

The MO

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MAKE
RACISM
WRONG
AGAIN

Editor's Notes

By Ellen Berrill-Osborne

Hi everybody,

Welcome back to *The Mo*!

It's been a long few months hasn't it? I hope everyone is keeping well, especially now that life is slowly returning to normal. Life has been blurry and unsure for quite some time now; it may still feel that way for a lot of us. For me, a Year 12 student, it is still extremely odd to be nearing the end of my first year of A-Levels all from the comfort of my room. Although some Year 10s, Year 12s and Key Worker's children have returned to school it feels as though so much time has passed.

During our time in lockdown a lot of has happened across the world. In this smaller edition of *The Mo* we'll be talking all be introducing our new Student Leadership Team, discussing how to check and maintain your positive mental health during these unusual times. We will also take a look at how life has been for some during isolation and the new skills we've learned whilst at home. The team will also look at how the tragic death of George Floyd sparked an uprising across the US and in many countries around the globe, as well as how our actions can make a significant change in the world.

This year has certainly been very unusual - but we're had the Summer Solstice and we're halfway through. I'm sure you've all seen the memes trying to guess what would come next: human-eating titans perhaps? Let's just hope things get better from here! 2020 is certainly on it's way to becoming one of the weirdest years a lot of us will ever lived through. Please enjoy this edition, stay safe and keep your hopes high! Thank you.

Ellen x

OUR TEAM:

Ellen Berrill-Osborne: Editor, Designer

Ellie Brasington: Artist

Molly Burke: Writer, Artist, Photographer

Skye Cook: Writer

Nell Delaney: Writer

Lewis Andrews: Writer

Ms Redfern: Chief

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Grace Scott: Writer

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Kaylei Callaghan: Writer

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Dear readers,

It is rare for me to take to *The Mo*, especially as this is very much a magazine written by the students, for the students. Indeed, it is this tagline that I am so proud of as it reinforces the principles of freedom of speech and independence; values we hold dearly within our school. Since our first edition 6 years ago *The Mo* has provided our students with a voice to challenge, to question and to take controversy to task. We have covered everything from Brexit to The Bake off, feminism to festivals and politics to K-Pop.

Sadly, due to the nature of social distancing and the mixing of bubbles our latest edition is a little shorter than usual whilst we learn how to endeavour to overcome these challenges; however, the students have worked hard to bring you an edition that is relevant and brave.

What is delightful is that we have kept some of our Year 13 team and welcomed some new arrivals; we continue to looking for new and aspiring journalists, artists, photographers and graphic designers. If you would like to be part of the team head to Google Classroom and join The Mo 2020/21 (Class code Igbspyb).

Ms Redfern.

A GUIDE TO GREAT MENTAL HEALTH

At the time of writing we had been in lockdown for 15 weeks. This would have brought with it many stresses on us all, on students, on staff and on parents. You may have had arguments after being confined to the walls of your home and not able to get a breather for longer than an hour a day. Your siblings might have irritated you to the point of no return, or you might have found yourself just so unmotivated that it was really starting to bring you down. However, I'm writing this to tell you that you were not alone. I know that sounds cliché, but it's true. Nobody, and I emphasise that nobody, is alone. Before I start telling you some great ways to help improve your mental health whilst at home I must emphasise there are so many support systems at school, our Directors of Learning, our form tutors, the pastoral teams, the pastoral hub, a subject teacher—our school is full of people you can talk to.

I understand that most of us are already back to school; just because the school gates have opened for you doesn't mean that you might instantly feel brighter, more uplifted and be walking with a new skip to your step. If you do feel like this, wonderful! If you don't, that is okay too. You have the right to feel as though you need to sit still, to feel unmotivated or just generally not yourself. In this you are not alone; yet, you must voice this. We have, and continue to face something unusual and different; like Mr Griggs said, something no adult has faced before. Therefore, however you feel is okay: relief you that we're back to a 'normal', anxious of the uncertainty of how long this 'normal' will last... it is okay to feel this way. This is Corona-coaster and we all ride the highs and the lows at some point. This article is here to help some of you that may be struggling and hopefully it can help you make positive changes in your life.

The first tip is talk to someone. Perhaps this is the most obvious yet arguably the hardest things to do. Some children do not have the luxury of having somebody they feel they can talk to, so I must emphasise once again there are people at school who will listen. You could even phone organisations like Kooth, ChildLine or Youthtalk where you can talk through your problems anonymously with someone neutral to your situation—they will be ready to listen. Some other support lines

are: Samaritans or Mind Infoline.

The second tip is to educate yourself about mental health. Even if your mental health is not suffering you may be able to empathise with others who are. At some point we may all experience or endure the same school stresses as our peers; by educating yourself and knowing the signs of things such as anxiety, panic attacks and depression you'll be prepared to help yourself and others. I fully understand that even reading about mental health can be daunting but it isn't a topic that should be tabooed - some children and teens are suffering silently. The more educated we are the more we will be able to recognise their hurt and be able to help ourselves and each other.

The third tip is more related to Covid-19. Many of us might be extremely frightened to have gone headfirst back into school; either because we were worried about catching, carrying or transmitting the virus, or because we are felt as though we had fallen behind on the work. After feeling exactly like this and returning to school, what I suggest is that each day you come prepared: there's plenty around school but maybe bring your own hand sanitizers; make sure that you have your face covering, gloves, or even visor with you. However, be assured and accept that our school continues to do everything it can to create a safe environment for us to learn in. Try to listen to that rational voice which is telling you that we're ready to be back into school and that everybody is doing all they can for us. As for feeling behind on work, do not worry. Although some teachers may seem strict and scary but believe it or not, they are human too! They understand and they are going to do everything in their power to help catch you up, especially if you're willing to work with them. All you have to do is find your voice—and if you can't, speak to somebody who will help you to find it.

Whilst being at home, I'm sure many of your routines had slipped. Your sleep habits might have changed—you might wake later, slept longer and generally got yourself all discombobulated. You might be eating at random times of the day due or making questionable food choices but please understand this was normal, it

was okay and it is temporary. This situation was unprecedented so it was very easy to get lost in strange and seemingly comforting habits. Now that we are back a great thing to do is to embrace the routine. Wake up to your alarm, get dressed, have breakfast and do your day's lessons, get out for a walk, run or cycle, reading something, create something, or bake something. And after that day is finished congratulate yourself on what you have achieved. Be kind to yourself! Treat yourself as you would others.

Trust me, for every task that you complete there will be that little voice telling you "well done, you did it! What's next?" Eventually you'll feel like your accomplishments are leading to something and you'll have that sense of completion. Then can come the rewards! Whether that's a Pinkie from your teacher, or time to chill but make sure that you do reward yourself. Although they might seem small they are helping you get one step closer to a healthier mind!

My final tip is not to glue yourself to the news. Yes, listen to headlines or the briefings but do not rely on them. For a politics student to be advising you not to listen too avidly to the news is extremely ironic but I have realised throughout that the media can be toxic and extremely misleading. Some journalists will say one thing one minute then completely change their angle the next; so do not live your life by what you hear on the news. It can be extremely negative and disheartening.

To conclude, know there are so many people around you who care and are ready to listen: the adults in your life, your siblings, your friends, your teachers, your school and the many resources you can find online. If you needed any expansion on any of this make sure to visit NHS mental health help.

Written by Grace Scott

Photography by Anonymous



Helpful resources mentioned:

ChildLine: 0800 1111

Samaritans: 116 123 (24 hours a day, free to call)

Mind Infoline: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463.

So, what is White Privilege?

Over the past few months, the term 'white privilege' has echoed through social media, news reports and television shows. A few months ago, many would not know what white privilege was or how it affects them; however, in the months since the brutal and reprehensible killing of George Floyd by Police officers in America. The subsequent protests all around the world have sparked an international movement; Black Lives Matter and understanding the term 'white privilege' has never been so crucial.

Despite the importance of the phrase in times of such hardship and discrimination, for many, the phrase 'white privilege' is entirely alien. So, what is white privilege? The Oxford Dictionary defines white privilege as the "inherent advantages possessed by a white person on the basis of their race in a society characterised by racial inequality and injustice." In simple terms, this means as a white person, you are not discriminated or disadvantaged solely because of the colour of your skin. For many white people, the term 'white privilege' wrongly offends them. They feel as though to acknowledge the privilege they inherit as a white person; it means discrediting the hardships and struggles they have had to face in their own life. Whether these be economic, social, or personal hardships. Many people who hold a position of white privilege feel threatened when this privilege is threatened or challenged. However, acknowledging ones white privilege does not by any means suggest that life has not been challenging or full of hardships, or discredit ones struggles, it merely means that as a white person the colour of your skin is not one of the factors making it more difficult.

White privilege is an idea that is identifiable in almost every layer of society. Seemingly simple things such as going into a supermarket and finding products suited to you, to watching a mainstream film or a television show and feeling represented by the characters on the screen, are things many minorities do not have access to. For many people in ethnic minorities, the luxury of representation is something for which society says they are not entitled. These are all privileges held by white people that are rarely recognised and barely scratch the surface on the inherited privileges held because of a person's white privilege. Studies in America show that black people are 20% more likely to be sentenced to jail time that is typically 20% longer than those faced by white people who commit similar crimes.

Black people are over 2.5 times more likely to be shot and killed by police than white people, and when black children are in the criminal justice system, they are 18 times more likely than white children to face sentencing as an adult. It is hard to argue with the facts that systematic racism is a real thing, not only in America but in countries all around the world. In the UK, whilst many would say that "we are not as bad as in the USA," being "not as bad" does not mean that it is okay. The UK is not innocent. In our country black women are five times more likely to die in childbirth than white women, black men are stopped and searched nine times more than white men and whilst black people only make up 3% of the population in England and Wales, they account for 12% of the prison population.

As a white person, to recognise and accept white privilege is not racist. However, remember when using your white privilege, that as a white person, this privilege comes from the extensive and enduring history of racism that oppresses minorities and provides privilege to the historic white oppressors. Actively try to use the privilege bestowed upon you for positive change.

Using the phrase 'white privilege' is by no means an attack on white people, but a reminder for people to acknowledge and register their privilege and use this privilege for good. Many people who are first acknowledging and educating themselves on this topic as a white person may feel feelings of shame, guilt, or discomfort, which is all normal. Try not to disengage, use the privilege you have inherited to help others, rather than to retreat in shame or into said privilege. Educate yourself and those around you on the realities of racism and discrimination in our society. Do not be afraid to challenge those who make racist or discriminative remarks, even if it is uncomfortable.



“It is not enough to be not racist, you must be actively anti-racist.”

– Angela Davis

Written by Molly Burke
Art by Phoebe Joyner

Life in Isolation

For the past few months, the coronacoaster, scientifically known as COVID-19, has occupied all our thoughts. In March, the majority of the world completely shut down after spread of the virus. In order to prevent mass death and infection, countries were sent into lockdowns where you had to stay at home, working if possible and only going out for necessities and one form of exercise a day. Streets were completely empty, once bustling cities were like an apocalyptic wasteland, almost like no one lived there. For a lot of people this sounded like a dream, especially students who could just play video games and watch TV all day. However, for others, it became stressful and damaging to their mental health.

Personally I had mixed emotions during quarantine, as had a lot of people; that was completely normal. Whilst I could enjoy sleeping in and staying up, watching movies and spending a lot of my time on social media, it got insanely repetitive and after a while mind numbing. I'm a person who thrives off of social events, being around people; so being forced to stay at home surrounded by my family everyday grew to be frustrating and upsetting. I craved adventure and excitement, only so much of that could be obtained at home. Sure, getting to watch YouTube and starting a new series everyday could be nice. As we weren't at school, I could finally take time to do what I wanted. Yet the excitement of that wore off extremely quickly. Playing the same four games got boring, I began procrastinating finishing a series that I've wanted to watch for a long time and honestly, I grew sick and tired of being in my room everyday and seeing the same posters and whatnot on my walls.

Fortunately, lockdown began to ease and we could go outside to do other things such as sport. A few weeks before this, I impulsively bought a pair of rollerskates off the internet after watching a TikTok, and I've been obsessed ever since. Although it depends on the weather, and my motivation, I go skating in the evening over at an empty car park for multiple hours a week.

Finally I found a decent hobby and it really boosted my mental health—it was a reason to go outside, be active and it's something I was able to see very visible improvements in.

I found a good balance: going outside, entertaining myself at home and obviously trying to keep up with my school work (because that was still a thing, believe despite what some of the tabloid headlines said).

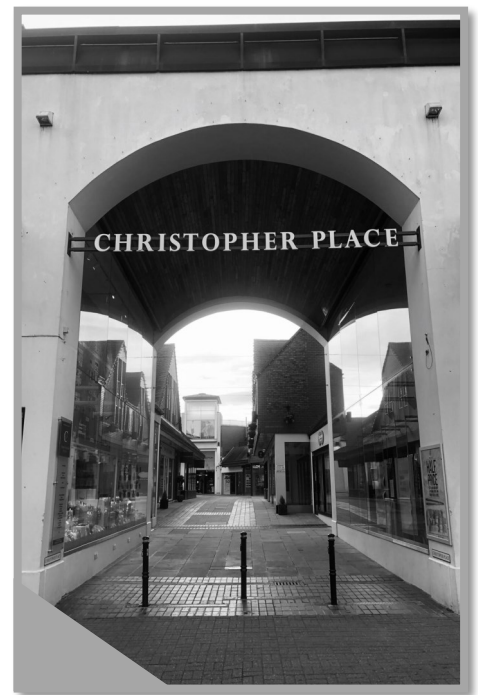
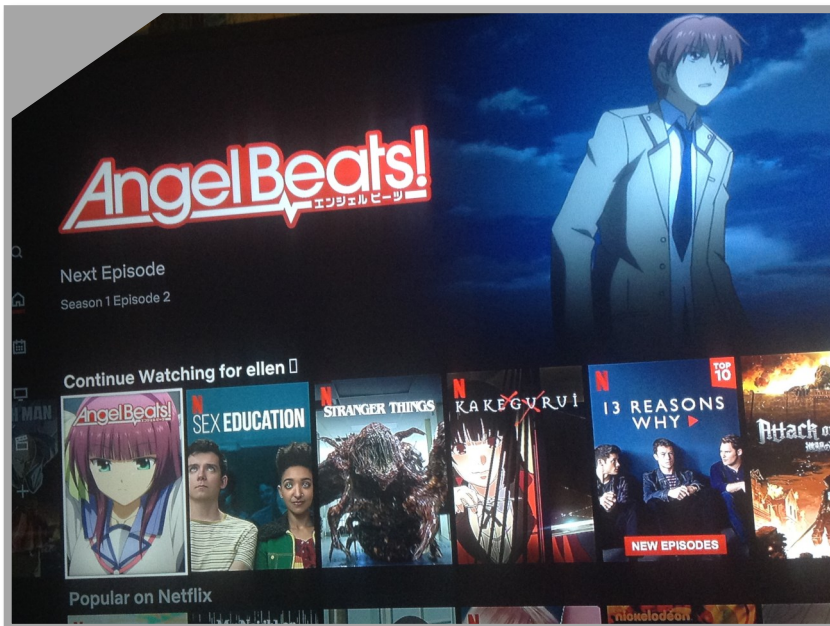
Slowly we began to be able to meet friends again, and the days I got to reunite with my best friends one by one were the happiest days of the quarantine period. After two whole months of not seeing them, being able to see their faces in person felt like a fever dream; I was seriously questioning whether or not it was real because it definitely didn't seem like it. Once we entered the idea of summer, the days started getting warmer and the nights longer, and all that everybody was itching to do was normal things like barbecues, parties and holidays. What that Spring and Summer taught me was that whilst knowing I am a sociable, I felt I had taken my friends' for granted; now that we are in the 'new normal' I'll know to cherish every single moment with them... even if I can only be with them five at a time!

However, for some people, isolation is their worst nightmare—this could have been for a number of different reasons. Some people didn't have very good home lives, it might be abusive or neglectful. Others might not even have had a home to go to. For people with mental illnesses isolation may have worsened their mindset and made them feel suffocated and alone. For some being with your thoughts for too long can be extremely damaging. I can only hope that for these people living a life out of lockdown has meant that they are able to seek help. If you are one of those people, or you know somebody who does need help please reach out. The Pastoral Hub is a great place to start.

As parts of the nation has returned to a strange version of normal; things are looking up and the world is slowly healing from this virus. Like many people, I look forward to the day where I can hug my friends again and attend parties in celebration of getting through this pandemic. Man, what a celebration that is going to be!

Written by Ellen Berrill-Osborne

Photography by Ellen Berrill-Osborne & Ellie Brasington



Has 2020 really been so bad?

As the clock struck twelve on New Year's Eve, the feeling of optimism and joy as the years turned from 2019 to 2020 was shared by all members of the busy New Year's Eve party. Music blared as friends nestled together in the small kitchen room, counting down as the clock struck twelve. Then there was a joyous roar as the sound of Auld Lang Syne blared through the speakers. It is an odd thing thinking about it now, the closeness of the people in that tiny room, the idea of attending any party or celebration. It is sad in a way. We have a new normal now. Staples of teenage years; house parties, hangouts with friends, laughter at school, looked on with a sense of nostalgia and abnormality. All these things snatched away now. We were surrounded by joy then, the feeling of almost magic that comes with the changing of the year, a fresh start, a clean slate. The buzzing electricity that comes from a crowd of people swapped with deafening silence. Yet our losses are minute in comparison with the tragedies faced by people all over the world at the hands of Covid-19.

The year 2020 was entered with all the optimism that comes with a new year. People were joyous and rejuvenated from the recent Christmas and time off. New year's resolutions to "eat healthier" or "go to the gym more" were written down in hopes of achievement. 2020 was set to be a year of prosperity, exciting world events such as Tokyo 2020, the UEFA EURO 2020s bringing fans and athletes in from all over the world. They are all cancelled now.

Upon writing this, we are coming to the end of September, and the year 2020 has undoubtedly been the most turbulent and tragic in all the years I have been alive. The Covid-19 pandemic is arguably one of the most devastating and destructive problems faced by modern society. Covid-19 has changed the lives of people all around the world and forced them into positions that last year would only be seen in the plot of a dystopian, sci-fi movie. The tragic reality of the situation, for me, has not fully settled. The uncomfortable silence of the six-month lockdown has only just begun to end. If you had told me at the start of the year that a deadly pandemic would take over the world, forcing people to self-quarantine, close schools, and businesses, stop travel and bring the

economy to its knees, I would have laughed in your face.

A few months ago, there were empty streets, empty shelves, empty homes. People forced to stay home rather than spending their time outside with friends and family; this pandemic is and was devastating and tragic, yet such dark and unprecedented times, people have pulled together unlike anything I have ever seen to create many positives.

Community. Community spirit is something that I had never felt or experienced before the pandemic struck, in the face of such trauma, people are coming together to help others and becoming more empathetic than ever. People feel the need to help others, whether that be making sure elderly or vulnerable people are okay, helping neighbours with their shopping or even simply acknowledging and saying hello to people you saw on your daily lockdown walk.

Appreciation. For me, the Covid-19 pandemic and subsequent lockdown made me more appreciative towards a multitude of things. People say that you only appreciate what you have when taken away. In that sense, the lockdown has made me and many people that I have talked to more appreciative of the time spent with friends, at school, spending time outside, and simple things like going to the cinema or a restaurant. All things that before lockdown, many people, including me, would not have batted an eyelid about.

Additionally, in a sadly ironic twist of fate Covid-19 has finally made the British public more appreciative of essential workers from shop assistants and delivery drivers, to the doctors, nurses and hospital staff working tirelessly to protect our country from this horrific virus. This deserved appreciation, seen from the clap for the NHS movement, saw the UK embracing a round of applause every Thursday for the heroic NHS, who have and continue to risk their lives for our protection. As we approach one million worldwide deaths I have never been more appreciative for the tremendous work done by the

NHS and doctors and medical staff all over the world.

Family. All over the world, due to lockdown people are being forced to stay in their homes, whilst initially, this sounded bad, for millions leading busy lifestyles, the lockdown led to valuable bonding time spent with family. Children who typically spent their days at school and in wrap around care were given time to play and experience precious time with their adults and family members at home.

It has already been announced that mass celebrations have been cancelled. There will be no fireworks displays on 5th November and London will not be hosting a New Year's firework display over the Thames. These fireworks

have lit up the London sky religiously for the last twenty years. This year has been unprecedented and unsettling, and I would not dispute with the statement that 2020 has been one of the worst years on record. I may not be able to take part in typical teenage milestones such as celebrating my eighteenth birthday, hanging out with family and friends, or attending festivals. This new year will probably not be celebrated in a cramped room filled with friends, yet although we are still distanced, I am assured by the fact that I will feel a sense of *togetherness* like no other. Locally, nationally and even globally, we face a common enemy, and it is what we do as a collective in the face of this adversity that genuinely matters.



Written by Molly Burke

Art by Phoebe Joyner

George Floyd: the start of a revolution

Before reading this article please be aware some may find the content upsetting.

George Floyd, a husband and father, died on 25th of May 2020.

The scenes of his death were brutal and upsetting. The scenes, caught on a bystanders phone showed Floyd suffocating as the blood supply to his brain was cut off. The footage seemed to show police officer, Derek Chauvin, placing his knee on Floyd's neck for a total of 9 minutes. As Floyd slowly lost consciousness you can hear him calling out that he couldn't breathe. His cries for help became the title of protests and civil rights activism in America and here in the United Kingdom.

Once Floyd had been placed in the police car, CCTV (that has since been released) shows what looks like officers physically assaulting Floyd before his death.

The footage that shocked the world was taken by a 17 year old girl; it soon went viral and there was complete uproar, disgust and upset. Floyd's death, at a time when the world needed to come together against Covid, seemed to bring to light the injustices that black people face every day.

Injustices that people, not only in America but all over the world, felt. It came so shortly after the death of Breonna Taylor, a young black woman, who was murdered in the comfort of her own home after police stormed her house thinking she was somebody else. Breonna was an EMT and surely saved many lives, yet when it came to her death it was initially explained as a regrettable accident. Breonna and George's deaths sparked questions. It seemed that people from all walks of life were beginning to ask the police to be accountable. Between 2014 and 2019 police in the USA killed 6557 people, 25% of those people were black.

It is this simple - this is NOT acceptable. People should not be facing injustices due to the colour of their skin. Clearly racism still clearly exists and perhaps shockingly is how

institutionalised within books, within the TV

programmes we watch, within politics and sadly...

in many of the communities we live. 1:4

Americans agree that there is still work to

do to reach equality for the black

community. Some may ask why a

we should busy ourselves with an American cause. Well racism is everywhere. What many Britain's don't know was that Britain was the first country to industrialise black enslavement in the Caribbean. We have street names, statues, schools that reference these slave owners—who whilst being philanthropic did profit from being the owners of slaves. We, therefore, are not innocent. We too have a role to play in eradicating racism.

We must use our voices no matter where in the world to help bring justice to those who have fallen, to bring equality to the black community, to say their names and make their voices heard.

Due to the amount of support this movement has endured, Floyd's case was reopened and Chauvin, who has just posted bail for \$1million, and the three other police officers face murder charges. Breonna's case has also been reopened by investigators in Louisville.

Thanks to the amazing response from the people, it looks as though justice will be brought. But this is not enough, we must not allow this to carry on, we must all stand up for those who face racial discrimination; we must all stand up so their voices are heard and we must all stand up for equality.

Written by Grace Scott

For information about the George Floyd case and the Breonna Taylor case please ensure that you check a variety of news sources. Remember, reading from just one source creates an echo chamber—we need to read widely to really find a balanced view.



Art by Arianna Smart

The Heads of School

This year, four students were newly elected as our 202/21 Heads of School. We have Joe McCarthy (Head Boy), Gemma Vincent (Head Girl), Tom Vincent (Deputy Head Boy) and Victoria Brown (Deputy Head Girl). All four students are delighted to have been selected from the other amazing candidates that put themselves up for nomination. They took a moment away from their studies to discuss what they would like to achieve now that we have returned to school.

Joe: "As Head Boy, I would like to push forward initiatives of mental health education and becoming as plastic free as possible with the introduction of reusable water bottles for students. With such an amazing group of student leaders, I'm sure we'll achieve great things."

Gemma: "In my role of Head Girl, I want to ensure that communication is key! I hope to form social clubs open to all students to talk about their worries and for them to realise the support and social mobility within the school. I look forward to what the future brings for the team. We have been given permission to use the

community notice board, so we will make sure that everybody knows what we're up to."

Tom: "As Deputy Head Boy, I would love to focus on mental health support for students, so that no one feels alone. I would also like to make career opportunities less linear and classroom based, so that students are able to gain a strong idea of what they would like to do when they leave Marlborough. I look forward to working with my fellow Heads of School and the Student Leadership Team."

Victoria: "In my role of Deputy Head girl, I would like to support my fellow heads, ensuring that together as a team we continue to make the best out of this amazing school and ensuring that all our students feel apart of the student voice. My aim is to organise a garden area where all students will be welcomed to either contribute their time to help develop the area or to just simply appreciate it. I am looking forward to the future and planning events with the other Heads of School, our Student Leadership Team and School Parliament."



The Heads of School email addresses, if you have any questions or would simply just like to contact us:

14mccarthyj@student.marlbrough.herts.sch.uk

14vincentg@student.marlbrough.herts.sch.uk

14vincentt@student.marlbrough.herts.sch.uk

14brownv@student.marlbrough.herts.sch.uk

Thank you!

The Heads of School

The Student Leadership Team

First we would love to say a huge *hello!* Before we start to introduce ourselves to you all. We are the newly formed Student Leadership Team. We are a team whom works closely with our amazing new Heads of School and School Parliament to make our school an even more fantastic place to be. We all have goals we want to achieve, so we'd like to introduce ourselves and our ideas.

Our team is: Grace Scott, Charlotte Dodd, Noah Asbury and Saffy James; we are all in Year 13 and are extremely excited to have been given this opportunity. We know that this year will be strange. Sadly, we can't get in to forms or assemblies to meet you all; we know that Parliament will be a little different this year too but we hope that we can help the students with whatever they need and are a good source of advice, tips and info when you can't get through to the heads!

Grace: "I would love to implement a new system in which students have a platform where they can talk to us! Whether that is via email or coming to see us when school is fully back up and running, and bubbles are a

thing of the past! You can talk to us about problems you're facing, struggles you might be having in class or with your learning, maybe about a falling out. We might not have the answers and we can't promise to keep things secret; however, we will ensure that we find somebody who can help!"

Charlotte: "I want to help and encourage students to join in with all of the amazing extracurricular activities that our school runs. Whilst we can't mix bubbles you can get involved and it is a great way to gain team work skills and to be able to comfortably—if remotel—socialise with other year groups."

Noah: "I want to be able to work on finding a way to offer students who may struggle to find friends or don't do well in social situations some increased support. By increasing the skills I hope my legacy will be an even more inclusive school!"

Saffy: "I want to have a safe place and a memory garden for those who have lost people and are struggling mentally, incorporating mental health with the environment!"



We would love to hear some feedback about these ideas and any that you have! If you like to contact us or our coordinate Ms. Redfern then email us at either:

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14doddcc@student.marlborough.herts.sch.uk

14asburyn@student.marlborough.herts.sch.uk

14james@student.marlborough.herts.sch.uk

h.redfern@marlborough.herts.sch.uk

We're so excited for the year ahead and can't wait to hear back and speak to you lots more about our plans in the future!

The Student Leadership Team

Black Lives Matter

Human rights shouldn't have to be a debate. The colour of someone's skin shouldn't make them less likely to live, it shouldn't mean the people who are supposed to "protect and serve" are the ones who can murder them with no consequences, and it shouldn't mean they have to fight just to earn the simple right of equality. Yet this is the world we live in. An entire community is forced to defend themselves against their own government, in fear of a system put in place to oppress.

Black Lives Matter movement was born from the injustice and discrimination the black community has been subjected to. The movement was founded in 2013 in response to the killing of Trayvon Martin and other black citizens, and has come back to prominence this year in response to police brutality. For centuries the black community has been abused, oppressed, and silenced. While victories have been made in the push for equality, there is an extreme lack of justice and acceptance that remains. Human beings, no matter what, should never have to fight for basic rights. The right to be safe in their own community, the right to drive to the store or walk in a park without fear for their lives, the right to live without being subjected to abuse and injustice at the hands of the people in charge of keeping them safe. All of this, and more, has never been granted to the black community, based on nothing but their race.

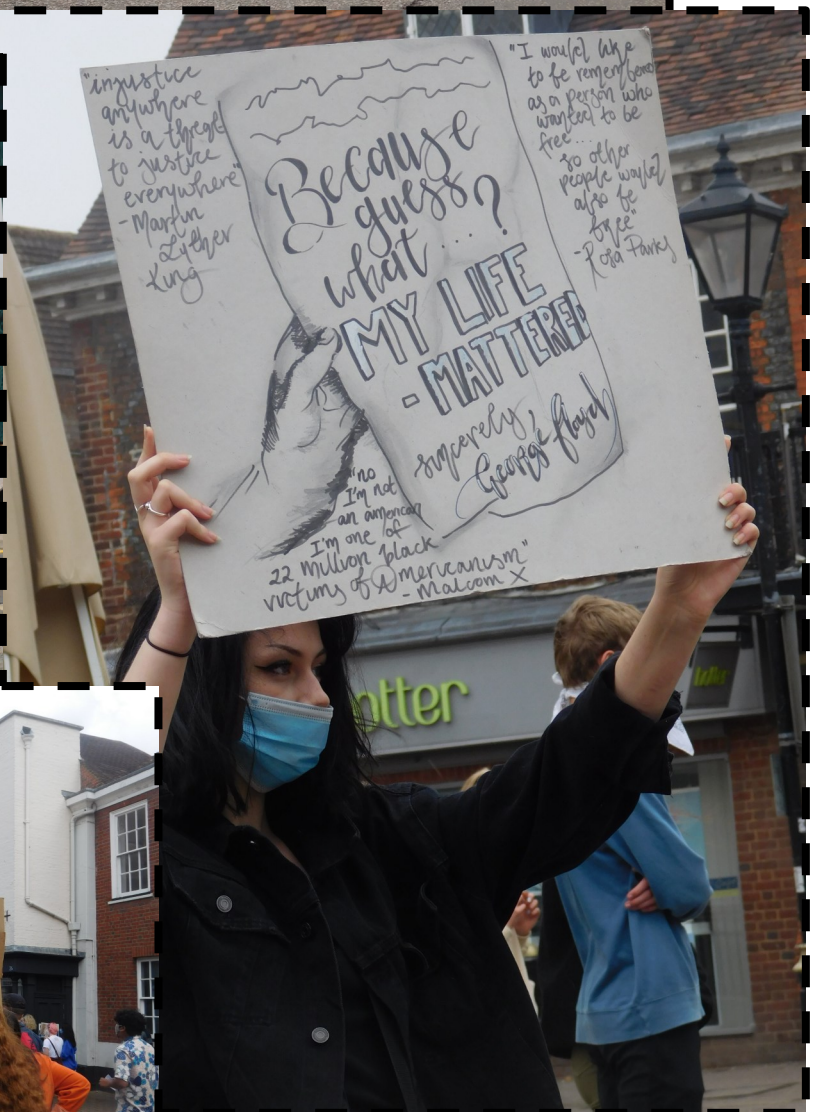
The amount of people, innocent members of society, who have been killed at the hands of a police officer for the sole reason of their skin colour is despicable. The number grows constantly, and every day there is a new heartbreaking story that we read. George Floyd's death sparked the movement of millions of people fighting for justice for multiple brutal and overlooked murders of innocent members of the black community at the hands of a cop walking free. George Floyd was arrested for supposedly using a counterfeit 20 dollar bill (which was later revealed to be real). He was face down on the road in handcuffs, surrounded by 4 armed police officers. He didn't resist, he didn't assault or harm them. He was outnumbered and on the ground, yet the police officer arresting him knelt on his neck for almost nine minutes while he pleaded for his life, stating "I can't breathe."

The other officers did nothing, and after those 9 minutes, had zero regard for Floyd's well being. Without a badge there would be no doubt that it was cold blooded murder, yet instead of instant justice it took a movement to get Derek Chauvin, the officer on Floyd's neck, arrested. I've seen people say ignorant and privileged remarks about the movement, saying it's "dramatic" or "there to incite violence". Yet there should never be a world where a police officer, in charge of taking care of society, can watch someone suffer and die at their hands for doing nothing wrong. This wasn't an isolated incident, and this wasn't one bad cop. From George Floyd, to Philando Castile, to Breonna Taylor, to so many more people, the institutional racism in the world has resulted in the constant abuse and murder of members of the black community.

Now, we stand up and fight for justice of the lives of those lost, and the safety and acceptance of the lives of those present. The leaders of society protect the officers rather than stand up and help the people facing brutal discrimination. White superiority is the priority of those in power, and now the world is fighting back. With protests, riots, petitions, donations, and more, millions of people are standing together to help bring justice and equality to a community of people who have had their freedom stolen.

So how can you help? Participating in protests, if able, is a massive way to show support while putting pressure on the government to change their ways and help fight the inequality. Petitions and donations are another way to help, along with spreading awareness for the movement and keeping this topic prominent until there is justice. Showing support for black creators and business owners, and amplifying the voices of black people, are ways of displaying solidarity and pushing for change. There will always be new ways to help, so keep listening and learning.

No one should ever be put in danger, especially from the people who are meant to "protect and serve". Murder and abuse will not be tolerated any longer, and together we stand to fight for justice and equality.



Written by Anonymous Photography by Ellen Berrill-Osborne

What's it like to be a woman in 2020?

Everybody should be a feminist. At it's most simplistic women should have equal rights to men; that should be completely and entirely socially accepted. However, there are still people who stand in the way of this.

In previous editions of *The Mo* our foremothers have written how they are 'the daughters of the witches you didn't burn' and how sexism is an outdated notion that shouldn't be something that the GenZed need to still be fighting for. Yet, people in power, people such as the , Donald Trump, the President of the United States, has been frequently been called to task over his continuous sexist remarks. You don't need to search far to find pages of his spurious remarks about female soldiers, news anchors, politicians and celebrities. Not only has he sexualised women without permission, but he has exploited them. He has commented on his own daughter's physical appearance suggesting that if she wasn't his daughter he would not mind being in a romantic relationship with her.

It is these actions which have lead to some to believe that speaking about woman in such a way is acceptable. I can't say I blame them... because if the leader of the free world can say it and get away with it, surely anybody can? This is what is so incredibly dangerous and what contributes to being a woman in 2020 so much harder than it should be.

Arguably, in 2020, many women are able to express themselves in ways they never have been able to before. In ways such as their intellectual curiosity, their professionalism, sporting accolades, style, business, personality and sexuality. Inclusivity for women in industries such as business is now more possible than ever. And yes, it is easier for women to come into such careers. Yet, shockingly only 5% of FTSE (Financial Times Stock Exchange) 100 CEOs are women. Perhaps even more astounding is that the FTSE 250 is even further behind with just 2% of women in the CEO chair. However much we say it is there, is equality for women truly promoted in the work place? Women are still portrayed as weak and unable to do a 'mans' job, not to mention the ridiculous pay gap between men and women despite doing the same job and in the same position.

However, there are empowering women in the spotlight who show young women that you can have it all. You can marry, have children and in Jacinda Arden's case, run a country! Jacinda Arden, the Prime Minister of New Zealand has proven to be one of the most powerful woman not only in politics but in the modern woman's fight for equality. Arden has proven that progress isn't dangerous and that just because a woman has a small child doesn't mean they have to stay at home and look after them. She famously said "I'm pregnant, not incapacitated" and not long after having her baby she and her husband attended a World Summit meeting with the baby (she was breast feeding and could not leave her baby). If that does not scream inspirational for young girls I don't know what does! 2020 she has proven that she can take complete control of a crisis, as after her hard stern and early lockdown during the first outbreak of Coronavirus, New Zealand was the first country to reveal they had no cases and had taken control of it.

Jacinda is not only an inspiration to young girls but also woman too proving that we can do anything and if we get stick for it just because we are female that means we are just going to fight that harder to prove them wrong.

Written by Grace Scott

Art by Tom Vincent



The Problem with 'SIMP'

From a historical perspective, the word 'simp' is a condensed form of the insult 'simpleton' – meaning fool or moron. Hardly a word we should be spouting. By today's standards, it's quite a tame slur, but in 2020 the word has taken on a new definition. A modern-day 'simp' is a slang noun referring to a man who is needy and becomes a fool for a woman - putting her on a pedestal.

The term 'simp' rarely goes both ways, most of the time it is used as a derogatory dig against men. It is essentially an extreme and gender-biased way of calling someone 'whipped'. The term was populated by the video-sharing app, TikTok, which is predominantly comprised of Generation Z. TikTok users may profess that the term is, at its core, just a meaningless joke. But that doesn't mean humour can't further perpetuate the issue of toxic masculinity.

In the past year or so, the word 'simp' has become increasingly common especially amidst younger men, and although the word started out with good intentions, it has progressively lost its original meaning and therefore gets used out of context many times. The word is now used to attack any guy who is simply doing anything nice for a girl. When boys try to expose each other for 'simping', they subconsciously reinforce the idea that showing certain emotions and appearing vulnerable should be frowned upon. Whether it was intentional or not, the word is laced with misogyny – it's 2020's version of completely unacceptable remarks about homosexuality.

This isn't the first-time people have gotten too caught up in online trends. Another example of when a trend created hostility between the genders was the 'Waste his time' trend – which basically encouraged women to lead men on for personal gain. We need to stop promoting the idea of pitting the genders against each other.

The insult 'simp' is creating an inherent link between treating women with respect and giving up control of one's manhood and independence. Why does treating a woman with respect make you weak? You hold the door open for a woman? You're a simp. Pull out her chair? You're a simp.

'Simping' can be closely linked to and go hand in hand with

those who are informally labelled as 'Pick-Me Girls'. A 'Pick-Me Girl' by definition is a heterosexual girl who seeks validation from a man and will conform to gender stereotypes or ideas that are blatantly sexist simply because they crave male attention. This can be extremely damaging as it fuels the already existing 'simp' trend and further exacerbates toxic masculinity.

It's obvious that women will be negatively affected due to guys trying to act 'tougher' instead of kinder (or just being themselves.) But the main issue lies in it becoming increasingly confusing to boys learning how to form respectful and healthy relationships. Constant berating can have major psychological impacts like a massive lack of self-esteem and general confidence.

So how do we change this? Firstly, we need to stop considered it a weakness for a guy to be nice to a girl. Compromising your character just to impress someone however is a much more accurate example. Most importantly, we need to get rid of the fear many have of words. Once stigmas are removed, they will no longer hold any power and hopefully people will feel freer to express themselves without any worry of judgement.



Written by Kaylei Callaghan

Drawing by anonymous

Progressive Society

Your identity is the thing that makes you human and unique; it is something that alters through time. It bends because of the media you consume, the relationships we build, your different life experiences and your politics. Your identity is often expressed by how you're presented and express yourself, through hobbies, through like make-up and fashion. It also conveys our gender, race, and sexuality. How you define yourself is what makes you—well you—and in our current society, we are mostly encouraged to explore our individuality and find our way through life.

Yet, people still have dated opinions and ideologies that set to compress the unprivileged rights and way of life; all so they maintain their privilege and ignore problems that never directly affect them. At the root of this, although people are urged to showcase their identity, it is often repressed due to the fear of rejection and or being judged. The fear of rejection primarily comes from having low self-esteem; being considered 'different' or 'odd' because you differ from the ordinary and the mainstream can often force you to question yourself, your choices and your journey. People are

often afraid of change and being progressive. The fear of standing out from people and facing their judgement can challenge even the most resilient of us; yet, what we so often forget or don't see, is that the people who force this hatred of the progressive and the different often suffer from insecurity within themselves.

Yet, despite this, I can safely say that if we look back in life through the decades it is clear that as a society, we've definitely seen some progress in the levels of acceptance

communities. It ties into the idea of establishing our identity; people can seem to find friendship and join communities that make them feel accepted within themselves. This especially the case with social media platform where finding your clan seems to be just a click away.

However, one could argue that while social media is a great tool for learning about new ideologies and ideas; it is also a major source for criticism and judgement. When we use social media apps like Instagram or Twitter, we are effectively performing for an audience.

We leave behind a digital footprint that can be accessed by anyone; from this people can easily judge you. Your followers and your following are there to be sold to the highest bidder and whilst we like to believe that our acceptance and liberalism is progressive we need to be mindful that this isn't always the case. As loud as we bang the progressive drum there are others who have relishing in their conservatism. We need to be aware that echo chambers are not good and to push the boundaries we need to consider all ideas.

I believe that within this society, it is becoming more acceptable to be different and unique despite there being some

backlash from other people. Somebody that dictates how you 'should' look, act or talk is projecting; if you feel comfortable and safe with the way you identify yourself, then other people's opinions should not matter. It's important to be unapologetically yourself, because pretending can be exhausting.

Written by Nell Delaney

Drawing by Anonymous



An interview with Zadie Smith ,

Author extraordinaire.

A strong and powerful literary voice, Zadie Smith has made the world stand up and take notice. Her first novel, *White Teeth*, became an instant bestseller and she continues to inspire readers, young through her wide novels and essays. Zadie Smith has taken some time to talk directly to *The Mo* about her work and her life.

Recently you have started writing about other people, who was your best interview with and why?

I don't really do interviews very often - I don't like doing them. I hate being interviewed myself, so I hate putting someone else in that annoying position. But if I had to choose it would be the rappers - Eminem and Jay Z.

I interviewed Eminem when I was about 26 and I think he was only a few years older. He was in a transitional moment in his life, trying to deal with the enormity of his new fame. And I found him a brilliant, sensitive and thoughtful person to talk to. He was very raw and not used to being interviewed so it was possible to have a human conversation.

Jay-Z was a few years ago, and that was just fun because we talked a lot about language and rhymes and the technical side of his art form and he got so excited about talking in that way it was nice to see. I suppose people often ask him about money or politics or his wife. But I really just wanted to know about lyrics, and I felt he was into that.

What has been your biggest achievement so far?

Getting into university. I read English at the University of Cambridge.

Our readers are largely in secondary of A-level education, what were you afraid of at 16-17?

Not getting into university. I really wanted to get out of town and see a different world. And I knew a degree would give me more opportunities to change my life than anything else.

As a Literature student I enjoy reading, how has reading changed you?

It's made me. It shaped my mind, the way I think; it broadened my view of the world, and it brought me so

much pleasure. But so did music, and film and conversation and just keeping my eyes open while walking down the street. Everything can develop your spirit if you're open enough.

So, on the subject of books, what is your best book and why?

That I've written? I've no idea. I personally like 'The Embassy of Cambodia' which is a tiny thing, but it's nicely made. It's about a west-African girl who is being exploited by the family she works for in Willesden.

Looking back at the collection of books Smith has written it is clear that students of all ages, backgrounds and ethnicities should read her books. You may have seen her work in the Kiln Theatre in Kilburn, perhaps you watched the gritty interpretation of 'NW', also set in Kilburn, or the TV adaptation of 'White Teeth';

Zadie Smith is something of an expert when it comes to kick starting her career speedily! She was just 21 when she submitted an excerpt of her debut novel, *White Teeth*, to an agent, sparking a bidding war that ultimately led in Smith publishing the novel at just 24 and bringing her worldwide fame.

She has encouraged a new generation of readers to imagine what they could not see and has helped notably talented actors and actresses reach incredible heights of achievement. For example, Naomie Harris (the first black actress to play Moneypenny in the 23rd and 24th James Bond films) had her first screen break as the TV adaptation 'White Teeth' (where Harris played the character Clara Bowden/Jones). Does Harris credit Smith for making her dreams possible? Who knows but if she does then it is rightly so.

Smith continues to write and inspire readers; however, she also now works as a Professor of English in the University of New York making a noticeable impact on her students too. She teaches her students about the work of Franz Kafka (a German-speaking Bohemian novelist and short-story writer), who is widely regarded as one of the major figures of 20th-century literature. His work is known for fusing elements of realism and the fantastic. She also finds time to sing jazz too!

Written by Lauren Jegede-Dunn

Photograph by Dominique Nabokov at RCW Agency



Time to “Man Up!” and speak up!

The story is sadly all too familiar. A man, burdened by troubling emotions, is oppressed to the point of silence by the toxic masculinity embedded within society; consequently, he is unnecessarily resigned to an agonising time. Regrettably, the man I have just described to you represents an increasingly vast and talented body of men in modern day Britain. Despite this, men’s emotions, and in turn their mental health, is often left behind. But why in a new world that is so offended by the notion of minority, sexuality, gender and racial oppression, is it so readily accepted for a man not to open up? In the seemingly revolutionary decade that is now the 2020s and the strong voice of GenZed, why do we look upon men’s feelings as taboo?

For me it is clear - the problem comes from embarrassment and the fear of judgement. In a man’s world, mental health, shockingly, is still considered a weakness to hide... because men are so famously strong and invincible. Through my own deliberations it soon occurred to me that my male friends and I are guilty of the same crime. We don’t talk. Although we have a close friendship and have had since Year eight, my two best mates have known as little about my feelings as I have about theirs. As they may never read these words, I am free to say I am truly embarrassed at the fact I don’t talk to them and they don’t talk to me about anything concerning our own mental well-being. Deep down, I’m not ignorant enough to think everything is always okay with them.

Have we been consistently happy during our friendship? The answer is a resounding no, but I’ve never had reason to doubt their seemingly contented facade that perfectly encases their deeper hidden feelings and fools everyone else into believing they’re okay. On rare occasions, when emotions have cropped up in conversation, without hesitation the topic is swiftly sidelined. And whilst it’s tempting to believe none of us have gone through anything upsetting or have experienced poor mental health, we all know that’s a big fat lie. Yet why then, as we near adulthood, do our feelings remain our own concern to be dealt with in our own time? Is it the unwritten law that having XY chromosomes must mean

you never open up? Unfortunately, this is a law that is not broken as often as it should be.

As a young person growing up in the mental health revolution, I’ve witnessed firsthand the effect declining mental health has had on friends and loved ones. We don’t need statistics shoved in our faces to know how tragically and increasingly common male mental health problems are. The saddening truth is that it’s more common than most of us would expect and what is even worse is the way young perceive it to be a debilitating embarrassment if we speak up. The curse of the “man up” slur has become a debt to wellbeing and has upset more male lives than have actually “manned up” and faced their demons.

So, how do we prevent this pandemic breaking out even further? It’s a fact that we can’t be permanently happy and it’s human nature to feel deflated and blue. It’s important that we have fears and anxieties; however, we need to be able to talk about them and understand them. If we don’t learn to recognise when these thoughts go too far, become something dangerous and start to become debilitating and all consuming then we are in danger of becoming another statistic. It is important we learn to understand our emotions and when things are getting tough it is essential that we start to talk. It isn’t a shame to have emotions. We all have them; we must break the cycle that suggests that men don’t!

In short, man up: start speaking; ask for help; allow yourself to feel.

There are so many safe platforms for you to do so. There are charities like Kooth, Youth Talk and CALM (who specialise in men’s mental health). Help lines like Mind and the Samaritans are there with trained professionals waiting to take your call. There are also trained safeguarding professionals in school – you can speak to a teacher, a tutor or one of the DSPs. There is also lots of advice on the school’s Pastoral Hub. I say again, ‘Man up, speak up!’



Written by Lewis Andrews

Photography by Raphael Brasileiro c Pixels