parkinson's. Late stage CTE may show indications that overlap with features of dementia or even Alzheimer's.

### Preventing Chronic Traumatic Encephalopathy

Reduce the amount of times you are hit in the head to reduce your chance of CTE. When brain trauma occurs, taking adequate care of it can help avoid the disorder. For athletes, this includes exiting the game after sustaining a head injury, resting, and according to "return to play" criteria.

# Teen Eating Disorders

## Alanah Algarin

Do you know how many teenagers suffer from different types of eating disorders? 2.7% of teenagers all around the world concour the depths of various types of eating disorders. Not every teen has the same experience and not every teen has the same strain of eating disorders. There are multiple types of eating disorders which each have its own different effects. Some examples are Anorexia and Bulimia.

## Not Alone

7.8% of the world suffer from an eating disorder. They are often diagnosed in teenagers and young adults but any eating disorder can affect anyone of any age. Race also has nothing to do with who it affects. Having any type of eating disorder can cause depression and make you feel alone. No matter how hard this mental health problem can be, there will always be someone out there who is most likely going through the same thing.

## Social Media

Social media has such a beauty standard. It feels like only the skinny girls get to become models and teenage girls become insecure about their appearance. This can lead to young girls to start eating their food in small proportions, starving themselves or even making themselves throw up. This becomes a habit and once you're too deep in, it gets very hard to pull yourself out. If those young girls ever come to the realization that everyone is beautiful, most of them have already developed an eating disorder which makes it very hard to eat.

## Recovery

A common asked question is how do you overcome and fight an eating disorder. There isn't one specific answer. Everyone has a different experience and gets through them differently. The beginning of the recovery process is all about your mentality and if you're willing to get help to be better. If you aren't on the same page as your doctor, any treatment would just be pointless and wont work. Little by little people start by adding a little bit more or less food to their plate and stop weighing themselves.

In conclusion, Many people, especially teens suffer from eating disorders and don't usually get the attention they deserve. A lot of people don't know anything about them but they deserve a lot more recognition so others can get help.

## Causes and Effects of Teen Suicide

### Igmarie Cruz

Teen suicide is when a teen takes their own life. Teens turn to suicide for reasons such as mental health issues, bullying, and depression. It can be hard for teens to deal with these issues; people need to know what it is and why it is happening so people can learn to help others. Let teens know they have somewhere to go and someone to talk to. Try to look for warning signs, and even more so remember to check on our teens. We never know what they can be going through. Don't be scared to talk about teen suicide, yes its a sensitive topic but its real, every 2 hours a person under the age of 25 takes their own life.

Educate yourself about what teen suicide is and how to help others, even if you are battling a problem right now learn ways to help yourself. When a teen dies everyone is affected by your loved ones and even at school, there are people that care.

### Mental health Issues within Teens

Mental health issues within teens have increased through the years.  According to the **CDC** with the pandemic 37% of teens reported with mental health issues and 44% of teens  reported being sad or hopeless.  Being isolated for so long without being able to socialize really took a toll on teens' lives. We lost opportunities, we felt alone, and were stuck in one place for way too long. It's hard for teens to deal with mental health issues because as teenagers our brains are still developing and we are starting to grow more as a person. In the article Teenage mental health: how growing brains could explain emerging disorders the myelin in the prefrontal cortex grows slowly in adolescents who are struggling more with their mental health. The prefrontal cortex of the brain is where more complicated behaviors are regulated like we have to make more complex decisions, expressing one's personality, and guiding one's social interactions. It can be hard to notice when a teen is struggling because teenagers are already moody and emotional, teens moodiness can be linked to all the brain growth and change teens are experiencing. Teens have poor impulse control due to their brain change and teens may express that in emotion, teens brains rapidly change once puberty hits.

There is not just one reason for suicide. Reasons like stressful life event, like a death of a loved one, intense sadness, anxiety, anger, drug or alcohol abuse, access to guns, mental illnesses, suicide of a loved one, childhood abuse, and trauma. Teens with mental health issues like depression, anxiety, borderline personality disorder, and schizophrenia. With depression, anxiety and bpd can cause a roller coaster of emotions that can bring you down, you can feel sadness, less interest in life, stress, and can even affect you physically. These mental health issues can make you feel nausea, upset stomach, digestive stress.

## Bullying Affects Teens

Since 6th grade I have dealt with being bullied about my appearance. The best way for me to deal with those negative things said about me is talking to someone, and letting an adult help me. Also, writing helped me, I was able to let out my emotions without someone judging me. Bullying is a risk factor that is linked to suicidal ideation and attempts amoung school aged children and teenagers. Bullying can be physical, verbal, or social and is usually repeated over a period of time. Suicide ideation/ suicide attempts happen by the teen who are being bullied but also the teen who are bullying because they experience rejection an d are not popular amongst their peers, and develop personality problems. Being bullied can affect you emotionally, mentally, and even physically. Emotionally to where you feel lost and hopeless, mentally where you have negative thoughts that affect your action, and physically to where you self harm or do things that isn't pleasant to your body. The link between bullying and suicide is depression and hopelesness to ideation to action. Suicide increases risk for the victim and the perpetrator. The graph above is explaining the percent of high school students that have attempted suicide by their gender, race, and sexuality. The CDC found that 7.4% of high school students attempted suicide in the 12 months of this survey taken on December 6, 2018. Then, 24.2% of the students were bisexual and 18.6% of those sudents were gay and lesbian students. Try not to let people's negativity ruin you, people just like to be negative because people like to feel powerful or to cope with their unhappiness. If you are ever in the position of being bullied, talk to someone, let them know what you are going through so they can help you.

Cyberbullying is a powerful movie that you should watch. It's about this teenager named Taylor, she got a computer for her birthday and with that she made a profile online. Then Taylor was starting to get bullied at school, online, and even at home. She would get mean comments on her post and that caused problems at school. Later on, she meets this boy online named James, he's nice with her but later on he starts saying rude things to her and rumors start to spread rumors about her online. With that rumor spreading the mean girls Lindsay and her friends make a video of Taylor. With all the stress of school and her friends turning on her she starts to be depressed. She would lock herself in her room, distance herself from others, and she wasn't doing well in school anymore. The worst the bullying got, the more it affected her, her emotions, behavior, and actions. After the video was online Taylor grabbed pills and tried to kill herself by overdose but her "friend" was able to stop her before she went too far. Later on we find out her "friend" Samantha was James and she was the one spreading the rumors.

This movie teaches us warning signs of a teen who is struggling with problem and might turn to suicide. Also, teaches us the danger of social media and how it can be used negatively. Bullying in any way can take a huge toll on someone's life. Another lesson is you're not alone, at the end Taylor got the help she needed and became happy, just because you are struggling with depression or being bullied doesn't mean it has to be long term. Make a change in your life to be happy, look out for your

friends and also be careful with the friends that you have.

**Depression is the Main Cause of Teen Suicide**

"I was going through some depressing, dark times. But it's a journey and I learned so much from that journey," pop star Katy Perry stated. Katy Perry opened up about her struggling with her mental health in 2017. Katy had an interview with Gail King and opened up about her writing songs when she was in her darkest place, being clinically depressed, she was depressed to where she couldn't get out of bed. She tried to use drugs as her escape but she didn't feel the effects anymore. Later on she started fantasizing about not being around. Luckily she says she didn't go that far, Katy described her album "Smile" as "touchstone of coming out of hell.." Emily Gulla. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Signs of depression can be trouble making decisions, loss of interest with family and friends, can't eat or overeats, sleeping all day, and rebellious behavior. Reasons teens might feel depressed because they develop feelings of being worthless and inadequacy over their grades, social status with peers, sexual orientation, or a family life. If teens are doing things they used to enjoy and aren't hanging out with family or friends they might be going through something. You can be diagnosed with depression at any age, a doctor can diagnose you with depression by an interview or a psychological test. You can treat depression by medications and therapy, and also support letting a teen know they aren't alone. The FDA warns that taking antidepressants can increase the risk of suicidal thinking and behavior in children and adolescents. But depression medications are supposed to relieve symptoms of depression. The National Institute of Mental Health found the best ways to treat depression are antidepressants, behavioral therapy or CBT, and or a combination of medication and CBT.
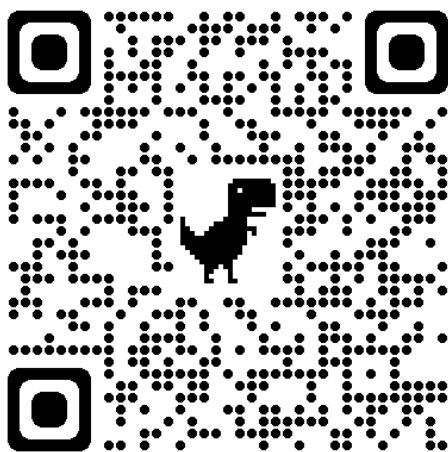
1-800-273-8255 is the National Suicide Prevention Lifeline, it is a national network of local crisis centers that provides free and confidential emotional support in suicidal crisis or emotional distress 24/7. The lifeline was made to improve crisis services and advance suicide prevention for all. Since Logic came out with his song, the calls of the lifeline increased by 27% and once Logic performed the song in 2017 the lifeline received over 5,000 calls. The QR code on the left will take you to his performance with a powerful message at the end. He concluded his performance with a message of peace, love, positivity, and equality for all.

Studys also found that the calls increased by 10,000 and their was also a 5.5% reduction in suicides amoung 10-19 year olds during the first 34 days of the songs release date. That equates a reduction of 245 suicides below the expected number during those time periods. This shows us how celebrities and non-celebrities have an important role in suicide prevention. If people communicate on how they've dealt with crisis and suicidal ideation it can help others find ways to cope and to become stronger.  The QR code below will take you to the music video, in the video it shows a young teenage boy who is a athlete, he realizes he has a crush on a boy at school. He returns home to his

homophobic father and he was judged by his family and his frineds at school for being gay. The boy finds a gun in his house and contemplates on taking his own life. He decides to call the National Suicide Prevention Lifeline and from there we see him grown up marrying a man happily. Logic himself opened up about when he struggled with crippling anxiety and depression during a tour in 2016, and he fought through by focusing on his wife and putting his priorities in order.

Teen suicide a serious problem that needs to be brought up more on the media and in school. Teen suicide is mostly caused by depression and other mental health issues, also personal things that teens go through. The pandemic took a turn on teens and changed how we think, feel, and act. Teens understand that you are not alone. You can be fighting a hard battle but it's not a battle that you have to deal with alone. Find resources, reach out for help before it gets worse, life is going to throw things at you unexpectedly but that doesn't mean you have to give up. We are teenagers and we are still growing, we are not getting younger we have to find healthy ways to deal with things. Mental health issues like depression can't break us down, and bullying and someone judging you is just another reason to fight back. Not with violence but doing what they think is impossible, you can do so much if you work for it. You are worth so much more than you think, find your worth and your happiness.

Overall, we learned mental health issues and problems that teens go through in life are the reason for teen suicide. Mental health issues like depression can change who we are and our lives and how we live. There even celebs that struggle with depression and suicidal thoughts, but they have fought through. Those are inspiring people that we can look up to because they have been through it. Cyberbully and Logic songs are good examples where teens have struggled with suicide and mental health issues, and found the help. Cyberbully is about a teenage girl that struggled with bullying and tried to take her own life which is also based on a girl named Megan Meier. Logic himself has struggled with anxiety and depression and he wanted to use his platform to help people and with the song 1-800-273-8255 thats exactly what he did, people reached out to the lifeline and suicide rates decreased.

National Suicide Prevention Lifeline

1-800-273-8255

Substance Abuse and Mental Health Services Administration National Helpline

1-800-662-4357

Nacional de Prevencion del Suicidio (SPL in spanish)

1-800-628-9454

Trevor Lifeline for LGBTQ Community

1-800-488-7386

# The Body Positivity Movement: Different Points of Views

## Janiyia Scott

 Women of different skin colors and body sizes unite in happiness.

I have a hard time with self-esteem because my body looks different from others. There are many people of different genders or skin tones who struggle with having confidence in themselves because they don't have the "perfect body." Why does anyone ever have to ever feel down about themselves because they don't look **"perfect enough"** or their body isn't **"nice enough?"**

## What is Body Positivity?

Body positivity is a movement that focuses on the acceptance of body image regardless of size, shape, skin color, or gender. It is very important and everyone should learn more about it. I want people to feel good about themselves and not have to feel like they aren't "perfect" because they look different. I've found that the female music artist, Lizzo, has a different opinion on body positivity. In her song "Cry Baby", a lyric she stated was "Us big girls gotta cry." She believes that body neutrality is a better movement. It's when you don't have to love your body but you can appreciate what it can do.

## Mental health in body shaming

There are people who experience social anxiety from being publicly body shamed. Depression and eating disorders of all ages can also be caused by body shaming. Social media changes people's ways in how they look at themselves and others. According to an article called The Guardian, 10% women have hurt themselves because of their body image compared to 4% men. I've experienced body shaming in school and through social media and it affected me badly.

## How to prevent body shaming

I feel like preventing body shaming is important. I want to help others cope with it and learn how to be confident. Female music artist, Lizzo, talks about the body shaming she experiences through social media and in real life  as a woman with a bigger body than others. To try to prevent body shaming, we should go to someone about our problems, learn to love ourselves and never let anyone bring you down because you look different. Doing this can show people who body shame that there is nothing wrong with looking the way you are.

I feel like people shouldn't go based on what other people think and they should love their body for their body and if anybody has anything to say then just ignore them or show them how confident you are in your body. Another thing is social media, social media can have the biggest effect on teens and their self confidence and I feel like they need to just delete it or post and don't look at the comments.

**71.5%** of women **and** **68.1%** of men are still self-conscious about their first insecurity.

SENTIMENT TOWARD FIRST INSECURITY, NOW VS. THEN

WOMEN    MEN

| Women | | Men |
|---|---|---|
| 28.5% | Worse | 23.7% |
| 30.3% | About the same | 31.6% |
| 41.2% | Better | 44.8% |

Source: Survey of 1,000 People

FIT RATED

# Violence

## Gun violence in New Haven, Connecticut

### Enlijah Mcclain

I chose gun violence because Ii see and hear to many things about people and their children getting killed by guns; like there seems to bes kinda no end of it .Governor Ned Lamont today announced that on the first day of the 2022 regular session of the Connecticut General Assembly,which begins on Wednesday,February 9, he will introduce a comprehensive package of legislative proposals aimed at eliminating gun violence in Connecticut through a series of targeted initiatives, including the enhancement of efforts to stop the illegal flow of guns to the state, providing millions of dollars in additional funding to law enforcement to strengthen their work, and closing loopholes in gun safety laws, among others.

And while Connecticut remains one of the safest states in the nation with a violent crime rate less than half of the national rate, one shooting is one too many,and it is our responsibility to enact sensible policies that make our communities safer,Governor Lamont said. "These are commonsense proposals that are focused on protecting our neighborhoods, stopping the illegal flow of guns into our state, and providing law enforcement and the communities they serve with the resources they need to address the root causes of violence ".

Do you think this is the right turn of events towards gun violence?

# Black Lives Matter & Gun Violence

## Shyir Cogswell

There are so many crimes that have to do with guns in the black community that happen almost everyday all over the world. We really need the violence to stop.

## Gun violence in the black community

Gun violence in the black community is connected to how someone can kill anyone over a fight or even an argument. An example I can use is how Breonna Taylor got killed because the police were looking for her boyfriend who wasn't even there at the time as the police report made there were at least 7 police officers who rushed in the house and wrongfully shot and killed Breonna Taylor. I don't think it's ever that serious to shoot someone who was totally innocent. She wasn't her boyfriend and even if the boyfriend was there they shouldn't have shot him in general because how do you know what he was gonna do if he wasn't even there. Guns are deeply ingrained in American society. Federal data suggest that gun sales have risen over the years particularly during the coronavirus pandemic. Also more Americans have died of more fun related injuries in 2020 than any other year on record. In the year 2020 over 45,000 people have died of more gun violence though others in this case who agree gun violence is not a crime would say that it's not hate crime or it's not a bad thing to own a gun, but in this case I believe they are wrong. Yes it is okay to own a gun for your safety but if you think killing everyone is your safety then you just don't need to own a gun. Gun violence doesn't always come from the black community itself, it can come from outsiders targeting the black community. This topic really hits home for me because I have a godfather who was killed because he was walking home in a hoodie and they thought he was someone else.

## Police Brutality

Police brutality is the excessive and unwarranted use of force by law enforcement against an individual or group. It is an extreme form of police misconduct and is a civil rights violation. Police brutality includes but is not limited to beatings, shootings, improper takedowns, and unwarranted use of tasers. Around 2015-2016, The Guardian newspaper ran its own database , The Counted which tracked US killings by police and other law enforcement agencies including from gunshots, tasers, car accidents and custody deaths. They counted 1.146 deaths for 2015 and 1,093 for 2016. The database can be viewed by state, gender, race/ethnicity, age, classification (e.g., "gunshot"), and whether the person killed was armed. Police officers are always brutal to the black community and usually are the cause of death when it could've been handled a different way. I know being a police officer is a job but it also doesn't give the right to seriously injure or kill someone even if they are wrong. Police officers can take them to jail like they are supposed to instead of tackling innocent people to the ground or even to the point of shooting them. Research states, "police brutality is the modern form of violence by the state against civilians". Police brutality happens everywhere from Uganda, South

Africa, Egypt and way more, so when i say it happens all over the world it really does. People that wouldn't agree with this would say that it's not wrong for a cop to kill a black person because "that's their job" and they get paid to do that but in reality they don't get paid to kill people they get paid to make arrest and give tickets etc the only time they should pull their gun is if are held at gunpoint and in my scenarios their not.

**Do You Say No To Racism??**

Racism is treating someone differently based on their race and this can include any unconscious bias you have towards people of certain races, which can manifest itself in your everyday actions and decisions. Racism is a big part of police brutality because when you check the news you always see a white man or woman go for a black male/female so racism is a really big deal with police brutality as well for example how george floyd was killed by a white cop kneeling on his neck that whole situation had to do with racism. It is important to acknowledge people's racial differences . Adopting a color blind approach (by claiming you dont know color) is as unhelpful as it suggests a lack of awareness regarding the historic impact of racism towards different racial groups and the specific concerns they might have. I want people to learn to stick up for themselves in situations that might be hard, by telling people how you feel can really make a change. If you hate Black Lives Matter then you're racist and if you can't agree with what these people are saying then you shouldn't be involved. If you encounter racist jokes or racial stereotyping, let people know that you disagree and explain your reasons – but do so calmly. You can simply question the basis for the statement or present an alternative viewpoint, to create a discussion rather than a confrontation.

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. ~ Martin Luther King Jr.

In Conclusion The Black Lives Matter Movement has impacted so many people to watch their surroundings and to tell people when they are wrong especially when the police are in wrong we need our voices to be heard and with this movement it will happen & very fast with all the racism in this world we need it to stop.

# Confronting Gun Violence in America

## Aliannette Y Lebron Rivera

Photo of the February 2018 shooting at Marjory Stoneman Douglas High School sparked protests across the country.

There is no realistic way to stop disasters. The U.S has seen numerous tragedies that cannot be writing in one page, from 1949 Howard Unruh a war veteran that killed 13 people by shooting a window down into a crowded street, and to the very recent massacre at Buffalo supermarket when a white man opened fire killing 10 people which all were black considering this a hate crime.

Across the United States more than 36,000 people get killed by guns every year. When people are afraid of gun violence, that can have a negative impact on people's right to education or health care when they are too afraid to attend schools or health facilities or if these services are not fully working due to firearm violence in their community. More implemented gun regulation and violence prevention projects can stop the carnage.

As a first step, states should recognize firearm violence as a threat to people's human rights, in particular their rights to life, to physical integrity and security of person, and to health. Knowing that every state has their own rules about guns. Understanding this violence several others from the community have made potential solutions like gun control an important and hotly debated topic in the United States.

Getting more into the side of political parties they have a lot to do with it. Republicans and Democrats find rare common ground on some gun policy proposals in the U.S. Large majorities in both parties continue to favor preventing people with mental illnesses from buying guns, barring gun purchases, and background checks for private gun sales and sales at gun shows.
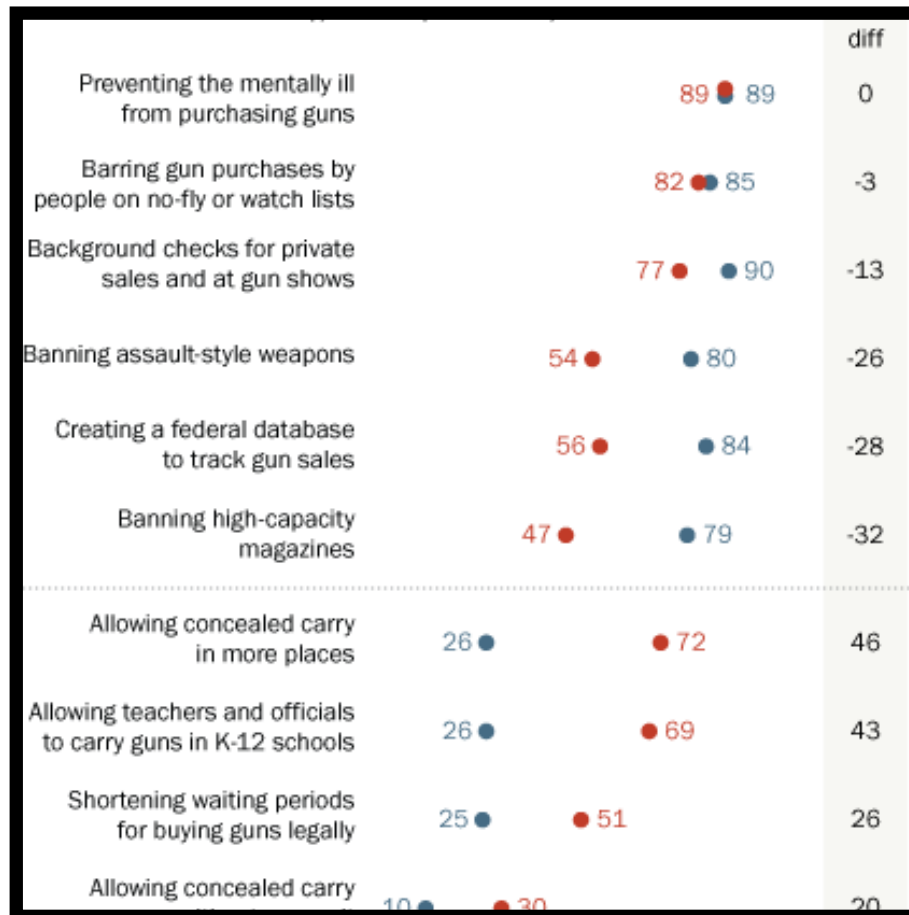
Still they have a lot of differences between them, for example Democrats also largely oppose proposals to shorten waiting periods for those who want to buy guns legally (25% favor, 74% oppose), while Republicans are divided (51% favor, 48% oppose).

Coming to the topic of Black market, most guns are stolen, or found 10% to 15% of guns are used in crimes because when they want guns they want them immediately. They wait for a weapon that is usually long lost and find its way to a criminal.

Black market is a big problem around the world. You don't need age restrictions or having your background check, you just say what type of gun you want they would tell you the amount of money and there you have it. Illegal carrying of guns There are a number of sources that allow guns to fall into the wrong hands, with gun thefts at the bottom the most common way criminals get guns is through straw purchase sales. A straw purchase occurs when someone who may not legally acquire a firearm. ''According to a recent ATF report, there is a significant diversion to the illegal gun market

from FFLs. The report states that "of the 120,370 crime guns that were traced to purchases from the FFLs then in business, 27.7 % of these firearms were seized by law enforcement in connection with a crime within two years of the original sale".

In conclusion I think Gun Control should be applied  on guns even though it won't stop everything because there are going to be ways for peopleof people to buy guns. It canguns it can help to stop thesethis massacres and crimes in theon the country and our communities.



| | | diff |
|---|---|---|
| Preventing the mentally ill from purchasing guns | 89 ● 89 | 0 |
| Barring gun purchases by people on no-fly or watch lists | 82 ●● 85 | -3 |
| Background checks for private sales and at gun shows | 77 ●   ● 90 | -13 |
| Banning assault-style weapons | 54 ●   ● 80 | -26 |
| Creating a federal database to track gun sales | 56 ●   ● 84 | -28 |
| Banning high-capacity magazines | 47 ●   ● 79 | -32 |
| Allowing concealed carry in more places | 26 ●   ● 72 | 46 |
| Allowing teachers and officials to carry guns in K-12 schools | 26 ●   ● 69 | 43 |
| Shortening waiting periods for buying guns legally | 25 ●   ● 51 | 26 |
| Allowing concealed carry | 10 ● ● 30 | 20 |

# THE HSC REAL SQUAWK WILL CONTINUE ON IN THE 2022-2023 SCHOOL YEAR

# IF YOU WISH TO BE A PART OF OUR SECOND YEAR, PLEASE CONTACT DIANNA OR AMY

# WE'D BE HAPPY TO HAVE YOU!

# PUZZLES N' GAMES

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H Q R S A B L E I S M P L O F O N O O M
G A O N T J K Q J Z Q I O K I O E P C S
E N T F R H K R S H E W D V I X P V E I
Y J I R O D G M S I C A R T E R R F N N
I P V T E Y J I E Y Y R A F E R Z Y S O
I J X P O D M A R Z C R M S R E T A O I
F R E I V V B L N L G K S A C C B Y R G
M U E D G O T W B I H I I U T I Q D S I
F X Y K R N K S M E O B E L A D P Q H L
S Y S T E M S M R N O A G H V U V K I E
R P I N V B I A S H E E A U S J E P P R
V O O E B Z C P P I D G J K J E C R R E
N C K I E H T O L I X C E G K R N W R A
E C I X T G M L C A E E U L M P E B D D
H N D L N O U I W C J P S A I A L U G S
I D A K H F U C E T A M I L C V O I Q K
C E P A G S M E D I A W T H N H I X B F
H E D U C A T I O N M M D Y A O V R N W
T N E M Y O L P M E N U Q P W S P G P U
L H K M I B N N V J K L N F S T P X L U
```

## Words Used in Word Puzzle:

Ableism, Abortion, Ageism, Censorship, Climate, Education, Hatred, Healthcare, Homophobia, Immigration, Media, Oppression, Police, Poverty, Prejudice, Privilege, Racism, Religionism, Rights, Sexism, Suicide, Systems, Unemployment, Violence, Voting, War

## Riddles:

What is seen in the middle of March and April, that can't be seen at the beginning or end of either month?

What disappears as soon as you say its name?

How many letters are in the alphabet?
(Hint: it's not 26)

# ACTING TEAM:
## LitMag ProCo (Room A107)
# NON-MEMBER SUBMITTERS:
## HSC Sophomores



Thank you so much for reading the final issue of the 2021-2022 school year. Happy Summer!

Scan the QR code above to read the full version on our website!