

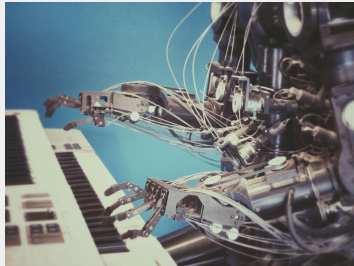
THE DUAL DIPLOMA TIMES

JANUARY 2024

WRITTEN BY STUDENTS AROUND THE WORLD

THE NEWSPAPER CLUB IS HOSTING A WRITING CONTEST. DETAILS ARE ON PAGE 44.

LAIA CONDES MARTI ON THE IMPACT OF
AI ON THE ENVIRONMENT ... PAGE 3



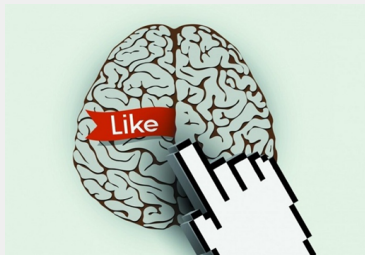
A POEM BY MANON ROY ... PAGE 7



NAIARA REVUELTA SHARES HER OPINION
ON SILENT WARS ... PAGE 10



PAULA LAO ON THE EFFECTS OF SOCIAL
MEDIA ON TEENAGERS ... PAGE 4



EVA-VICTORIA SCHNEIDER-REINE ON
SCHOOL FLAWS ... PAGE 8



MARGAUX PEILLET ON VOLUNTOURISM,
THE EXCESSES OF THE
COMMERCIALIZATION OF
HUMANITARIANISM ... PAGE 11



JANE SEGERS ON THE JOURNEY TO
BECOMING A PARISIAN FIREFIGHTER ...
PAGE 6



LAIA GÁMEZ PALAZÓN REVIEWS THE
BOOK *CITY OF SMOKE* BY JOANA MARCÚS
... PAGE 9



IRENE HIGUERA GÓMEZ ON ELON MUSK
... PAGE 13



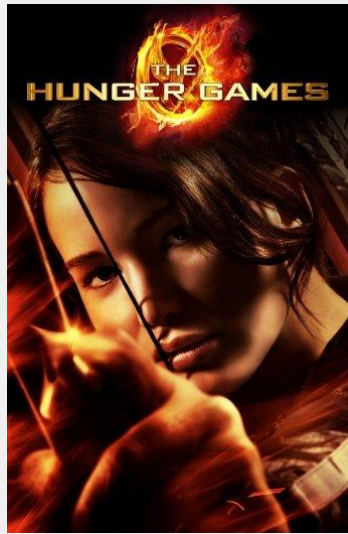
JULIE GALLAS AND LUCÍA LLORENS
GARCÍA ON TEENAGE MENTAL HEALTH . .
. PAGE 16



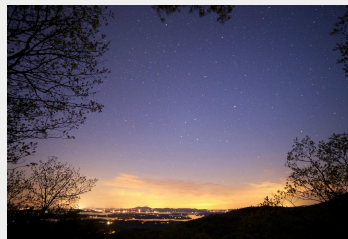
YASMINE DIANI ON THE EVOLUTION OF
FASHION BETWEEN 2020 AND 2023 . . .
PAGE 19



CARLA ROA ON WHAT WE ADMIRE ABOUT
THE HUNGER GAMES SAGA . . . PAGE 23



A POEM BY MARIA BAENA ARRIAGA . . .
PAGE 26



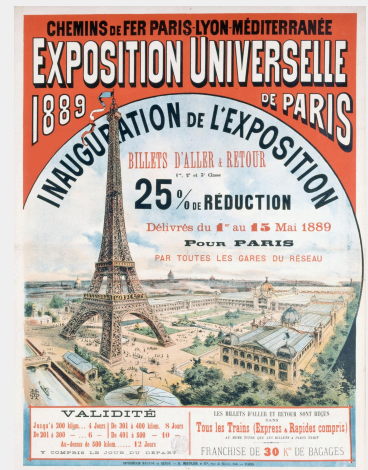
FICTION BY SARA MITCHELL . . . PAGE 25



MAÏSSARA SEDDAK ON INHERITED
TRAUMA OF WAR AND VIOLENCE . . .
PAGE 33



EVA NAHON ON THE TENSIONS BETWEEN
NATIONS AT WORLD EXPOS . . . PAGE 38

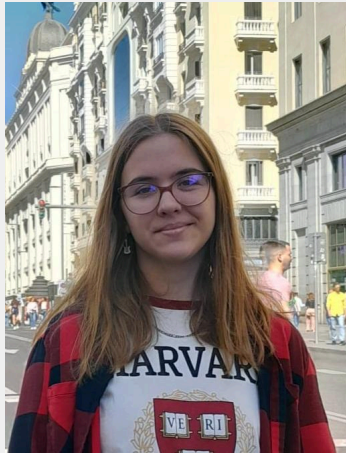


TERESA PEREIRA FERNÁNDEZ ADVOCATES
FOR HUMANITARIAN AID PROTECTION .
. . . PAGE 41



HOW DOES ARTIFICIAL INTELLIGENCE IMPACT THE ENVIRONMENT?

By Laia Condez Marti



MADRID – Artificial Intelligence is an astonishing tool to help humans with more technical tasks. It has an even more surprising carbon footprint.

Artificial Intelligence is used in speech recognition, computer vision, customer service, recommendation engines, and automated stock trading, and this technology is involved in diverse fields, such as entertainment, data analysis, and healthcare. In recent years, AI has spawned useful tools, like OpenAI's ChatGPT, usable by anyone regardless of their knowledge of this technology.

However, AI does have a greater negative impact than what we realize.

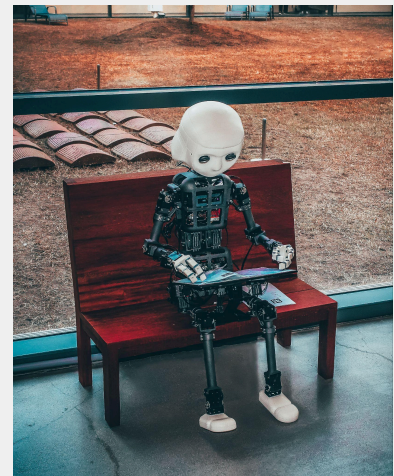
The University of Massachusetts, Amherst, studied the environmental impact of training an Artificial Intelligence machine. The paper found an incredible figure: more than 626,000 pounds of carbon dioxide were emitted in the process of training once an AI model focused on the handling of human language. This number is equivalent to almost five years of American car emissions, including its production. If we focus on the emissions cost of training this model, 222 pounds of carbon dioxide are wasted on average between the training of five AI models one time. However, this number is more dangerous if we take into account that this type of language model is trained more than once as the research to work properly so that the emissions would be greater than the numbers shown in the paper.

Therefore, if AI is a powerful tool but has a big carbon footprint, is there any solution?

According to the United Nations, AI will be a great tool in the mitigation of

climate change effects. For example, the UN states that AI can improve predictive weather models through its data analysis abilities, helping governments and authorities to plan adaptation and mitigation strategies to strive through climate change and help prevent any disaster due to extreme weather. Also, AI will be able to track the pollution level of urban and suburban settings to alert in case of a dangerous level and will improve urban planning to make this setting a less polluted area.

AI's carbon footprint supposes a big disadvantage, therefore we must acknowledge the cons meanwhile using its



benefits to serve the good of humanity.

HOW DOES SOCIAL MEDIA AFFECT TEENAGERS?

By Paula Lao



BARCELONA – We're living in the era of Artificial Intelligence, experiencing continued advances in technology, telecommunications and in all the transactions that take place over the internet. Technology is everywhere we go. Especially, since we keep smartphones in our pockets.

Our smartphones carry our music apps like Spotify or Youtube, messaging apps like WhatsApp, and all our other social media apps. The social media apps are a group of apps where you can post your daily life, talk and meet other people without knowing

their phone numbers, or read about world news. The most known social media apps are Facebook, Twitter, Instagram and Tik Tok but, the most used platform is Facebook.

Facebook is a social network that was created to be able to keep people in touch, so that they could share information, news and audiovisual content with their own friends and family. All types of users can register there, such as individuals, or companies.

Its main function, therefore, is to connect users, to put people in contact so that they can share information about themselves, their tastes, their experiences and, ultimately, their daily lives. We use it to upload things about ourselves and make ourselves known.

Teenage Users

Many teens find it impossible to live without it. An article in *Mundo Deportivo* reports that the addiction of teenagers to their smartphone is increasing over time. Thirty-five percent of teenagers are addicted to the actual technologies and some of them express signs of

withdrawals when it is taken away.

This company carried out an experiment that consisted of a survey of 1,200 Spanish teens ranging from age 18-22 years.

The results:

42% are moderate users: they use the phone, but they are not addicted.

19% are hyperconnected so they use his phone to do lots of things.

10% are organized so they use her phone to organize their tasks, control her physic activity or improve her studies.

10% are socialized, those who use the phone to communicate with others.

10% are impetuous, they normally use them to seek intense feelings, such as by gambling.

9% are escapists those who use the phone to watch series, movies or videos.

A conclusion we can make from this data is that these results demonstrate that within this age range, more than half of teens are responsible: they don't overuse smartphones, organize their time and tasks. A

little less than half lack control. Social media apps cause the most addiction to this sector of teens.

Dopamine and reward: the history of social networks

"Social media 'rewires' our brains in such a way that we expect instant gratification. In other words, when we receive a notification, message, like or share, we expect quick, short-term pleasure reward because the brain will produce a "dopamine hit."

We are constantly trying to find the approval of others so when we don't receive a "like," a message or what we are trying to get we feel alone or sad. We feel like we are not the person that we wanted to be.

That's why we also compare ourselves with the others that, unlike us, do receive likes and approval from others.

Social media can be

harmful by distorting our self-image, and while social media platforms help us connect, they can also, ironically, make us feel isolated, reduce our self-confidence, and diminish our overall sense of self-esteem.

That's why we must set boundaries between what is beneficial and what is potentially harmful to our mental health.



THE JOURNEY TO BECOMING A PARISIAN FIREFIGHTER

By Jane Segers



After four months of intensive training to become a Parisian firefighter and a member of the French army,

Nathan Segers, 18-years-old and fresh out of high school, tells us about his fascinating experience.

First of all, could you briefly summarize the four-month training process?

"After undergoing multiple cognitive, physical, and medical tests, I was deemed fit and drafted into the training center. It all started with a military formation that lasted two grueling weeks (we were trained from 5 am to 10 pm!). Then, I went through a one-month victim assistance training, to finally end with a

two-and-a-half months of fire training. These two months are marked by a week's immersion in a fire station".

What an exhausting program! And what have you learned overall from these many training courses?

"The military formation focused on teaching us to learn the military basics such as weapons and ranks. Concerning the victim assistance training, the theoretical knowledge to be acquired was considerable: how to perform cardiac massage, stretcher care, treat burns and wounds, care for



traumatized people, even deliver babies, and so on. Finally, the fire formation taught me about safety standards, how to save a person from a fire and extinguish flames, how certain gases work, and what triggers an explosion . . . I also acquired resistance to very high temperatures, tiredness, and effort. Whether it's fire or rescue training, there's a huge amount of both theory and practice."

Apart from motivation, what do you think are the most important qualities for becoming a firefighter?

"I believe it is [essential] to be passionate about sports, and good at all kinds of physical exercise. Fatigue resistance is also a decisive ability, as you sleep on average four hours per night, and go through overall one sleepless night a week. Being able to keep a cool head is also an important skill in this environment,

we often go through such stressful situations that we forget half of what we learned! Finally, it is necessary to not act individually, but really work collectively, and think as a team. You constantly live with around twenty other people, so the individualistic little flaws are quickly easy to spot and often quite problematic."

Well, I understand that it's not an easy job. So could you tell me what you like the most in this atypical job?

"I firstly appreciate the team life and cohesion within the group. I also definitely like to serve and be concretely useful - that's actually the reason I became interested in becoming a firefighter. Finally, I realized when I made my week of immersion in a fire station that I really like to go on intervention. I love this adrenaline rush, even in the middle of the night!"

POETRY



By Manon Roy

I TAKE MY ROOTS IN ANTIQUITY. I FAVOR EXPRESSIVENESS AND CREATIVITY. ORIGINALLY, I MEAN "TO CREATE". I AM A PRETTY EXTRAVAGANT PERSON: I OFTEN HAVE A HIDDEN MEANING. I WRITE COMPLEX THINGS, BUT ALSO FOR CHILDREN. I AM MUSIC AND BEAUTY, ORIGINALITY AND COMPLEXITY. GOETHE SAID OF ME I WAS AN IMAGE. BUT I WOULD RATHER SAY AN EMOTION. SOMETIMES, I MAKE YOU CRY. YOU NAMED ME, POETRY.

SCHOOL FLAWS



By Eva-Victoria
Schneider-Reine

The further we go in time, the more we notice the flaws of our educational systems. Those flaws could be defined as the constant elitism and excellence expected, the number of hours of classes, dated school subjects, the response to children with special needs. The lack of influence of teachers on policies and politics, and even the non-individual approach to children.

Systemic flaws

Children, especially teenagers, are sleep-deprived in the American system. In the French system, kids suffer from overwhelming mental workload. In the

United Kingdom, eleven-year-old kids are under great pressure because they have to take an exam that will determine whether they are admitted to a grammar school.

Powerless teachers

Even if teachers are part of the first people to realize those flaws, when they try to address them, they are often not heard and do not have as tangible an impact as they should have. This is due to the fact that in most educational systems, teachers do not intervene in political decision-making. Aside from the students, teachers are also the first ones affected by government cuts in the budget allocated to education. The addition of all these drawbacks, lead to strikes and teachers leaving the profession.

Powerful teachers

However, the picture is not completely bleak either, in Sweden for example, teachers are highly involved in policymaking and are

granted a high level of autonomy in their classrooms. This allows them to adapt teaching methods and materials to the needs of their students. In the Netherlands, parents are keener on balancing better their work and personal life. This is because they are allowed to have a papa/mama day, which is a day when parents do not work in order to spend the day taking care of their children.

Alternative schools

There are also alternative schools and teaching methods that encourage students to be independent, enhance practical activities and, where students are dealt with as an individual and not as a group. Examples of the alternative school systems would be Montessori schools, Waldorf schools, Forest schools, or even charter schools : the school system we have the chance to experiment while doing the Dual Diploma Program.

BOOK REVIEW



By Laia Gámez Palazón

BARCELONA – If you are reading lovers, you are in the right place. *Cities of Smoke* is the first book of the Fire trilogy, written in Wattpad by Joana Marcús in 2019 and later published in 2022.

What is the book about?

It is a science fiction and adventure book with a touch of romance. It is a juvenile novel that has captivated many readers due to the creative way in which it is written.

After a great war, the world was divided into several cities, of humans and androids. 43 is a methodical android who has always done the right

thing. She has never questioned what she really felt or wanted.

When her city is invaded, she is forced to escape to survive.

What is the main message?

As expected, everyone has their own point of view regarding any type of reading. On the other hand, for me, this is the main message. A family does not have to be of the same blood as you. When Alice meets those who will be her long-term traveling companions, she will do everything and more to

protect them, as if they were her family.

My Recommendation

If you like to connect with the protagonist, cry and empathize with characters, I recommend it 100%.

It certainly touched my heart; it is a book that hooks you, and you don't want to reject it. Now you know if you're looking for a new book to read, *Cities of Smoke* could be next. How far will your curiosity go to start reading it?



OPINION: SILENT WARS

By Naiara Revuelta

MADRID – On October 7, 2023, Hamas militants fired rockets at Israel just before infiltrating several armed men into the country, killing in total more than 250 people, wounding around 1,500 and kidnapping dozens. In response, Israel bombed the Gaza Strip –a Palestinian territory controlled by Hamas– causing a similar number of deaths and injuries, and then declared war on the Islamic organization.

The fact spread throughout the world quickly, as though it were news. But the truth is that the origins of the conflict between Israel and Palestine date back to 1948, one year after the state of Israel was created.

Originally, the idea was that the territory would be divided into two parts: one for Jews and one for Muslims. But this accord did not stop the conflict.

All of this ended up leading both sides into several bloody wars that could be simply counted as one: the war between Israel and Palestine. So October 7, 2023 was not the first time that the population of those countries heard bombings, but it was the first time some of us heard about them.

As Palestine and Israel, there are many countries now suffering due to armed conflict, many of

the African continent, 21 in the Asian continent, 7 in Europe and 6 in Latin America.

Our world is in continuous conflict, but it silences the noise of wars, when we are not aware of them, as if ignorance leads to nonexistence. But the reality is that many people are suffering in silence due to these wars and the rest of the world, who should feel fortunate to enjoy peace, does nothing to help them.



which we could call Silent Wars. Currently, 45 armed conflicts are active in the Middle East and North Africa, 35 in the rest of

Image: Aerial View of Gaza after the October 2023 attacks

VOLUNTOURISM, THE EXCESSES OF THE COMMERCIALIZATION OF HUMANITARIANISM

By Margaux Peillet

ALBACETE – Historically, international volunteering has tried to respond to a twofold challenge: to act in solidarity with the most marginalized members of society and to raise the awareness of those involved so that they become agents of change.

Over the past few years, those involved in international volunteer work have seen a significant increase in the number of volunteers, and the rapid development of new forms of volunteering and related activities. The predominant new form of volunteering is voluntourism.

Voluntourism is a neologism formed from the words "voluntary" and "tourism". According to France Volontaires, a French platform for international exchange and solidarity volunteering, voluntourism is a "form of

tourism combining travel and voluntary commitment" that "promises individuals wishing to commit themselves to a cause the discovery of new cultures while helping local communities."

While the initial intentions may seem estimable, in reality, some organizations offer paid stays whose economic model is based on the profits made from this voluntary commitment, often to the detriment of the general interest. Playing on people's quest for meaning, these practices run counter to the principles of quality volunteering.

This merchandising of volunteering derogates from the principles of quality volunteering like long-term partnerships, follow-up, and support before, during, and after the experience, guaranteed safety. These are fundamental principles of volunteering that are now being put to the test.

People who practice voluntourism are

generally individuals looking for a good deed, students looking to expand their resumes or companies. Contrary to the traditional approach of international aid volunteering, voluntourism is based on the desires and expectations of people who want to get engaged, "clients" to be seduced at any price, rather than on the real needs of local communities.

Voluntourism is no longer really about volunteering, it's about marketing. The misery of local communities becomes a source of business and tourist attractions.

This form of volunteering has many derivatives. We see the emergence of trips lasting a few weeks (as a general rule, a humanitarian trip lasts a minimum of 6 months) created by agencies that neither present clear objectives nor even require any particular skills to participate. But participants don't think twice about it. They see a chance to fill out their resume, to show everyone how admirable they are, and to explain how this

experience has changed their lives at the expense of changing the lives of the people they were supposed to be helping.

Except that most of these agencies' "clients" overlook the fact that volunteering is a real profession requiring specific skills. Not everyone can come to the help of local populations from one day to the next. Because being on the spot is great, but if you don't know what to do and how to do it, it's useless! This practice has given rise to the term "whitesaviorism", which

means a privileged, well-meaning person who goes to a less developed part of the world to do good work for underprivileged communities without any qualifications, but only to show off on social networks in order to have a savior image. So if you'd like to get involved, you need to ask yourself some key questions. Why do I want to do this? Do I have the skills required to do it? Are the participation fees too high? If so, you should find out, as this is often a bad sign. Are the missions clear and organized by

identifiable partners? If, after answering all these questions, you think you're ready to embark on a humanitarian trip, then why not?

It is, therefore, necessary to put in place measures to limit voluntourism, and this starts with raising society's awareness of the potential abuses of international volunteering. In the hope that voluntourism will eventually disappear, to be replaced by a form of volunteering that is responsible and sustainable for all.



THE MAN BEHIND THE X

By Irene Higuera Gómez

Elon Musk, one of the most powerful, influential, prominent and flamboyant individuals that exists in our society is very prominent for some of his businesses such as Tesla or having bought Twitter, currently named as "X". However, there is a great lack of knowledge and intrigue around his person. How did he come to power? What is his private life like? What are some of his strangest businesses?

Musk was born in 1971 in the South African administrative city of Pretoria. His father was from South Africa, while his mother was Canadian. The first video game he created was Blaster, at the age of twelve, which was a fun space shooter game that was later sold and published for \$500 in PC and Office Technology magazine. Thanks to his mother's Canadian background, Elon Musk became a Canadian citizen in 1988. At that time, the young Musk

decided to leave the country since he did not support apartheid (a system of racial segregation present in South Africa and Namibia at that time), he did not want to attend the mandatory military service and he knew that he had better economic opportunities in the United States.

Elon Musk decided to continue his studies after arriving in Canada, starting his university career at Queen's University in Kingston, Ontario, Canada. He later transferred to the University of Pennsylvania in Philadelphia, where he graduated in physics and economics in 1997. He later decided to start graduate school in physics at Stanford University, however, he decided to drop out since he wanted to concentrate on being a great entrepreneur and get his business ideas off the ground.

His great economic power began with the launch of Zip2, a web software company that developed and marketed a city guide on the Internet almost a decade before Google

Maps was launched. With part of the 22 million that this first company brought him, he created X.com. It was an internet bank founded in 1999 that later merged with Confinity and changed its name to PayPal. Musk was named CEO of the company in September of the same year but was fired when he went on vacation. The online auction eBay bought PayPal in 2002 for \$1.5 billion.

Thanks to his share of this huge amount of money, he was able to cover one of his main concerns, maintaining human survival. To this end, he believed that humanity had to become a multiplanet species. He was not satisfied with the rockets and the space industry of the time, so his solution was to create his own aeronautical company. In 2002, he formed Space Exploration Technologies, commonly known as SpaceX, to make space rockets more affordable for society. The first two rockets he created were the Falcon 1 (expendable launch vehicle) and Falcon 9 (partially reusable two-stage launch vehicle).

These two rockets were much cheaper than those created by the competition, so Musk's plans came to fruition. This company created many more rockets and is also contracted to build the lander for the astronauts returning to the Moon by 2025 as part of NASA's Artemis space program.

Another of Musk's main goals was the preservation of the environment by manufacturing electric vehicles. To this end, with the money earned in his previous ventures, in 2004 he became one of the main founders of Tesla (a company that creates all-electric cars). In 2006 Tesla introduced its first car and by 2010 the company's initial public offering raised about \$226 million. Numerous cars of this brand have been recognized worldwide, such as the Model S sedan or the Model S sedan. These cars became well known because despite being electric, they were capable of reaching high speeds in a short time.



Lately, there has been a lot of talk in the media about Elon Musk due to his decision to buy the social network Twitter, which he has named X. He proposed to Twitter to buy the company for \$54.20 a share, for \$44 billion. After a legal battle, Musk achieved his goal, he bought the world-renowned social network. Some of the measures taken by the entrepreneur was to charge as much as \$8 to users to get verified or unban some restricted accounts such as Donald Trump.

In addition, Musk has a number of companies not so well known but with great power such as SolarCity (specialized in

electric panels), Halcyon Molecular (researches drugs focused on increasing longevity), Neuralink (aims to integrate the human brain with artificial intelligence), OpenAI (one of the most important companies in the field of artificial intelligence), The Boring Company (creates subway tunnels to improve traffic) or Starlink (aims to provide an Internet service to the whole world).

Elon Musk's current economic power can be estimated at about 258.000 million dollars, although in previous years he has had a greater fortune.

His immense economic power aside, Elon Musk is also known for some eccentric or out-of-the-ordinary ideas. All the geniuses that have existed throughout world history have had bizarre plans, and Musk is not left out. After the success of his company Space X, having sent astronauts into space, he had the idea of bombing Mars with nuclear weapons. Musk himself stated: *"The idea is not really to bombard the surface, but its sky and only over the north and south poles of the planet. Doing it repeatedly every few seconds over a long period of time would create pulse-repeating sun effects over these regions"*.

The billionaire was not happy with the education his children were receiving at school, so he decided to take them out and create his own school. This school is called Ad Astra and is located in Brownsville, Texas. Ad Astra is officially listed as an active private school that has 40 students and includes grades 2-8 (ages 7-14). Ad Astra mainly

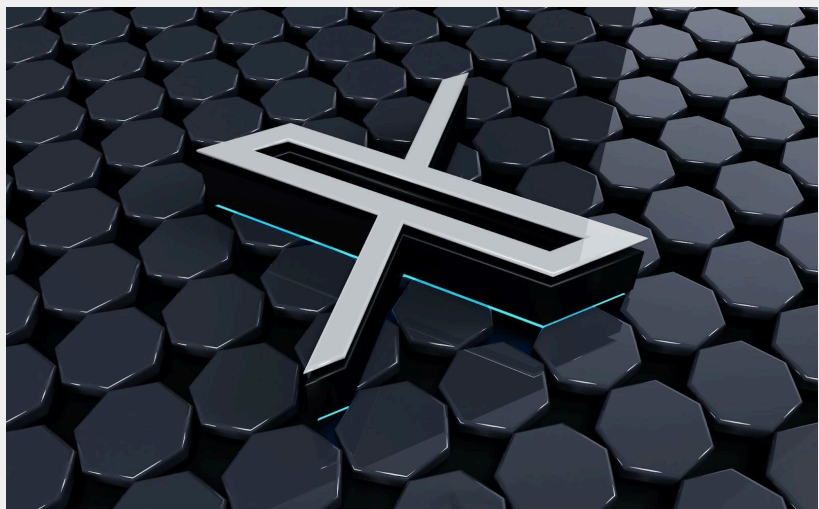
teaches programming, engineering, ethics, and concepts to form your own business and be an entrepreneur.

In addition, there has been a lot of controversy lately over the name he has given his sixth child, X Æ A-12 Musk. Although the parents have tried to give explanations as to why this name was given, few people have understood it. On the other hand, Elon Musk launched a Tesla car into space driven by a mannequin.

Among Elon Musk's future plans is to expand his wealth, although as of November 2023 he is the richest person in the world according to Forbes. In addition, he has presented the Master Plan 3 with which he wants to

add renewable energy to the existing options, producing more electric vehicles, installing heat pumps in homes, and building airplanes and boats that have sustainable fuels, seeking to reach what the entrepreneur points out as "a civilization with sustainable energy". This will require 10 billion dollars in investments.

It can be concluded that Elon Musk is a genius of our time, even if he sometimes has peculiar ideas, since at only 52 years old he has managed to create one of the greatest wealth in modern history and several companies in different fields. What do you think he will announce to society next?



[DISCLAIMER: THE DATA REPORTED IN THIS ARTICLE IS A RESULT OF A STUDY LED BY THE AUTHORS. IT SHOULD BE CONSIDERED A SAMPLE, FOR ILLUSTRATIVE PURPOSES, NOT AN EXHAUSTIVE SCIENTIFIC STUDY AND HAS NOT BEEN REVIEWED BY INDUSTRY PROFESSIONALS.]

TEENAGE MENTAL HEALTH



By Julie Gallas and Lucía Llorens García

I'm sure you've heard of mental health. On one hand, it's not a problem to openly talk about this nowadays. On the other hand, there's still a lack of information.

Have you ever felt like the weight on your shoulders starts to feel like a burden? Most teenagers often go through this. Feeling like this is completely normal, we're just humans after all, but it's important to learn how to deal with this and be able to recognize your boundaries.

Often mental health is misunderstood and stereotyped. Due to social media's heavy influence on younger people it is even more stereotyped than ever. We often call someone "crazy" when they are not, and people with diseases are unfortunately seen as dangerous. This misinformation can lead to the unrecognition of mental health issues and the development of a feeling of not being understood.

Stereotyping a disease may create discomfort and sadness for the people diagnosed but also fear of being diagnosed, and this is our goal in writing this article: we want to bring more light to this subject and help the teenagers to understand their mind better.

We realized a survey in which 9 teenagers expressed how they're feeling. And here's what we got:

8 out of 9 teenagers frequently feel stressed. This is a worrying fact knowing that this is

almost a 100%. We've also asked what was the main reason for their stress and the answers were that 9 out of 9 teenagers feel stressed due to school. We know for a fact that school might be boring and it's not always enjoyable, but that's not what is causing this constant weight on our shoulders; the constant pressure, the bad organization, comparison, etc. is, and that's definitely a lot to go through on your own. That's why most teenagers try to find their own little space where they can release all that pressure.

In general, what teenagers most often do is find a good friend in which they can rely on whenever they want. We also have hobbies like reading, listening to music, sports, etc. as a way to escape. There are teenagers who are informed about ways of breathing and keeping calm in stressful moments.

But some teens haven't got that little space for them; that's why

teenagers should be aware of all the options there are within their reach, because everyone should see a light at the end of that tunnel we sometimes find ourselves in.

We also see that 6 out of 9 of the teenagers said that they were feeling pressured by society. This can take form from school as we said earlier but also from social media and our environment. Nowadays,

also mental, we will always find someone better than us on social media and it might create mental disorders. This pressure from society can also be understood as a pressure from our environment. When we are around toxic people, it might influence us, and we can start to believe that we are not good enough.

On the other hand, 66.7% of the teenagers

not all bad. It is always good to put effort into the things we do, but the problem comes when this starts to feel like a source of stress.

Also, about 33.3% of these teens did not know if they ever encountered a mental health issue. This could recall the misunderstanding issue that we developed earlier and how important it is to teach teenagers about mental health and how to take care of their mind.



teenagers are often on social media and we have a lot different representations.

Unfortunately, we see more of the perfect lives than the imperfect ones, this might create complexes in many ways. They may be physical but

answered that they were putting a lot of pressure onto themselves. We can describe this as Academic Validation, which means that "a student comes to depend on their academic outcomes to get a sense of acknowledgement and appreciation." Which is

4 out of 9 said that they never had a mental health issue, but 8 out of 9 said that they often feel stressed. This shows us that teenagers are unaware of their issues, they are frequently not taken seriously, but they have an important impact. Even having stress regularly is a mental condition and needs recognition.

Fortunately, 75% of them do not think that they require professional help. What is worrying on the other hand is that some of them think that they might need help but are not getting it. This shows

a lack of trust or maybe fear that might be due to lack of information.

The mental health department is more likely to be described as scary, sad and dark. We do not know enough so we let our subconscious drive our decisions and this is unfortunately creating unwanted consequences.

Finally, we see that 0% of them choose adults from the school system as people to whom they might talk about their issues. This, once again, shows us how the school system of the students we polled is not serving teenagers' mental health.

We also see that 7 of them chose friends as a source of trust, they feel more comfortable sharing problems with them. This is understandable and it is reassuring to know that teenagers still feel able to share even if it is not with professionals. Having someone to talk about is, in the end, the most important thing especially when it is about mental health.

To conclude, we can say that teenagers nowadays have many factors to be stressed and mentally unhealthy. Fortunately, they mostly have light problems but this survey showed us that mental health is not taken seriously enough by most

of the teenagers and it is not discussed enough which can lead to more serious issues.

Photo: Alexis Brown on Unsplash

Drawing: Original art by Ana Navarrette



THE EVOLUTION OF FASHION BETWEEN 2020 AND 2023

By Yasmine Diani

Fashion occupies an essential place in our lives, reflecting our societal and cultural evolution.

Between 2020 and 2023, we saw many changes in the way we dress. These transformations have had a significant impact on the fashion industry and have contributed to the emergence of new trends. In addition, dress style has become an essential way to express our personality and individuality. In this essay, we will explore the main changes in fashion between 2020 and 2023 and discuss how dress style can represent a person's personality.

Sustainability

One of the most significant changes we have seen in recent years in the fashion industry is the transition from ephemeral trends to sustainability. Whereas before, fashion was often dictated by ephemeral

and changing trends, the ethics of sustainable fashion has gained importance. Consumers are increasingly aware of the environmental impact of the fashion industry, which has encouraged brands to adopt more ethical practices. Recycled materials, vintage clothing and ethical brands have become

popular choices for environmentally conscious consumers.

The dress style can thus reflect the personality of a conscientious person, concerned about the future of our planet.

Individuality

Between 2020 and 2023, we also witnessed an



increase in the importance of individuality in dress style. While some people still choose to follow the dominant trends, more and more people are looking to stand out and assert their singularity through their appearance. Clothes become a way to express ideas, passions and personal values. Creative people can opt for unique and eccentric clothes, while others prefer a more minimalist style to display their simplicity and refinement. In this way, the dress style becomes a blank canvas on which everyone can paint their personality.



Social Networks

In recent years, social networks have played a major role in the influence of fashion. Platforms such as Instagram and TikTok have allowed individuals to discover new trends, find inspiration and share their unique looks. Fashion influencers have become references, and brands often collaborate with them to promote their products. However, this explosion of social media power has also given rise to an unrealistic representation of reality, giving people constant pressure to match beauty and fashion standards.

It is essential to remain critical of social media influences and to choose a dress style that truly reflects our personality rather than simply following trends.

We also have the influence of people we can't miss on our screens at special events like Geneviève de Fontenay and Anna Wintour. They are two undeniable icons that have influenced the fashion world in different ways. Their unique contributions and powerful voices have left

an indelible mark on the industry.

Geneviève de Fontenay

Born in 1932, de Fontenay is a French personality known for her participation in beauty contests, especially the Miss France contest.

She was the Miss France Election Director for many years, and her fashion vision focuses primarily on elegance, class and tradition. She defends the values of femininity and refinement, emphasizing chic and sophisticated outfits. Besides her role in beauty contests, Geneviève de Fontenay holds an important place in French society.

Anna Wintour

On the other hand, Anna Wintour, born in 1949, is an iconic figure in the Anglo-Saxon fashion world as the editor of Vogue US. Known for her iconic hairstyle and sunglasses, she is also known for her demanding and visionary personality. Her description of fashion is avant-garde and bold. She encourages new trends and supports young talents. She is often present at the most

fashionable fashion shows and is considered an undisputed authority in the industry. Although she avoids talking about her private life in public, Anna Wintour is known for her active social life and participation in various social events.

Despite their differences, Geneviève de Fontenay and Anna Wintour both managed to leave an important mark on the fashion world. While Geneviève showcased timeless elegance and feminine grace, Anna Wintour broke through the barriers of fashion by



introducing innovative ideas and supporting avant-garde designers. Both followed their own vision of the industry, shaping the fashion landscape significantly. Their influence continues today, showing that women can truly be driving forces for change in this ever-changing and creative world.

We must not forget that fashion is a form of expression for women (and for everyone else) because it reflects their personality, their tastes, their values and their creativity through clothing, the accessories and styles they choose to wear. Fashion allows women to feel good about themselves, to show off and stand out. It also offers them the opportunity to adapt to different social or professional contexts, to feel confident and to project a specific image.

In addition, fashion offers a platform for women to express themselves and assert their identity, whether by wearing traditional women's clothing or adopting more daring and unconventional

styles. It can also enable women to challenge gender norms and appropriate clothing or styles considered as masculine. Fashion is therefore a means of visual communication that allows women to convey messages, show their belonging to certain groups or movements, or support causes or values that are important to them.

In conclusion, fashion offers women a platform for individual expression and communication with the world around them. It allows them to be authentic and make choices that reflect their personality.

The years 2020 to 2023 were marked by significant changes in the field of fashion, reflecting the evolution of society and culture. Sustainability has become an unavoidable trend, highlighting the importance of respecting the environment in our clothing choices. The expression of

individuality has also become paramount, allowing everyone to reflect their values and passions through their clothing. Social media has also played a major role in influencing our clothing styles. However, it is essential to remember that dress style remains a personal choice and should not be dictated by social pressure. By embracing our individuality and using fashion as a form of personal creativity, we can truly express who we are.



A SAGA TO ADMIRE

By Carla Roa



ALBACETE – Nowadays teenagers have the need to feel like heroes, that is why many of them are activists in today's global issues, such as; climate change, racism, wars, inequality, mental health, and so on! We are considered the Crystal Generation by a lot of people, just because we do not conform with what we have and we fight for what we deserve. However, where does this come from? Well, we just have to look at what we grew up with as role models.

The best example of a role model Gen Z grew up with is Katniss Everdeen, the main character of the best book and film

dystopia saga "The Hunger Games", who has taught most of us to be brave and determined, and to fight for the ones that can't. The Hunger Games is a saga based on the books of Suzanne Collins published in 2008, *The Hunger Games*, *Mockingjay*, *Catching Fire*, and the last one from 2020, *The Ballad of Songbirds and Snakes*. All of them have been adapted to films. The first three films are about a country, Panem, which celebrates every year an event called "the hunger games".

Every year for 75 years, the reaping day is celebrated.

Boys and girls from ages 12 to 18 in every district are gathered, and their names are placed in 2 glass balls. Then, a boy and a girl are chosen from each district randomly to participate in the Hunger Games. This consists of 24 people fighting in the arena, a large outdoor enclosure designed each year with a different theme. One year it may be a dense forest, the next a frozen wasteland.

Just one person remains as the victor. The Hunger Games are celebrated as punishment and as a reminder of the dark days, of the cost of insurrection and to never again make an attempt to rebel against the capitol. Before they started, the tributes had to do interviews to show and sell themselves to the audience. Then, The Hunger Games were broadcast on national TV, making the suffering of the tributes an entertaining show for Panem.

The country is divided into 13 districts and the central government headquarters, the Capitol. The first 5 districts were the richer, in charge of luxury, masonry, technology, fishing and power. District 6, 7, 8 and 9, responsible for transportation, lumber, textiles and grain, were not as rich as the first 5 but economically stable. Finally, the last 3, in charge of livestock, agriculture, and mining, were the poorest. There was a last district, number 13, which was supposed to be defeated

in the first revolution, however it was hidden underground and independent to the capitol. This division of society shows how far human beings can go to reach power, fame and wealth, no matter how much people have to suffer.



However, there is always hope in a world of misery, as is the case for Katniss Everdeen, the female tribute for district 12 in the 74th Hunger Games. She was a symbol of rebellion, strength and resistance against the Capitol. She showed this in multiple ways, with the mockingjay as representation or the 3 fingers up to show alliance. She broke the system, together with her partner Peeta, she escaped from the arena, made a second rebellion against the Capitol and defied Snow, Panem's dictator. In the games, Katniss uses a pin with

the mockingjay in it, which the capitol thought was a message of uprising, as they saw mockingjays as failure. This is why later on Katniss becomes the Mockingjay, leader of the rebels.

On the other hand, the last published book, *The Ballad of Songbirds and Snakes*, tells a different story. It's set 64 years before the Katniss games, and has 18-year-old Cornelius Snow, Panem's future president, and Lucy Gray, who will be the rebel's symbol this time, as main characters. This film is about the origin of The Hunger Games, it tells how it was originally a school project, which

was then developed to what we know now. This film also shows how the villain of the saga, Snow, used to be a noble child, who then has a character development and changes completely, symbolically meaning that humans can change depending on the situation or ambition.

As a final observation, The Hunger Games saga is not just for entertaining purposes, but also to educate and develop a feeling of courage and determination. Moreover, we should also use it as an example of what we have to avoid as a civilization, since we are not that far from becoming such an apocalyptic society.

POETRY



By Maria Baena

THE NIGHT STAR

THE NIGHT FALLS BUT I NEVER SLEEP

I STAY AWAKE, TANGLED IN MY
SHEETS

COPING WITH MY PAIN, CUDDLING
WITH MY FEARS

WHEN THE SKY TURNS INTO A
CONSTELLATION TREE

A THOUSAND STARRY EYES LOOKING
BACK AT ME

I SEARCH FOR A GLIMPSE OF YOU IN
THE DARKEST NIGHT

NONSTOP, I SEARCH FOR YOUR
FLICKER OF LIGHT

THE ETERNAL SHINE I LOST IN THE
SEEK OF GLORY

DIFFERENT BOOK, SAME OLD STORY

I LOSE MYSELF AT THE SIGHT OF A
SHOOTING STAR

BURNING BRIGHTER EACH NIGHT,
LEAVING A SCAR

I DESPISE THAT ROTTEN ETHEREAL
GLEAM

OH, TO BE ABLE TO ESCAPE THIS
DREAM





Drawing by:
Lucia Moreno Fernandez

THE FEMALE REVOLUTION OF '63



By Sara Mitchell Sanjuan -
BARCELONA

Gazing up at the skyscraper before me, I look back on the path I followed to get here.

My high school was unkind to loners but trading my social life for a fully paid scholarship to Brown was worth the years of being spat at; especially given the fact that my name is in print in the New York Times and theirs will be

forgotten by the time their loved ones die.

I walk through the glass doors of the New York Times building. I've been working here for three years, since I was offered a position after graduating early from Brown.

When I get to my booth on the fifth floor, my boss, Nicholas Reed, slams a stack of paperwork on my

desk before I even take my coat off.

"Minna, there are three articles due by the end of the week so I would arrive earlier if I were you," he says. I stand there confused; my coat half-off.

"I'm sorry Mr. Reed, did I do something wrong? I'm not late, am I?" I ask.

"No, no, I was just letting you know of the workload you have; you know, you women always forget the time when you're getting ready." He walks away, waving awkwardly at my desk.

I shrug my coat off, ignoring the backhanded comment from my boss and sit at my small desk. I flip through the guidelines for this week's articles. "The Best Up and Coming Makeup Brands and Why," "Keep Up with the Decade's Fashion Trends" and "Wedding Planning Tips for a Fashionable Day."

I turn on my computer and start to work on the first page.

At the end of the morning, the first article is finished.

I knock on the door of Mr. Reed's office. His rough voice calls out "Come in." My heels click on the marble flooring of his private workspace as I make my way to his desk.

"I finished the article about the makeup brands, sir." I say, handing him the stack of papers I'd just printed. He takes it and flips through the pages, nodding.

"I was hoping to ask for something more serious to write about, Mr. Reed," My voice filled with hope. He looks up, I keep talking before he can interrupt my proposal, "maybe about politics or the war?" He looks at me, then starts laughing ferociously. His cheeks are flushed a deep crimson as he wheezes for air. I stand in front of his desk uncomfortably as he slowly stops laughing. His face is still red when he answers "No." My face falls along with my hopes.

"But sir-" I start but he interrupts me, holding up his hand.

"I'm sorry, Ms. Carrey, I can't let a woman handle such topics, it would be unethical, you are just too subjective."

"I-" He interrupts me again before I can defend myself, "Could you be a dear and fetch me a warm coffee from across the street? Thanks darling, that would be wonderful."

I leave his office empty-handed; I grab my coat from my booth and head to the elevator. As I press the button, another worker approaches. He gives me a friendly smile and waits alongside me for it to arrive. It's empty.

"Are you going up or down?" I ask him, he walks inside and says, "Up, eighth floor." I sigh, I press the button for the eighth floor and then the one for the ground floor. He whistles while we go up. Irritated, I drown the noise out with my own thoughts. What is Mr. Reed's problem with me? Why not just let me write an article about something other than fashion or unserious social topics? I won a scholarship for my essay about the Vietnam War!

The elevator dings, pulling me out of my head. "Have a nice day," I say to the man, as he exits it. The doors close painfully slow. Once they clang shut, I rest my back against the wall of the elevator and sigh deeply. I take off my glasses and massage the bridge of my nose. Sometimes I wish I had lived a good social life, gotten married, and never had to deal with these difficult days, but then I realize I'm living this life, when many women in the world cannot. I know I must keep pushing forward, no matter the obstacles in my way.

Now is sometimes.

The elevator approaches the ground floor, so I put my glasses back on and fix my auburn curls in the mirror; take a few deep breaths and straighten my posture. The elevator comes to a halt and the doors open, revealing a group of men waiting on it. I walk out, the sound of my heels on the marble flooring echoing through the lobby of the building. I don't look back but feel more than one gaze behind me following me

to the front desk. I wave to Sarah, the secretary, and ask her if she's on her break.

"Hey Minna, yeah, just coming out now, give me two seconds." She says, getting up from behind the desk.

Two minutes later, she walks out of the secretary locker room, she is buttoning her powder pink coat when she catches up to me. We leave the building and suddenly the cold December air hits us.

"My God, it's cold," she says, holding her hat to her head, protecting it from the wind. "Environmentalists must be lying about global warming, cause it's not warm at all."

I laugh. Sarah's always been funny in a loud way, it's why I like her, she's not a socialite but she's fashionable. Her matching pink coat and hat bring out her blonde curls; the epitome of men's desires.

"I need your help, S," I say as we cross the busy streets of Midtown Manhattan.

"What with? I mean, c'mon, there's not much I can do. You've always been the smart one," she jokes.

"Mr. Reed keeps giving me social topics because we women are supposedly too subjective about war and political issues, according to him." I protest. She looks at me.

"Well, honey, I've never been one to care much about all this hubbub, but have you tried talking to him about it?" She asks. Bless her naivety.

"I have, he just ordered me to bring him coffee like I'm his secretary, not that I have anything against it. I'm just not his secretary, I'm a professional journalist." I blurt out. We've arrived at the coffee shop across the street, and she holds the door for me while nodding, as if pondering what to say next.

"When did he tell you that?" she asks, mischief lacing her words. I grin at her, "Come on, Sarah, I can't not bring it." But really, I could, I could imagine myself enjoying his face going from pale

to crimson in rage; you know what they say: "he who laughs last, laughs longest".

"I have to Sarah, I need this job," I say as I take a seat at a table, "he'll definitely sack me if I don't take it to him." I sigh deeply and inhale the crisp smell of coffee blends from all around the world to steady my thoughts. "I could slightly mess up how he likes it..." I start, but Sarah's already nodding. Laughing, I call the waitress over and order two warm lattes and a large dark coffee. Giggling, we talk about our lives and gossip about work. As a secretary she overhears everything, so I just listen while she rambles on about Kevin from editing and his secret crush on Caroline, the flower shop owner in lower Manhattan.

After finishing our coffee and grabbing a croissant on the way back across the street, we part ways as she heads for the secretary locker room and I to the elevator. I juggle my handbag and Mr. Reed's coffee in my arms

as I struggle to press the button with my elbow. Even though the room is crowded, no one comes to help me.

When I reach his office, I knock and walk in; he knows it's me. I leave the coffee on the desk and walk away as he says behind me, "Thanks, love" without looking up from his papers.

At the end of my shift, I hand in the second article "Keep Up with the Decade's Fashion Trends", Mr. Reed simply lays it on his desk and shoos me away; he notices the lack of cream and sugar in his coffee then. It was as bitter as him and as black as his heart, just what he deserves.

Walking home, I wish for a better tomorrow, where people take us, women, seriously. All this does is inflate my frustration and when I reach my apartment it has reached its peak.

"I'm home, darling." I shout down the narrow hallway. My voice is not enthusiastic, and neither am I.

"My dear, how was work today?" my boyfriend says, coming out of his office and wrapping his arms around me. It does little to dim my frustration.

"Same old. Bossy Reed and his crew of minions with important stuff to write about and me, 'that woman who writes about the best makeup brands in the New York Times'." I sigh, leaning into his embrace, but it has gone cold.

"You should be grateful for even getting a position, you know, women aren't the most reliable when it comes to objectivity." He says, turning his back to me as he walks away.

I frown, "Not this again, Steven, you know I don't agree." He scoffs from the kitchen, ignoring my plea for peace.

"No, yes this again, I already told you, if I'm going to marry you, you have to be a good wife, respect my opinions even if you don't agree with them and learn to keep your mouth shut," he says. Then he turns his

back to me, ending the conversation. Assuming he's won and that I'll bend to his will..

I am shocked. The only love and caring I held for him is suddenly severed, leaving but an empty body in its wake.

I walk to my dresser and begin packing my suitcase. When he realizes I am leaving him, he protests loudly.

I don't listen to his pleas, to his apologies, his begging for me to stay...

I zip up my bags and slam the door behind me.

Historians will say the storm outside is symbolism for my emotions and actions; maybe the universe knows of them, or maybe the long-lived, two-year emotional drought caused by this unhealthy relationship needed to end, a scarred but clean slate provided.

I knock on the door of Sarah's house; she and her husband have been married for less than a year and already own the prettiest house in New

York; even in the storm, it looks alive.

James opens the door, his confusion clear.

"Sarah, I think someone's here to see you." He calls out to her while taking in my drenched appearance. Sarah joins her husband at the door and her face lights up when she recognizes me.

"Minna! What are you doing here? Don't answer that, come in first." She trips over her words and my spirits lift a little with her presence. James holds open the door while Sarah wraps me in a spare coat by the door and leads me to her closet. She begins preparing hot chocolate while I change into a spare set of pajamas of hers and out of my soaking clothes. James is setting up the guest bedroom and gives me a sympathetic smile when I walk out of Sarah's closet.

Once we've all sat down in the living room with a mug of steaming hot chocolate each, I begin to explain my sudden appearance at their front door.

Sarah gasps audibly multiple times during my story and James just looks shocked. At the end, I feel tears of frustration streaming down my face. The anger, the grief of knowing you lost something that you never really had. It all comes down on me in this moment.

"Oh Minna, that's horrible, come here." Sarah's words are muffled by my shoulder as she pulls me in for a hug. She holds me through the breakdown and hands me a handkerchief once I've calmed down.

I stay the night at the Roberts'. They treat me like a wounded animal, but I am grateful for their kindness.

The next morning, the grief has gone from a deep cut to a bruise; but the anger burns even brighter than yesterday. Determination fuels my step, my heels clacking so hard on the cobblestones my ankles start to hurt. I force myself into clarity. When I reach my desk at work, I sit down and don't

get up until the last article due by the end of the week is finished. Even then, I only get up to leave it at Mr. Reed's desk. Before he can give me more work I say, "I'm pursuing a project of my own, you can review it later." And try not to slam the door on my way out. Back at my desk, I pull out the notebook I packed in my handbag this morning. I flip through the used pages, finally finding what I'm looking for. The unhinged scribbling last night gave birth to many ideas ranging from crimes to ignorance. I settled for one in between.

"Sir, I want you to publish this article I wrote as a personal project," I say, handing him a stack of papers filled with words; an organized emotional breakdown on paper.

I watch as he skims the pages, my expectations are not high but "There is no way I'm publishing this," was not what I wanted to hear.

"Of course, I understand," my voice breaks. I'd put my heart and soul into this article, just because

my views are different doesn't mean they don't need to be acknowledged.

I take back the papers and grab my coat up at my desk for my lunch break. As I'm about to tear my article and throw it away, I decide to try the less "legal" action to publish my voice.

As Mr. Reed and the other employees leave the office, I take my article and quietly close the door to the boss's office behind me. I search for the stack of papers waiting to be published, a pink post-it with 'PUBLISH' scribbled on it gives them away easily. I reorder the pages of the pile and place mine in the prized front-page spot, thankfully the papers are stacked upside down and he won't notice what I'd done until the newspaper is published on Sunday.

I take a deep breath, leave Mr. Reed's office making sure no one is around and let the day run as it normally would.

The week runs smoothly. The pile by Mr. Reed's desk keeps growing with

more and more articles. He hasn't noticed.

When Sunday arrives, I wake up in the Roberts' guest bedroom again. I've been looking for an apartment in Midtown Manhattan but the expenses to be covered are far too high so I'm staying with them until I can find a place.

I'm the first one downstairs when the paperboy rings his bicycle bell. I fling open the door and pick up the freshly printed newspaper from the cold December ground. And there it is: "Unmasking Injustice, Embracing Equality."

My article is not even edited, the raw rage that I poured into this piece of writing is reflected entirely on the front page of The New York Times.

Sarah rushes out of her bedroom in her nightgown and sees me standing in the open doorway.

"Minna, what is it?" she asks, drowsiness still clinging at her. I shove the newspaper into her arms and explain how I got it on the front page while she reads it.

"Minna this is incredible but, you knew the risks, right?" she says, concern lacing the pride in her words. I nod, I know I'm fired the moment I step through the NYT doors on Monday morning. But right now, the achievement and pride I feel are so overwhelming they cover any sense of unease.

The next morning, as I'm walking to work, the traffic on the streets is worse than ever. Cab drivers and civilians alike shout and swear at each other to move. It is pure chaos. Confused, I keep walking and as I get closer to the New York Times building, the noise and pandemonium gets worse. I eventually have to push through crowds of people blocking the sidewalks too. Once I get out of the crowd, the sight before me almost makes me cry.

An enormous crowd of women, of every race, size and color are gathered. They are protesting. I tap the shoulder of a howling protester and she turns to me with a wild smile.

"What's this?" I say loudly, trying to get her to hear me over the racket.

"We're protesting against female censorship in print. Some woman named Minna Carrey wrote this article and inspired us." she says, grabbing my arm, "Come on, join us!" We wade through the sea of women, some smile at us warmly and continue yelling. "I'm Jasie, by the way, what's your name?" she says, once we've found a quieter, but not quiet, place.

"I'm Minna Carrey," I say, "and I'm so fired." I laugh, a gleeful, childish sound. Jasie stares at me in disbelief.

"There's no-" she starts but is interrupted by the sudden boom of "Minna Carrey you're fired from the New York Times Newspaper." Mr. Reed silences the protesting crowd and spots me from the elevated steps of the building.

"You. Are. Never. To. Be. Seen. Here. Again." With every strangled word he comes closer, nudging and pushing at the women

struggling to keep him back.

When he reaches me, I laugh in his face.

I'm giddy with the fact that many women were so moved by my words that they staged a protest. Before I know it, I hear sirens, but Mr. Reed ignores them, even when the police start to pull away his arms and drag him into the car with handcuffs around his wrists. He yells awful threats, bribes and insults. I ignore him, tune him out.

A week later, the NYT newspaper reports that Nicholas Reed has been found guilty of tax fraud; he has been sentenced to prison for a year plus a five hundred dollar fine.

I shouldn't laugh but I do.

That same week I receive a telephone call from Jerry; he's been placed in charge, promoted by the board, and is rehiring me plus about ten other women. He tells me to come over on Monday to sort out a contract.

I do. And we all sign it.

WAR, GENERATIONS OF TRAUMA

By Maïssara Seddak

War, a political conflict led by deaths and destruction. But what about the survivors, how do they manage to pursue their lives?

Within the psychological make-up of the child there is a vulnerable position. Psychological wounds and trauma suffered in childhood may affect the individual child and consequently, society, for decades. While health

and nutritional needs are routinely looked after by relief operations, governments, UN agencies, the Red Cross and NGOs, psychological care is also important. Indeed, during war a child is exposed to extreme violence, the loss of family members, poverty and a lack of physiological and safety needs. In the aftermath of a disaster, children may become separated from their parents or caregivers, amplifying the risks of exploitation, child trafficking, and abuse;

hence the high rate of kidnapping during wars. Displacement can disrupt access to education and healthcare, exposing children to malnutrition, disease, and inadequate immunization. Moreover, they are deprived of physiological, safety and love/belonging needs. According to Maslow's theory, those needs are called "deficiency needs" and could lead to illness, particularly psychiatric illness or mental health issues, if they are not met.



Each individual is built differently, so much so that the psychological impact can go from one extreme to another. On the one hand, some children who were victims of war have found themselves guilty of surviving, in fact, they suffer from survivors' guilt: a particular kind of guilt that develops in people who have survived a life-threatening situation. Some survivors feel guilty that they survived when others died. Others believe they could have done more to save the lives of others. And then there are those who feel guilty that another person died saving them. In that case, children are affected by feelings of helplessness, flashbacks of the traumatic event, irritability, angry outbursts, obsessive thoughts about the event, suicidal thoughts which can sometimes lead to a use of narcotics.

In most cases, children who experience a political conflict like war or terrorism will develop some form of PTSD, psychopathological

symptoms, and lower psychosocial functioning levels during their lifetime. Due to PTSD, some become emotionless like an automaton. In fact, whenever a person experiences violence, he becomes less sensitive to it. Indeed, according to Huesmann's social-cognitive evaluation theory, people exposed to persistent violence do not feel remorse about outcomes of aggression. This phenomenon of shutting out any empathy usually

individuals will behave more aggressively with others. That anxiety at the thought of behaving aggressively then inhibits both the encoding and use of aggressive scripts (stories of violence that the brain remembers and uses to make assessments or pattern behavior in the future) to solve social problems. It follows that individuals who characteristically show less negative emotional reaction when exposed to violence would be more prone to acquire



happens during brain construction. It means children who go through war and are experiencing violence, aggression and destruction, respond to this by unintentionally blocking all emotion to protect their brain. Growing up, those

aggressive scripts when exposed to violence and to use them subsequently. Some emotional outbreaks of hysterical types have also been reported. Also in some cases, a child exposed to a lot of death and destruction at an early

age can have a heart that can be scarred no further. They become indifferent to the sufferings of others.

However, individual differences are large. For instance, ethnic-political violence exposure does not predict post-traumatic stress symptoms for a considerable proportion of individuals. That does not mean that there are no harmful consequences. Numerous studies have now shown that for many people, exposure to ethnic-political violence is followed by an increased risk of interpersonal aggressive or violent behavior. This is not surprising given the large research literature showing that repeated exposures to interpersonal violence in the family, in peers, or even in the media increases the risk of aggressive and violent behavior in the exposed person.

Unfortunately, the trauma that those children go through is not going to stop there. The generation after them will undergo the

consequences. In truth, for many individuals, behavior is informed by their parents through education, environment, wellness and many other factors. Therefore, this is not the only way that the behavior of an individual is learned. In fact, your parents' DNA that will become yours has a significant impact on your brain reactions. That's why it is called "Generational trauma."

Generational trauma, known as intergenerational or transgenerational trauma, is a cycle of trauma that passes through families. It occurs through biological, environmental, psychological, and social means. For instance,

some evidence suggests that generational trauma can happen in the uterus. Maternal stress can expose a fetus to chemicals that may affect its future development.

In our case, those individuals who went through war and experienced PTSD or a lack of empathy, may pass on their trauma to their offspring, and so on. One way that trauma is passed down generations is through epigenetic changes. The theory is that trauma changes how your genes work, which is different from genetic changes. In fact, epigenetics does not directly alter your DNA, it changes your genetics. Meaning that the



instructions set by your DNA are changed. In contrast, epigenetic changes change how your body reads your DNA, known as gene expression. Generational trauma may deactivate specific genes or amplify others, which increases the risk for certain illnesses such as anxiety or depression. The most frequent is FKBP5, a stress gene that links anxiety, depression, and PTSD.

Other ways that people inherit trauma from their ancestors is through factors such as discrimination and prejudice. Indeed, through studies, scientists have discovered that ethnic and racial minorities have a higher risk of generational trauma than white or caucasian individuals. For instance, some groups identified as having been affected by generational trauma through history,

include Black Americans, Holocaust survivors, and Indigenous communities, among others.

We have all heard about WW2 and its victims, whether in history class or through documentaries. But what we ignore is the impact on today's generation. Through studies, we have eventually discovered that the offspring of Holocaust survivors have a high prevalence of PTSD and other psychiatric



diagnoses, although these descendants did not experience traumatic events themselves. Another study showed a similar effect for grandchildren of Holocaust survivors and the association of this effect with hypomethylation of the gene for cortisol. Maternal (but not paternal) PTSD was also associated with a higher glucocorticoid sensitivity in the offspring

of Holocaust survivors. Scientists have shown the effect of chronic maternal stress and war trauma on methylation of key genes which regulate the HPA axis (FKBP5, NR3C1, CRHBP and CRH). That means that the genes which are supposed to regulate stress and your organism throughout inconvenient situations are, for those descendants, almost deactivated. Elevated

cytosine methylations of FKBP5 in Holocaust survivors and their adult offspring have also been proved. For instance, in the case of offspring of Holocaust survivors, although they were not directly affected by the same experience as their parents, living with a traumatized individual who had been affected by such traumatizing experiences can have an impact.



Photo Source: Švorcová, Jana.
"Transgenerational Epigenetic
Inheritance of Traumatic Experience in
Mammals." *Genes*, U.S. National
Library of Medicine, 1 Jan. 2023,
www.ncbi.nlm.nih.gov/pmc/articles/PMC9859285/.

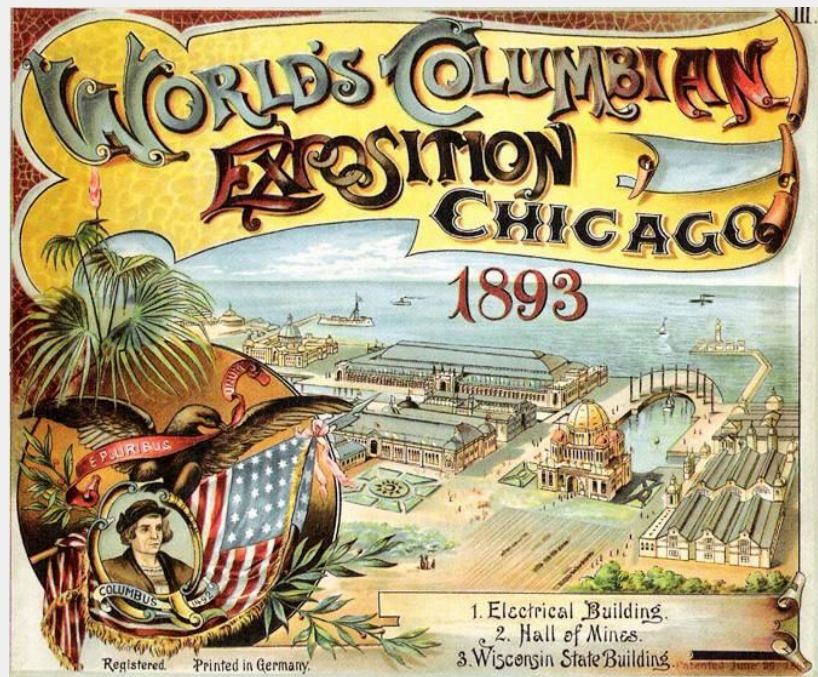
THE WORLD EXPOS AND THE WORLD POWERS: COOPERATION OR CONFRONTATION?

By Eva Nahon

PARIS – According to the Bureau of International Expositions, universal exhibitions can be defined as "meeting places for world powers, responding to the global challenges of our time by inviting people to explore a given universal theme in a participatory and immersive way." This leads us to believe that these universal exhibitions are privileged places for cooperation between powers. But is this really the case? Can the powers truly forget their differences at these exhibitions? In truth, aren't these World Expos a reflection of inter-state tensions?

What is a World Expo?

Universal exhibitions are held for six months every five years, giving countries the opportunity to showcase their best techniques and technological innovations.



It's also a giant market where all the countries try to sell their inventions. World Expos give the host country the opportunity to develop its tourism and reorganize its cities.

The World Expo, a challenge of cooperation between world powers

At first glance, the aim of universal exhibitions is to bring together all the world's powers. These exhibitions promote equality between the powers: each nation must be able to have its own pavilion. For example, at the 2020 World Expo, which was held in Dubai

in 2021 because of Covid-19, the UAE's policy was "one nation, one pavilion." Indeed, when the Taliban took power in Afghanistan in 2020, the UAE decided not to boycott them and did everything in its power to ensure that its pavilion did not fall victim to the vagaries of Afghan politics.

In addition, World Expos are exploring a common goal between the powers that be. During a World Expo, the host country becomes a showcase for technological innovations on a given theme, in an attempt to respond to the challenges of the times.

The powers that be come together with the common goal of developing innovations that can help humanity. For example, the theme of the 2010 Shanghai Expo was "Better City, Better Life." The aim was to show how urban life could be improved. Similarly, the theme of Expo 2025, which will be held in Osaka in Japan, is "Designing the society of the future, imagine our life of tomorrow." It expresses the universal need for renewed and responsible reflection on today's world and the challenges facing individuals and countries, around which state powers will rally to innovate.

A Soft Power issue

According to geopolitician Serge Sur, the notion of a State's power is assessed in terms of capacity and influence. In our modern, complex world, power retains direct forms of domination (hard power: economic and military) but also complements them with indirect instruments such as cultural and diplomatic

influence, also known as soft power. Soft power is the ability of a power to influence and above all seduce other states through its attractiveness and cultural influence. Thus the World Expo is a real soft power challenge for states. It's an opportunity to showcase its power and reassert itself on the international stage. "For six months, the host country becomes the showcase for globalization, the economy and technological advances," Patrice Ballester, professor of geography and tourism marketing and a specialist in world exhibitions, tells *L'Express*. This gives a serious advantage to countries wishing to position themselves as key players in international relations. Take the case of World Expo 2020, in Dubai. By hosting a World Expo, Dubai and, by extension, the UAE are strengthening their position as a new global economic power at the crossroads of Asia, Africa and the Middle East, but also within a cultural milieu, which aims to be modern, tolerant and multicultural.

The organization of a world exhibition in Dubai is an effective soft power tool that benefits not only the United Arab Emirates, but also the other member states of the Gulf Cooperation Council (GCC), who gain increased visibility. Saudi Arabia has built the second-largest pavilion at Expo 2020 Dubai, after the UAE, enabling it to present a forceful new face. A country like Kuwait doubled the size of its pavilion between the Milan and Dubai Expos. It's an opportunity for these countries to forge trade links, to showcase their assets (commercial, tourism, technological), but also to present themselves to other nations and to local and international Expo visitors. Thanks to Expo 2020 Dubai, the Gulf countries, whose identities are little or poorly known, have the opportunity to build a new



public image among Expo visitors and participants.

The World Expos : protean inter-state tensions

The World Expos are factors of tension between the world powers, first because of the possibility of extending their Soft Power, but also for other reasons such as, for instance, the hosting of these exhibitions. Indeed, everyone wants to host them and it is not surprising that this leads to interstate competition. For example, three countries have applied to host the World Expo of 2030: Saudi Arabia, South Korea and Italy; but the Bureau of International Expositions has not decided yet who will be the host. To be the chosen one, they have to propose the best theme for the exhibition. Consequently,

every participant tends to find the theme that will crush others, which highlights the interstate competition.

Another factor of tension is politics. Indeed, the World Expo has often been the theater of ideological conflict such as the World Expo held in Paris in 1889. Its purpose being to stage the progress of republican and colonial France, this exhibition was boycotted by European monarchies who feared a revolutionary contagion. Furthermore, the World Expo of 1937 in Paris was strongly marked by the extreme tensions of the moment: on the one hand, Nazism and Italian fascism; on the other, the Soviet Union. It was, literally, a prewar exhibition. Indeed, in Paris, at that time, the USSR and Germany put

up two statues to the glory respectively, of communism and nazism, as their pavilion. They were face to face on either side of the Iena Bridge. More than political, this tension was also physical. In addition, these two pavilions formed with the Spanish one, a triangle both political and cultural. Indeed, the Republic of Spain asked the painter Pablo Picasso for an 'exhibition' fresco. The latter created Guernica, in reaction to the bombardment of the eponymous village. This work reflects this new world in which the artist lives but does not understand.

To sum up, World Expos are marked by a veritable paradox, torn between cooperation and inter-state rivalry.



REAL HEROES

By Teresa Pereira
Fernández



León, Spain - On September 10th, 2023, Europe was moved by the news that the director of the NGO Road to Relief, a Spanish volunteer called Emma Igual, had been killed in a Russian convoy attack in Ukraine inside a vehicle during a crossfire in Bakhmut, along with the Canadian volunteer Anthony Ihnat. She was 32 years old, and she had thrown her life into NGO work in Greece, Myanmar, Kenya, and Morocco having specialized in childrens' needs and refugees. In 2022, she co founded Road to Relief to help Ukraine by

evacuating civilians on the war front and giving humanitarian aid in affected areas, a mission that she wouldn't come back from.

This story draws attention to the risks that come with the calling to improve the world. The people who find meaning in making others' lives better are the ones whose tales are worth telling due to their inspiring souls. When that is combined with willfulness and bravery, it results in people who go to war, not to kill but to heal. These real heroes are everyday people who feel injustice in their hearts and are courageous enough to do something about it even if it costs them their own lives.

In the humanitarian cause, there have been thousands of deaths, and the number has been increasing in the last decade. The worst places for aid workers since the 90s are South Sudan with 479 total deaths, Afghanistan with 601, and Syria with 336. Furthermore, at least 14 aid workers have been

killed in Ukraine since the war started. This data comes from the Aid Worker Security Database (AWSDB), a project of Humanitarian Outcomes. It is unthinkable that the world governments would let soldiers kill the ones who are improving what they didn't break and making humanity better. People all over the world have been claiming the need for a ceasefire in Gaza because at the end of 2023 they have already counted 22400 deaths, more than 100 of them journalists and 135 of them United Nations relief workers. That's more deaths than in any single conflict in the organization's 78-year history.

Although the numbers are high, it can be hard to really picture the problem and empathize with these statistics. It is easier to feel the severity with some real stories. Hani Jnena was a contractor for the U.S. Agency for International Development, and he was killed on November 5th, 2023 alongside his wife and two children when an Israeli airstrike hit Gaza

City's Al Sabra. In this conflict journalists and their families have been also heavily targeted. On November 18, 2023, Sari Mansour, the director of Quds News Network was killed in the Bureij refugee camp in central Gaza, along with his colleague Hassouneh Salim by an Israeli airstrike and on December 15th Samer Abu Daqqa, a camera operator for Al-Jazeera Arabic, was killed by a drone strike when he was covering the aftermath of Israeli strikes that happened at night at a UN school that was being used to shelter displaced and injured people in the center of Khan Yunis, southern Gaza where he wasn't able to be evacuated for treatment. It is not easy to bring attention to a humanitarian crisis, as governments don't want bad press on their actions. If no one is reporting on the crises, then no one has the power to help.

But these stories are covered in a publication called Channel Draw. It is run by the activist and artist Gianluca Costantini,

he draws every journalist casualty in Gaza and explains their lives. He has collaborated with organizations such as Amnesty and SOS Méditerranée. Another publication dedicated to the issue is The New Humanitarian. It is a news media that was founded by the UN to cover crisis without any influences, and it has become independent since then, reporting on accidents such as the deaths in 2020 of Wissam Hazim, a Syrian Oxfam Southern safety officer that had worked for Oxfam since 2017, and Adel Al-Halabi, a driver, when their vehicle was attacked by an armed group.

What measures exist to protect these aid workers? International Humanitarian Law protects them as it does all other civilians. The basis is contained in the Geneva Conventions of 1949 and the Protocols of 1977. Attacks against them are prohibited, and when done deliberately, constitute war crimes. It also gives special protection to specific categories of relief

personnel, like the UN and Associated Personnel, and medical staff of the Red Cross and the Red Moon, although most NGOs are not included. While the Geneva Conventions guarantee protection for humanitarian workers, they do not guarantee access of humanitarian workers to affected areas. In 2003, the United Nations Security Council passed Resolution 1502 giving them more protection.

The UN was founded in 1945 with the objectives of collaboration between countries and defending human rights, but it is not fulfilling what it preaches as it is difficult to make the people in charge of wars respond to their crimes. The Israeli government, who has the right to defend its citizens but within its borders, has shown that its priority is not to save the hostages but to eradicate Hamas completely, without regard to civilians. The U.S., who is the country with more power over Israel, has vetoed the UN call for a ceasefire and it keeps selling arms and bombs to the Israeli

military. Moreover, in October 2015, U.S. airstrikes reached a hospital in Kunduz, Afghanistan, and 14 staff of Doctors Without Borders were killed. Tribunals suited to investigate this are not effective because they need U.S. confirmation to be activated.

Something to wonder about is that almost no head of state has been an important part of a humanitarian organization before their charge. Are we electing people who care to make the world better? Or just those with hunger for power who don't have human lives as a priority? Governments have made clear the fact that they are not going to act effectively enough. The ones who have to show that this situation is not tolerable are civilians and members of the public. There are a few options, student demonstrations, voting with this in mind, donating to organizations, supporting

humanitarian media, and talking about injustice so the population is aware of not only what is selectively shown on public television. In his report for the WHS, UN Secretary General Ban Ki proposed the creation of a "dedicated 'watchdog' to systematically track, collect data and report on trends of violations, gaps in compliance, accountability and State cooperation in all

conflicts", which is the ideal objective to reach for, together with Tribunals with power over any nation so no one is above the law. Every death is tragic, but we owe the journalists and aid workers protection from conflict. It is the minimum we can do as we sit in our homes and watch the news while they are on the frontlines saving lives.



2023-2024 STAFF WRITERS

Sara Mitchell Sanjuan
 Irene Higuera Gómez
 Laura Antón Zamora
 Carla Roa Saez
 Manon Roy
 Margaux Peillet
 Teresa Pereira Fernández
 Jane Segers
 Laia Condes Martí
 Meritxell Falqués Cusidó
 Lucía Llorens García
 Maïssara Seddak
 Yasmine Diani
 Eva Nahon
 Maria Baena Arriaga
 Naiara Revuelta Rodríguez
 Emma Cortes Moran
 Maria Eduarda De Oliveira
 E Costa
 Paula Lao García
 Claudia Alonso De Armiño
 Torres
 Eva-Victoria
 Schneider-Reine
 Julie Gallas
 Laia Gámez Palazón

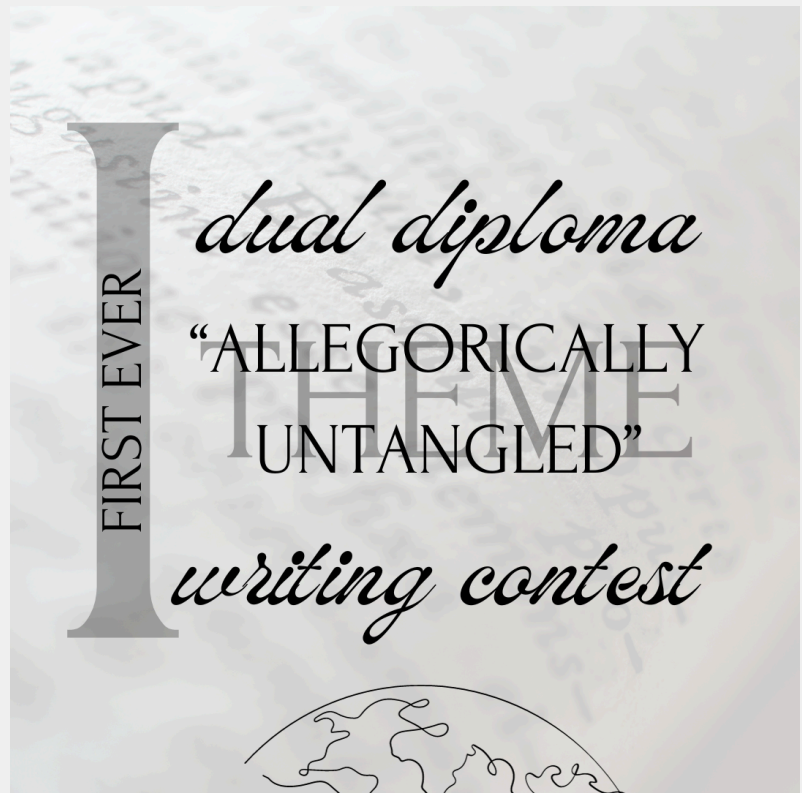
SEND QUESTIONS OR COMMENTS TO:

LAUREN RIVERA

CLUB SPONSOR

DDPNEWSPAPER@AVETEACHING.COM

WRITING CONTEST!



C O N T E S T	<i>in</i> s t r u c t i o n s	GENRE: <i>allegory</i>
		SUBJECT: A PROBLEM IN THE WORLD
		<div style="border: 1px solid black; padding: 10px; text-align: center;"> WORD LIMIT: 1500 or less DUE: 15th feb WHO: Any DDP student </div>
		<div style="border: 1px solid black; padding: 10px;"> HOW: Send to: ddpnewspaper@aveteaching.com Include full name and Colegio email Write the text in the body of the email May include artwork and copyright-free images </div>
		THE WINNER WILL HAVE THEIR PIECE DISPLAYED IN THE SPRING EDITION OF THE DDP TIMES