

Legacy will also be London's third OnSide Youth Zone and will be located in Whitehorse Road, Thornton Heath. The Youth Zone will open officially in September 2019 with the aim to transform the lives of the youngsters in the area. With Croydon being the seventeenth most deprived borough in London, the latest addition to the Youth Zone franchise will be a welcomed addition to the young people in need of support.



# The Future Of Farming.

Continued...

Twenty-seven percent of freshwater consumption is dedicated to livestock (including growing their food). Cows convert barely any of their calories (3%) eaten into beef. To make one kilogram of beef you need up to 25KG of feed and 10,000L of water. They also feed them a vast amount of antibiotics and this may contribute towards antibiotic resistance. Vegans may seem unnecessarily aggravated by meat production but the inefficiency, climate impact and cruelty are astounding.

One solution is to eat chicken and pork. These meats are better for the environment. Another is insect farming- insects are cheaper, use less water, food and space than cattle, pigs and chickens. They are also more efficient in energy-to-mass than conventional livestock and do not emit nearly as many greenhouse gases. Eating insect fritters or insect protein bars may sound horrible and repulsive at first but many cultures not only accept eating insects but also treat it as a delicacy. For example, in Thailand, ant eggs are eaten as a delicacy.

Yet another problem with today's farming is efficiency. Water is wasted in evaporation and runoff. Much the same problem is

happening with fertilisers, which help algae engulf streams and brooks. Lately it has turned out centuries old aquifers across the world have been drained for farming. However, there is a remedy for this problem.

Recently MIT have developed "food computers"- devices that measure and adjust conditions in the small area inside them to suit the crop. In addition, people are pioneering hydroponics and aquaponics (growing plants and potentially fish without soil) and these methods ironically may save up to 90% of water and not generate any runoff. Additionally, people have stacked many layers of pots or hydroponics together and lit it with pink (plants absorb pink light best) and made vertical farms – farms that use less space. There may also be plants that grow out horizontally from gardens on a wall.

Modern day farming is built around cheapness and convenience. Nevertheless, it is not sustainable. There are solutions to fix these problems. Organisations like extinction rebellion and the vegan lifestyle are helping change things for the better, in a world of healthier, more ethical and sustainable, farming and food.

Insects are cheaper, use less water, food and space than cattle, pigs and chickens.



# Social Media.

## It's Complicated. Our Relationship with Social Media

Lola Richards



What is social media to us? A positive experience full of enjoyment where we share our lives? Or a forceful and stress related experience where we are judged on all aspects of our life? We all have different opinions; yet social media continues to polarize its users.

### What is Social Media?

Social media, a world-wide communication source, used globally to create and share content or to message people from far distances. On many social media apps, you create "accounts" where you can choose to share your private information. This information is shown to people when they search through accounts, looking for people who are popular in the media industry or even a relative to the searcher. This adaption to the software allows you to choose what you would like to see, you may enjoy listening to a particular band, be interested in a particular user or like being aware of the news.

Social media is great at building relationships between different sectors of society. It can help support business, financial issues or if you're young and you've started a website or business it can be helpful to spread information on your business on social media. By spreading information globally on your business, it may bring views, requests, money or even employment.

### Social Media - The Bug!

Social media is a contagious bug which diffuses into our brain as we stare into the illuminous screen,

deflecting fake information, which causes unsureness of our own identity or beliefs. An everyday item can turn into an addictive imaginary friend, transforming ourselves into a walking talking zombie constantly spreading our opinions on something or someone at first glance, if that's their race or their features. We make ill judgements on people we don't know and categorize them into our expectations of that stranger.

Instagram, one of our most used social networking app has over 30 million people actively using it in the UK. People enjoy it so they can surf the content covering every possible global, national, or local issue and they can be entertained by memes and video games. People can keep in touch and post pictures of their recent actions, seeking attention and views from other strangers. Like any worldwide contact source arguments are going to corrupt causing bullying, jealousy, competition and abuse of social media usage.

### Opinions

I decided to ask a few of my friends in Year 7, who have Instagram and Snapchat, to tell me what they think of their experience of social media.

### Daisy Wythe

A frequent user of Instagram:

"I think social media has good and bad aspects, as it influences good things and bad things. Social media can hurt people and not give people motivation and degrade them, but it can also inspire people and give people inspiration to create."

### Elodie Fifield

Instagram user:

"I have mixed feelings on social media as I'm sure a lot of other people do. On one hand you have all the talent and creativity and knowledge and awareness that is spread throughout social media but then you also have the more dangerous side. Things like cyber bullying and discrimination online are just a few examples of the negative parts of the media. Personally I think it all depends on the way you decide to use it and whether you choose to spread negativity or positivity."

### Maja Zapotoczny

A Snapchat user:

"It's a fun app where you can add filters onto yours or your friends faces and share them with others. You can film videos and make memories."

### Bullying

We know what it feels like to have thoughts and opinions barricading you, hundreds of eyes staring at you, through your screen, somehow seeing right through your barrier of strength and self-confidence. Bullying is one of the negative parts of social media, it can include discriminating people online or messaging abusively. Bullying is horrible, particularly online. Social media should not be used to bully people.

### Fake News

Real news or fake news, can we tell the difference nowadays? Everything gets tweaked, twisted or completely changed to sound over exaggerated or fit certain views. Social media has a vast

impact on our opinion, for example when voted to leave or stay in the European Union. People spread lies about fake claims, potentially leading to us leaving the EU. Journalists tend to come out as biased by pointing their judgment finger and blaming particular people because of their opinion of them. Quoted references can also be helpful. References to people can also be made through the written accounts of interviews and debates.

### The end result

At the end of this, come away from this with a completely different prospect on Social media or come away from this with the same thought on social media before you read this. It's not all about changing your mind, it's about understanding someone else's opinion on social media or just understanding the dangerous aspects it might have.

I use social media daily, I can't lie about that, and I think it has completely changed society, nowadays especially with the young, you won't find many people, located in the UK, that do not have one of the following apps: Instagram, WhatsApp, Snapchat, Facebook etc. However, I appreciate the pros and understand the flaws or dangerous aspects of using social media. These include harassment, bullying, mental health problems like anxiety or depression and even suicide. More and more people need to be aware of these problems, so we can raise awareness and educate those who are young and don't understand.

It's a complicated relationship:



Social Media

« INTERVIEW

## The Power of Social Media.

Vanessa Sam

In the 21st Century, social media plays a key part in the lives of many people. Teens spend an average of nine hours online or on technology a day.

Students from Year 7 to Year 9 will be sharing the personal perspectives on Social Media, as well as teachers at the Norwood School.

Social media is a controversial subject, as many people believe that entering an online world is extremely dangerous for young people. However, some may argue that social media is an excellent way to communicate.

Social Media has a massive influence on the younger and older generations. Stereotypically, older people are meant to think that social media is pointless and that it disconnects people from the real world. I recently travelled round the busy Norwood School corridors to interview six different people. I asked them all the same question: Do you think Social Media is a good thing or not and why?

Across the featured generations in this article, the majority said that social media is a good thing but there needs to be a greater emphasis on education. The systems must develop as well as improve. Social media is a huge part of our communities: we must start teaching valid safety rules as well as ways to use social media effectively to learn how to use technology to its highest advantage.

Social media may receive a negative press, but it has the potential to have a positive impact if used correctly. I hope that the benefits and dangers are taught in school so that it can become an incredible platform for young people express themselves.

## The Interviewees.

Mr Jones, Teacher

"It allows people to communicate and tell people what's happening and gives them freedom. You can use social media in schools to create groups and create topics of interest and get their parents involved too."

Sophia Bryan Compton, Yr 9

"I think that social media is a good thing but has bad things connected to it. One of the bad things is the fact you can find someone by just typing in their name. But you can connect with people all around the world and if you have friends or family from other countries then social media is a great way to contact them."

Lexie May, Yr 7

"Social media has a great influence on young people and helps people from communities come together and create bigger communities with the same interests. It's also used to contact people around the globe such as friends or family or even people you don't know as long as you are messaging for the right reasons."

Luana Talaia, Yr 8

"I think that it is great because it helps you interact and communicate with people in ways that couldn't be done before and were unachievable."

Ms Blechner, Teacher

"Some points for it being good are that it helps you to communicate, unite and understand and empathise with different people from all over the world. It connects you with people who you might never have reached otherwise, it is great for business and it is great for building a platform and building a brand. It is very good for getting involved in debates and discussions with like-minded people or even people who are different from you. However, we can use social media to project an image of ourselves that is false. Nobody posts about their bad days and this leads to young people comparing their lives with celebrities who seem to be living the perfect life, and this can have an impact on self-esteem."

« OPINION

# Desperate drive for perfection.

Alfie Evison de Haas

Unrealistic beauty standards can have a serious impact on mental health. There are so many people walking around with their faces caked in makeup, not to mention the increase in anorexia and eating disorders amongst teenagers.

If you are ashamed of your spots or acne, do not try to cover it up with makeup. If you continue to use make up in this way, it could irritate your skin and your acne will get worse. Instead, wash the affected area with a mild soap or cleanser and lukewarm water. Very hot or cold water can make acne worse.

Furthermore, there are other factors leading to teenagers becoming insecure; teenagers are self-conscious about their weight. Never judge your weight on what other people look like. You can strive to lose weight, but you should never starve yourself; eating

disorders can affect every organ system in the body. This can have a damaging impact on your relationship with food and with your peers.

I am not suggesting that you should never wear makeup or you should not care about your appearance. However, I do I think you should refrain from using make-up excessively where it becomes a reliance. Also, try not to compare yourself to unrealistic beauty standards as the majority in the media tend to be airbrushed and edited. Beauty does not define you and you should not feel under pressure to look a certain way because the world tells you to do so.

Finally, I want to leave you with this message: love yourself and those around you. We are all more than the masks we often hide behind: we do not need to continue on this desperate drive for perfection.

« OPINION

## The Royals. What's the point?

Oscar Roche

Why do we have the royal family, what's the point? These are the questions I ask myself too. Some people say they just sit on their thrones all day, doing everyday things, while making money. Well I have to say, I agree with them.

In the middle ages, people actually had to fight for the throne. Power was won by the strongest and best in battle. Today, however, Royals get to sit on their precious little thrones, while the media rush around their palace trying to get a snap of the newborn 'Royal' baby. Ask yourselves deep down, is it really right?

Some will say they do have the right to all the wealth, as it was earned by their ancestors, and just like any family, when they perish, their offspring will gain the money. Although this seems to be a fair comment, others may argue that it is still wrong that they get so much attention from the media.

I asked a couple of family members on their opinion on this topic. "You can't help the family you are born into, whether it be rich or poor, aristocracy or normal, but you can try to do right by other whilst alive. The Royals can make a contribution to society as much as any other person."

Karen Roche

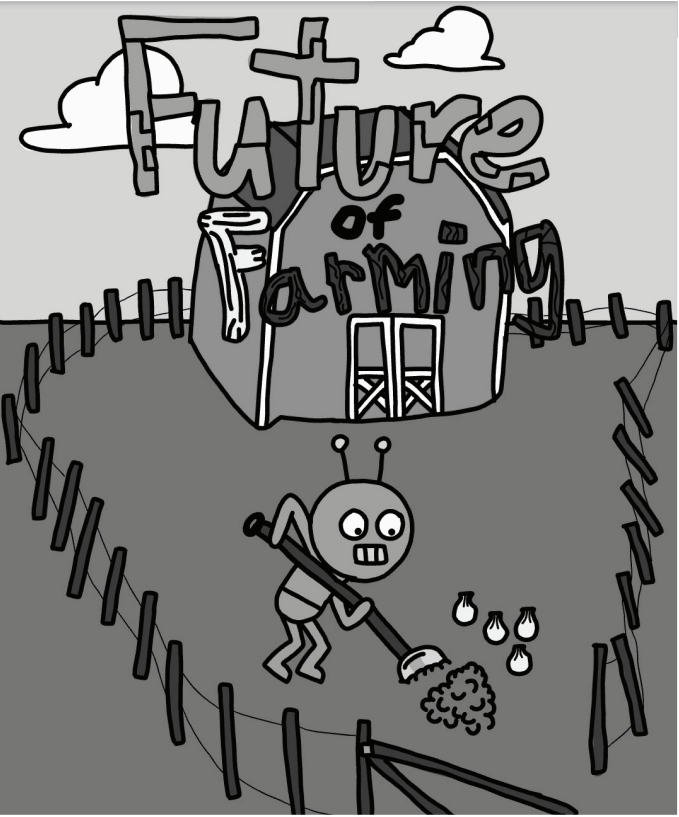
"I think the Royal family is outmoded and as a result need to hand back a large part of their wealth. I would enforce this through an act of parliament - no person (not only Royals) should have land worth over 40 million pounds. The land would go back to the state for

« GALLERY

## Picture it. Norwood Doodles



Sam Holden 8EBR



## Being a Teenager

