



Written by young people for young people

SPEAKOUT



magazine

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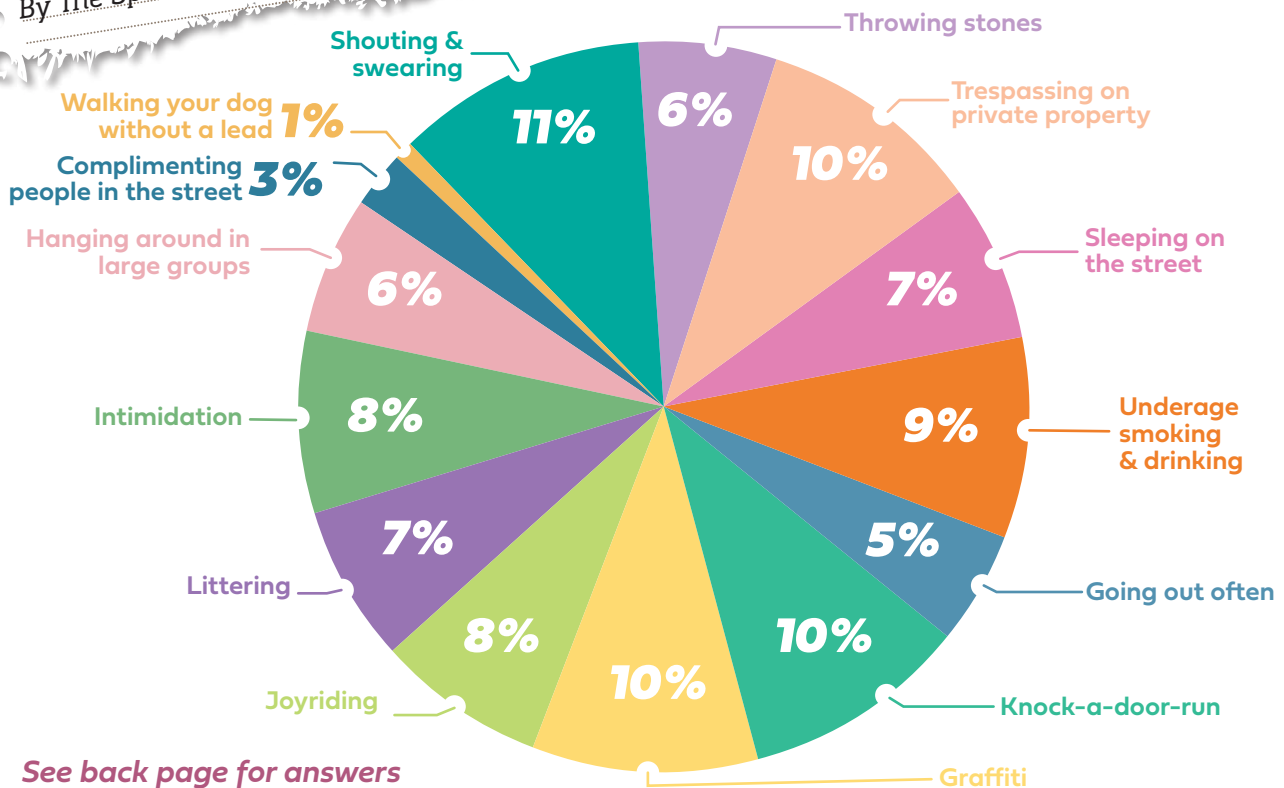
www.speakout.org.uk

<https://localgiving.org/charity/hcyc/project/speakout/>

Vox Pops

By The Speak Out Team

WHICH OF THESE DO YOU THINK ARE CLASSED AS ANTISOCIAL BEHAVIOUR?



See back page for answers

Gummy Bear Taste Test: Does Blindfolding Affect Flavour Perception?

By The Speak Out Team

Gummy bears, the delightful chewy treats, are known for their vibrant colours and fruity flavours. But have you ever wondered if your sense of taste is influenced by what your eyes see?

In a fun experiment, The Speak Out Team decided to conduct a gummy bear taste test! We compared the taste of each coloured gummy bear with our eyes closed and then open to determine if there is a difference in flavour perception.

Firstly, we tasted the 6 flavours with our eyes closed and guessed each flavour out loud. We relied solely on our taste buds to discern the different flavours. Surprisingly, most of us struggled to identify specific flavours accurately. Some of us mistook strawberry for raspberry, pineapple for lime and one of us thought that most of them tasted like lemon or lime. We then repeated the test with our eyes open in the same order of colours. With our vision restored, we could confidently identify the different flavours

with accuracy. Seeing the colours of the gummy bears enhanced our ability to distinguish between flavours because visual cues complemented their taste perceptions.

We were shocked at the results and this experiment highlighted the fascinating interplay between our senses. While taste is primarily a function of our taste buds, our visual perception can significantly influence how we experience flavours. So next time you enjoy a handful of gummy bears, try closing your eyes. You might be surprised at how your taste sensations change.



KNIFE CRIME

Knife crime isn't as common as you may think, but it does happen. Knife crime can affect anyone, not just people in gangs. What is knife crime? Knife crime is a crime that involves a knife or any sharp object.

You can call Crimestoppers anonymously on 0800 555 111 if you want to report a knife crime.

By Speak Out Team Member

Many people don't realise that as well as stabbing someone it is also illegal to; carry a knife even if it has not been used; threaten someone with a knife or sharp object; own a banned knife; commit a crime using a knife – like robbery; commit a crime by pretending you have a real knife. Any of these actions could result in a criminal record.

You can call Childline on 0800 1111 if you're worried about your own safety or if you think someone you know is carrying or using a knife.

Did you know that juveniles aged 12-17 sentenced in a youth court may receive a detention and training order of up to 24 months, and that under the two-strike rule young people aged 16-17 can

receive a minimum of four months detention and training order for possession of a knife? If you are over 18 the minimum custodial sentence is six months.

Despite the common misconception that many young people carry knives, in reality 99% of young people don't carry knives. You must be over 18 to purchase a knife, this includes cutlery and kitchen knives. If you are found guilty of carrying a knife on school premises or in a public space, you could face up to four years in prison. To get help, you can contact Childline or Crimestoppers anonymously. You could also talk to a youth worker, trusted family member or teacher.

It has been proven that if you carry a knife, you are more likely to be targeted by people who want to hurt you.



Speak Out works in partnership with The Harbourough Community Safety Partnership. To find out more please follow the QR code.



Sources: <https://www.childline.org.uk>

Cupcake decorating



Our Travelling Forward group have been learning about endangered animals and global warming. They then had a go at decorating some cupcakes with those topics in mind! Some young people found it tricky to draw using the icing pens, but they were resilient and kept trying. Others used ready-to-roll icing which was a bit easier to form shapes with.



BEING MISS NOBODY

BY TAMSIN WINTER

Review By Speak Out Team Member

Being Miss Nobody was an incredibly emotional and heartfelt book that genuinely made me laugh and cry. The rollercoaster of emotions as Rosalind battles her selective mutism and goes through the journey of having a sick little brother deeply touched me. I would really recommend reading it because it shows the importance of having a good friend and owning up to your mistakes and correcting them. My favourite character is definitely Rosalind's little brother. He is ill, but he has such a happy-go-lucky personality and is cheerful no matter how sick he feels. I would really urge you to read this if you're into books that pull at your heart strings.

Book Covers credit: Usborne Publishing Ltd
Background by Ron Lach at Pexels

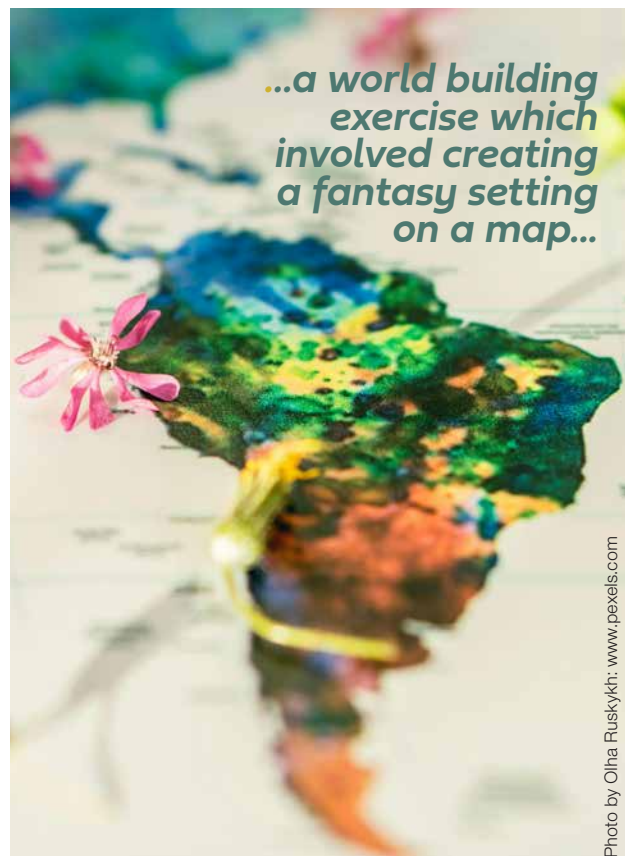
Tamsin Writing Workshop

By Freya

Last term we were inspired by a World Building Workshop we attended with Tamsin. During the workshop we were asked to write down several words from different categories such as colours and places to go. After that we were asked to come up with a sentence that included all the words we had written down. We then shared them with each other. Although we weren't very confident to do so in the beginning, as we went on we got more confident and better at sharing our work. The next task we were told to complete was a world building exercise which involved creating a fantasy setting on a map. We were then asked to create some characters that would inhabit this world and interact with each other in an interesting plot. After that we wrote an opening to the story containing the world and the characters we had created on the map. It was a fun experience and it really encouraged us to get involved in creative writing and to give it a go.

Although we weren't very confident to do so in the beginning, as we went on we got more confident and better at sharing our work.

We would like to thank Tamsin Winter for this enriching opportunity. Participating as a group was both enjoyable and invaluable.



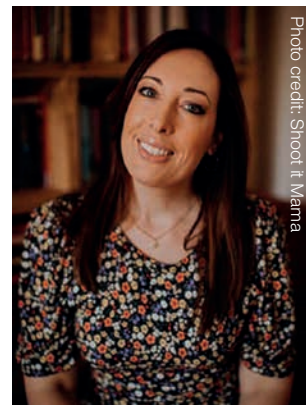
...a world building exercise which involved creating a fantasy setting on a map...

Photo by Olha Ruskykh: www.pexels.com

Interview with Tamsin Winter

By The Speak Out Team

We interviewed Tamsin and learnt about her writing journey and what her inspiration is to write.



What is your favourite thing to write about?

I like to write about things that are highly emotional, difficult to talk about and awkward situations. I always make sure there is a funny character to add some comedy. Emotionally tense scenes, the ones that make me cry, will always be my favourite though.

When did you start writing?

When I was little girl.

How did you discover you liked writing and wanted to be a writer?

When I was little life was quite boring, and in the 80s there were also no phones and so I had to make my own entertainment. My way of entertaining myself was with a pen and paper.

How did you get your books published?

I entered a novel competition, and I was contacted by the judge from the competition who was also a literary agent in London. He liked the book and he wanted to represent it. He sent it out to two publishers and that's how I got my book deal.

Do you have any unpublished books?

Yes, I have lots of unpublished books and unfinished books. I have one that I wrote over lockdown that was rejected by my publisher, but I still like it. Sometimes I write for myself. I write a lot of poetry as well that isn't published.

How many drafts do you do on average?

9 – 10 drafts.

How many people read your drafts?

Just my editor.

How do you get inspiration and ideas for your books?

Real life such as the news, online articles, social media and also daydreams. Some of my ideas come to me in daydreams.

How often do you get writers block?

I tend to have the opposite issue. I have so many ideas and not enough time to write them all.

What do you do when you get writers block to help you?

I take a break or go for a walk to clear my head. Sometimes it's the fear of not being able to write something perfectly.

Sometimes I write for myself. I write a lot of poetry as well that isn't published.

How long does it take you to write a book roughly?

Approximately 18 months altogether, then another few months before it actually gets published.

How do you decide on the front covers/illustrations of your books?

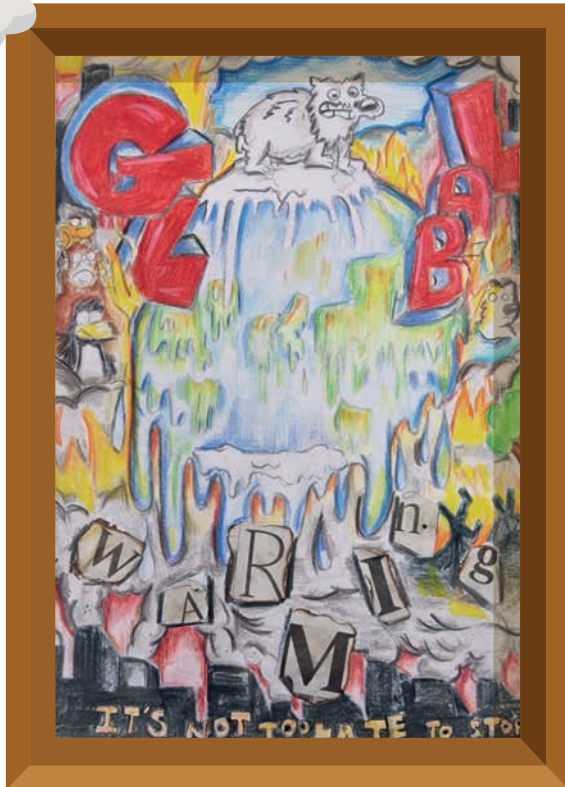
Freelance artists. They draw the characters based on how I picture them. Normally I find somebody on google images that looks like the character that I imagined. I also make a mood board that I send to my publishers, and it all goes over to the designer. They do the font and the placing of the lettering, then the marketing department come up with a tagline and a blurb. I get sent a jpeg and I approve it.

What advice would you give to someone who would like to be a writer?

Read a lot and keep writing and practicing. Don't try and write like anyone else, know that who you are is unique and so how you write is unique.

ART BRIEF WINNERS

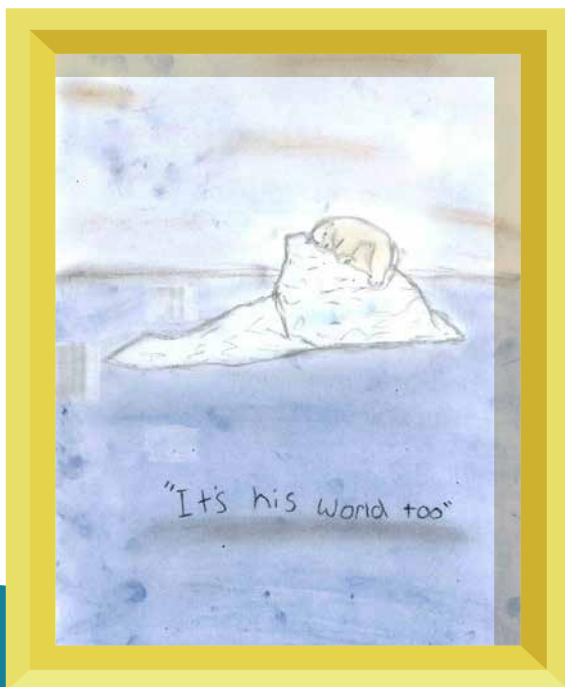
This term we asked young people to draw, paint or create something that represents Global Warming. It was hard to choose a winner as we had over 100 amazing entries. We chose 4 winners as it was so difficult to choose!



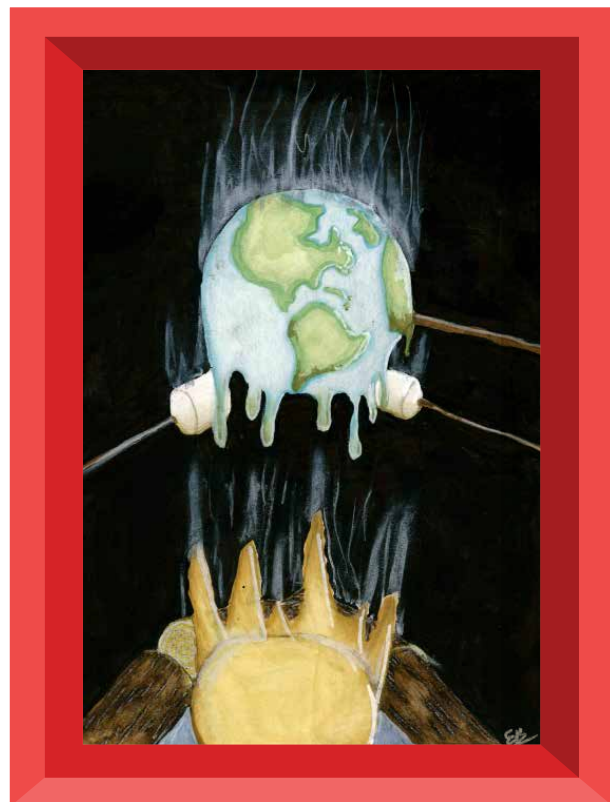
BY JACK GIUDICE, YEAR 9



BY PEARL SANDERS-ELLIS, YEAR 9



BY VIOLET WOOLNOUGH, YEAR 8



BY ERIN BOOKER, YEAR 9

To see all of the entries you can visit our gallery on our website by following the QR code:



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Writing Brief Winner

The Missing Person

For this edition our creative writing brief was: Write a story or a poem in a genre of your choice to go with the title "The Missing Person". We received entries from our partner schools Welland Park Academy, Robert Smyth and Lutterworth College. After much consideration, The Speak Out Team chose a short story by Molly-Ann Reeves from Lutterworth College as the winner. Congratulations!

"Please help me. Please, I've looked everywhere for you. Can you find my wife? And then my brother, he's missing too. And then my sister. My friend, my cousin."

"Find them. Find them, won't you?"

That's what they say to me. I've memorised the speech.

You barge into my office. Say that you have been through Hell and back to find me. (The cold air was so harsh, you're pale with fright and terror from the journey you've managed to overcome.) You order me around, chatter on about nonsense for hours, waste my time. You are not doing them any good.

You say how dear they were to you and how the sky has fallen now that they are gone. I know.

I know that's how you feel, I've heard it all before. And I've seen it all before, too. Believe me (I know you won't).

My cases are usually beyond what most can comprehend. I have dealt with cases of people who are alive, these are the more joyful times that make me proud of what I do. Then I have dealt with cases of people who are dead. That's when I remember I can't afford to have 'joyful times' in the first place. I have even dealt with people who fall into both categories at the same time, because not even I have managed to save them.

Although none stick out, if I'm brutally honest I don't care, because little actually surprises me now. I have been around for a very, very long time. I've practically given up. No matter what I say, it seems nobody can be warned. I think it's time people learned to move on.

Over the years I've convinced myself that it's alright for people to believe in what is undoubtedly false.

But they are relentlessly hopeful. When they think I can't hear, they whisper prayers and wishes. I'm quite sure they don't work, but they do encourage me to try a little harder at my job. I suppose I do find them pitiful. And I hate pity.

But have they ever considered that the person missing is actually themselves? Instead of weeping at the truth, they should use it to drive them. Perhaps do something good. Tear away the mask of sadness and replace it with hope for a better life moving forward. I say that to them. Sometimes. But I don't think that anybody listens to me. My job is to find, not console, after all. So that's what I do.

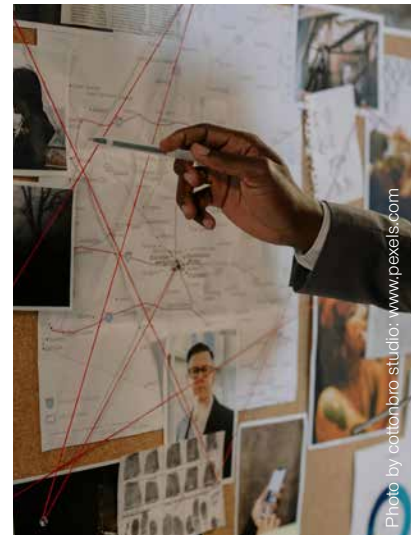
I am The Missing Person.

Yes, I've had many titles over time, but that one is my favourite. I'm not a detective. That line of work, I believe, is far beneath me. But I am also not a miracle worker either.

Some people are not meant to be found. Yet it's remarkable how hopeful my clients are. I find it admirable. I wish I could be like that. However, with a job like this I think it best to remain stoic. When I start to feel things, it gets in the way.

Sometimes, though, something happens. Sometimes as I listen to their stories and dreams, see the longing on their faces, a single fact lingers in the back of my mind: Humans struggle to face the truth.

And when too many people go missing, that's what I think will be the end of them – of humans.



To read all the entries you can visit our **Articles page** on our website by following the **QR code**:

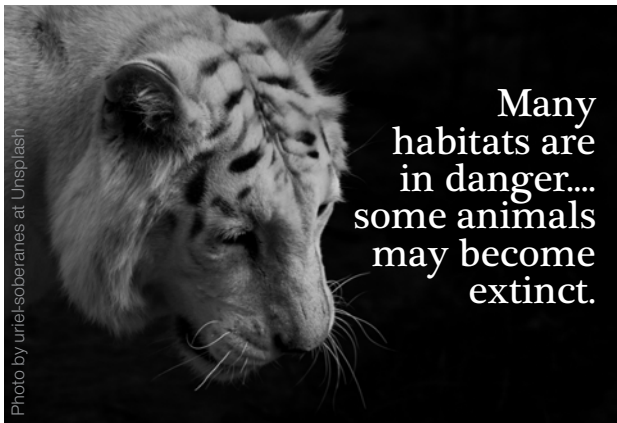


SAVE OUR EARTH!

By Tegan



When we burn fossil fuels, they release lots of carbon dioxide into the air, this is called greenhouse gas (GHG). Greenhouse gases trap heat in our atmosphere causing global warming and climate change. The Earth is warming up faster than ever and, over time, the warmer temperatures are altering the weather patterns and upsetting the balance of nature. This is causing extreme weather conditions such as heatwaves, freezes, heavy rainfall, tornadoes, tropical cyclones and floods.



Many habitats are in danger... some animals may become extinct.

The rising temperatures are also causing the ice in the polar regions to melt and therefore sea levels are rising. This threatens coastal life around the world and many habitats are in danger which could mean that eventually some animals may become extinct. It also affects people as some may need to move to find safer homes. Additionally, life further inland is affected because rising sea levels can contaminate soil and groundwater with salt which affects crops, creates health risks and also impacts poverty.

Deforestation is another way we are destroying the planet. When humans clear and cut down forests to make space for farming, animal grazing, wood for fuel, manufacturing, or construction, they release carbon dioxide and other GHGs which is the cause of around 10% of global warming. Sadly, if deforestation continues at this pace the world's rain forests and other wild areas that help to regulate the planet's atmosphere will disappear within 100 years.

“I think my main hope for this is that it’s going to make people a bit more climate conscious and more aware of what’s happening and what they can do to help.”

Animal agriculture is a large contributor to GHG emissions, including nitrous oxide and methane, making up over half of the total greenhouse gas emission from agriculture. A range of methods are available that can help farmers reduce emissions such as the use of new technologies, changing on-farm practices and planting more trees on the land.

You and I can help limit these problems! We can do this by making changes to the way we travel, how much electricity we use and the food we eat. We can make a difference. Save your Earth!

Please help us with our mission to save the animals on our planet





Diary of a Dancer

By Kitty Shelton

I am a dancer, and I recently performed in a dance show at Masque Theatre in Kettering. I am going to tell you what it was like for me to do the show.

I had been rehearsing for weeks and before I knew it, the weekend before the show was upon me and I felt extremely nervous and stressed out! During my first rehearsal I was scared of getting the steps mixed up but, in the end, although there was a point when I cried, I was proud of myself, and I know I did a great job. It didn't take long to realise there was no point getting upset, I felt motivated and knew I had to keep practicing.

It took many rehearsals for me to feel ready, but I had a great time with my friends, and it was all worth it when we got on stage. Finally, it was the day of our first show and all the dancers were amazing. I was nervous but once the show started it was fun. I loved all the costumes and

“I could literally taste hairspray from all the hairstyle changes and my hair was so crunchy!”



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the makeup; I could literally taste hairspray from all the hairstyle changes and my hair was so crunchy!

There was still no time for rest as we still had two shows to do so we practiced for another full day. It was a long, tiring day but I still enjoyed it very much. My favourite part of that day was getting McDonalds for dinner! I made wonderful memories whilst practicing, performing and backstage and I can't wait to do another show next year!

OUR PLANET

By Haley

Burning fossil fuels,
The greenhouse gases are rising.
Extreme weather conditions,
The climate is changing.
Melting ice caps,
The earth is crying.
Deforestation,
The habitats are disappearing.
Wildfires,
The animals are dying.
Polluted air,
The people are suffering.



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Stonewall: The Catalyst of Queer Liberation

By Silas

In honour of **LGBTQ+ History Month**, it's important we recognise our rich and varied history, both victories and tragedies. One of the many events that shaped queer past, present and future was the Stonewall Uprising of 1969.

It was the late 1960s and all over the world the **LGBTQ+** community was facing discrimination for who they were. There was nowhere truly safe to be queer, and the USA was no different. Private acts between queer people were only legal in one state, and any attempts to announce or display your **LGBTQ+** status in public would be met with both social and legal backlash. Until 1966, it was illegal to serve queer people drinks in bars or similar establishments. From the 40s to the 60s, any gender-non-conformance could get you arrested (although there was nothing specifically outlawing it, other than often unrelated laws would be used as an excuse). There was no way to get any gender affirming care until 1966. These laws opposing queer identities were predictably met with significant opposition. However, one particular rebellion changed a lot - not just in America, but across the world.

The Stonewall Rebellion sparked a queer revolution that still ripples through today...

With nowhere to safely call their own, the **LGBTQ+** community created their own spaces that were safe to drink and socialise without fear of violence or a night in jail: gay bars. These bars created vibrant communities of drag queens and kings, gutter punks, gender-non-conformists, activists, and other queers of any age, from elderly butches to homeless trans teens. One of the most well-known gay bars in New York (especially now) was a place called Stonewall.

On a hot summer evening, near the end of June, police raided Stonewall. This was commonplace for gay bars across the country, but for many patrons, that night was the last straw. A riot was launched - one that would last for five days. There

was damage to police cars, bottles and coins were thrown, chanting took place, and protests broke out. However, the accounts of the Uprising can often be conflicting, especially about which figures did or didn't attend.

Take Marsha P Johnson: drag queen, transvestite (this was the term she used to describe herself), and founder of the charity STAR (Street Transvestite Action Revolutionaries) with fellow activist and transgender woman Sylvia Rivera. Some accounts claim Johnson not only attended the riots but started them (though she herself denies those claims). A few attested that, while the bar was ablaze, she threw a shot glass against a mirror, shattering it and crying out "I got my civil rights!" Another account says that she climbed up a streetlamp to drop a bag of bricks on an officer's car. Conversely, other stories report that she wasn't present at all, one even giving the reason that it "could have been used effectively by the movement's opponents", on account of the fact that she was a Black drag queen.

Though there are many contradictory accounts of the Uprising, one thing that is undeniable is the effect it had. Stonewall is even the reason we have Pride Month, and why it is celebrated in June (to commemorate such an important date). The first pride march was the next year, in 1970, and the first UK pride march took place in 1972. The Stonewall Rebellion sparked a queer revolution that still ripples through today, not just affecting laws and bills for decades to come, but inspiring queer people to make a noise and stand out, from activism to simply expressing themselves.

The queer community still has a long way to go - transphobic laws in the USA, countries where homosocial love is still illegal, and invasive non-consensual surgeries on intersex babies and children, but the Stonewall Riots were a cornerstone in queer liberation and won many of the rights that we do have today.



Image by purepng.com

The current crisis in women's football: the deadly ACL

With an average recovery time of nine months, an ACL (Anterior Cruciate Ligament) injury is the phrase that nobody, especially elite athletes, wants to hear. Leah Williamson, Beth Mead, Vivianna Miedema, Laura Wienroither, Sam Kerr... the list of professional footballers who have torn their ACL is high, and still rising. But why?

According to research, women are around three times more likely to tear their ACL than men. The ACL connects the thighbone (femur) to the shinbone (tibia) and is one of the vital ligaments for stabilising the knee joint. It is most commonly torn whilst changing direction or stopping suddenly. As such, football is a likely sport for this injury. Women in particular are more likely to suffer from the injury due to hormonal factors, neuromuscular factors and environmental factors.

Hormonally, women are more likely to suffer an ACL tear midway through the menstrual cycle (the phase where the egg is released) rather than at the start and end of the cycle (before and after the egg is released). The natural production of oestrogen inhibits a substance (collagen) that reduces the load-bearing capacity of the ACL.

It has also been shown that neuromuscular gender differences play a major role, because females appear to be less effective in stiffening their knee. Women are also more quad-dominant than men, causing the thighbone to move more compared to the shinbone. Furthermore, because a woman's ACL is generally smaller, this again leads to a greater collision of ligaments when the knee extends.

Finally, with the leap in female participation in sport in recent years (with especially notable jumps seen after the Lionesses' unforgettable triumph on home soil, becoming European Champions for the first time in their history), comes a natural increase in more females suffering from the injury. However, with this push for more at the elite level comes fixture congestion (lots of matches in a short space of time) and less rest breaks than athletes were used to. Additionally, the fact that there are more international breaks every year, compared to men's football, means that athletes have to stop and start their training more

often. Less rest days mean that athletes are constantly playing and this adds up. Even elite athletes need time to rest.

Why this rise in ACL injuries hasn't been fully researched is clear to answer: it affects women.

I think it is fair to say that if this drastic rise in injuries affected the male game, there would be well-known research already. However, our elite female players are left worried about a season-ending and dream-crushing injury. This is representative of society as a whole, especially women's health. Women have to pay for menstruation products, and there is often little research done around the symptoms and issues suffered by women. For instance, endometriosis affects around one in ten women, making it just as common as diabetes in women, yet research for diabetes far outweighs research for the former, relatively unknown and unspoken about condition.

For young people, particularly females interested in pursuing elite sport, this is important in order to protect against injury so you can continue participation in physical activity, whether that be at local or international level. After England's Euro 2022 win, 68,000 more girls began playing football. This shows just how much things are changing, but we do not want young people to be stopped by injury. To prevent future ACL tears, training programmes tailored to the sexes could help reduce the risk by enhancing knee tension and improving balance. For the next generation, a change in research and attitudes to problems primarily faced by women and girls is needed, on and off the pitch.

Natasha Callis is our new editor with a special interest in women's football and netball. Read more of Natasha's articles by following the QR code and filtering on Sport.



¹ Gender disparity in anterior cruciate ligament injuries, 2014, Yool Cho, Sahnghoon Lee, Yong Seuk Lee and Myung Chul Lee

CHILL OUT PROJECTS



HCYC is a local charity focused on delivering services and projects to meet identified needs and gaps in services for children and young people across the Harborough District.

Current Term-Time Drop in Open Access Provision

Great Easton Youth Club

When: Mondays - 5:45 to 7.15pm
Age Range: 11 to 16
Venue: Great Easton Village Hall
In partnership with Great Easton Parish Council

Kibworth Youth Club

When: Tuesdays - 6.00 to 7.30pm
Age Range: 11 to 16
Venue: The Well, Kibworth
Contact kay.hillier@hcy.org.uk
for further information

South Kilworth "SKY" Club

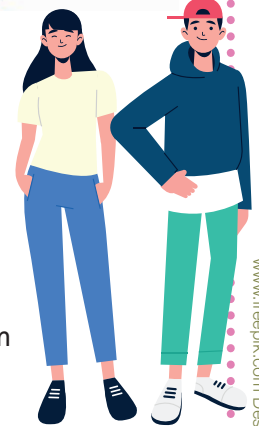
When: Wednesdays - 6.45 to 8.45pm
Age Range: 8 to 16
Venue: South Kilworth Village Hall
Contact us for more information

Fleckney Youth Club

When: Wednesdays - 7.00 to 8.30pm
Age Range: 11 to 16
Venue: At Fleckney Baptist Church Hall
In partnership with Fleckney Parish Council

Young Carers

When: Every other Tuesday - 6.30 to 8.30pm
Venue: Market Harborough
Contact info@hcy.org.uk



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Check our website for up-to-date information : www.speakout.org.uk/about-us/other-hcy-projects/



Our partnerships



The Harborough Community Safety Partnership

This was set up under Sections 5-7 of the Crime & Disorder Act 1998 and is made up of statutory services that work together to protect our local communities from crime and disorder to help people feel safer. The partnership aims to make our local district safer for children and young people.



Harborough Integrated Neighbourhood Team (HINT)

The Harborough INT was set up in October 2017. It recognises that today's children and young people are the service users of today and tomorrow, so the INT is seeking to increase awareness of services and initiatives that affect young people locally.



Visit our website to find out more about these partnerships:
www.speakout.org.uk/about-us/our-partnerships

Word of the issue!

FLIBBERTIGIBBET

noun; A frivolous, flighty, or excessively talkative person.

Have Your Say

Tell us how you think we could improve the magazine by emailing: speakout@hcy.org.uk



Which of these do you think are classed as antisocial behaviour?

- Trespassing on private property ✓
- Joyriding ✓
- Throwing stones ✓
- Walking your dog without a lead ✓
- Intimidation ✓
- Hanging around in large groups ✓
- Underage smoking & drinking ✓
- Shouting & swearing ✓
- Sleeping on the street ✓
- Knock-a-door-run ✓
- Littering ✓
- Complimenting people in the street ✓
- Graffiti ✓