



Harborough District
Children and Young
People's Charity
Reg. Charity No. 1151111

Written by young people for young people

SPEAKOUT

magazine

- THE OCEAN AT THE END OF THE LANE REVIEW -
- TRAVELLING FORWARD FLAGS -
- ACTIVISM AND CREATING CHANGE -
- WHY PERCEPTION IS SO PERPLEXING -
- COMPETITION WINNER ANNOUNCED -
- CREATIVE WRITING WINNERS -



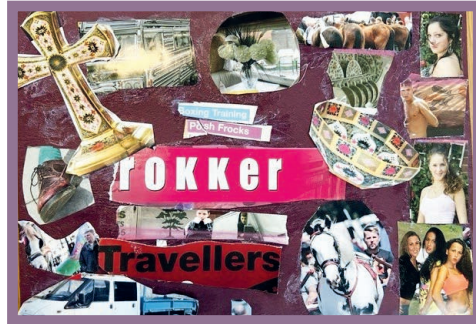
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www.speakout.org.uk

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

Travelling Forward

In this edition our Travelling Forward young people have designed their own personal flag that represents who they are, their family, their community or a group that they are part of.....



Flag of the Romani Gypsy People
 Green - represents the nature and the earth.
 Blue - represents freedom, peace and the heavens.
 Red Wheel - based on a carriage wheel and the "Chakra" which is also included on the flag of India. This represents life, continuity and tradition, the road already travelled and the road still ahead.

'The Ocean at the End of the Lane' review – Playbook

By Ivy Huang

In the playbook, every character and every line of dialogue connect to each other in the webs of a truly poignant, beautiful thriller. Themes of maturity and imagination are precisely embedded within the playbook and are portrayed onstage. Although the lines are used as the actors' guidelines, the flexibility in the playbook's structure allows itself to be adjusted according to the creators' imagination and vision. Just like how imagination is emphasised heavily in the play, imagination is also at the core of the play's creation process.

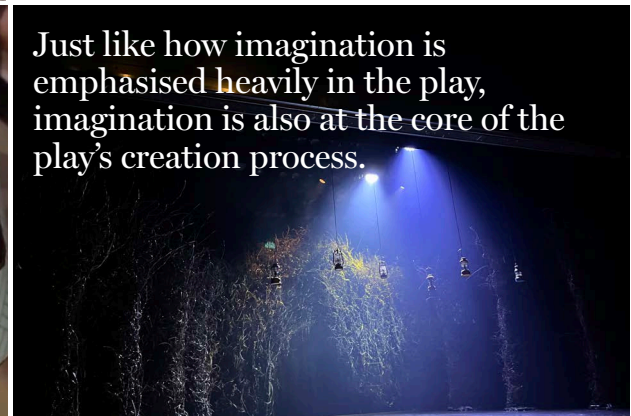
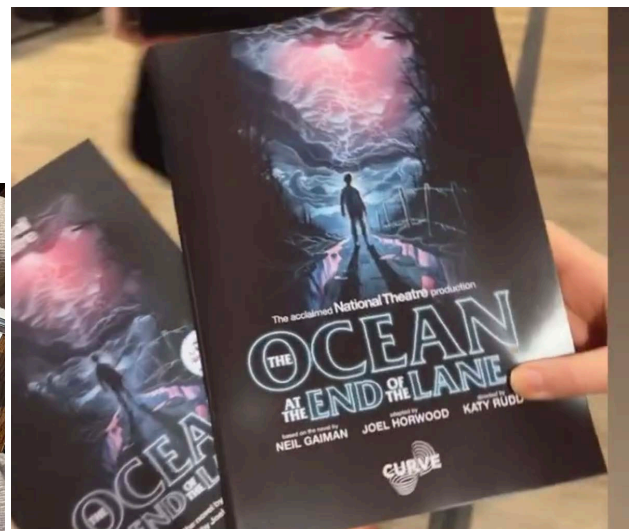
Themes of maturity and imagination are precisely embedded within the playbook and are portrayed onstage.

Speak Out team theatre trip

We were lucky to go and see this play as a group at The Curve theatre in Leicester. It was a fun and thrilling evening out!

Although "The Ocean at the End of the Lane" only has a prologue and two acts rather than the traditional three-act structure, it presents a narrative arc of the main character, Boy, in a concise yet intricate way while still guiding the audience. The concept of age is a recurring theme that echoes in great portions of the dialogue. In Act 1, Lettie Hempstock, Boy's eccentric, and lively friend, reveals her view on adulthood: "On the outside, they're big and thoughtless and always know what they're doing. Inside, they look just like they always have. Like they did when they were your age."

Through these words, there is a bridge created between children and adults, hinting at how Boy and his dad are not too different. This is further built from the symbolic artistic choice to cast Boy's Dad and Boy's adult self with the same actor. Boy has to accept maturity and the vulnerability that must come with it, which is wonderfully displayed in the emotional second act.



Just like how imagination is emphasised heavily in the play, imagination is also at the core of the play's creation process.

Activism

The rights and privileges that we have today come from a powerful origin that allows humans the chance to band together and create immense change.

By Erin Hickey

The activists of our world are the sole reason powerful movements and messages are heard - without them I fear that our world would be left destitute. Being an activist is not a reserved role, anyone can be an activist, whether that is on the world stage or locally, it all counts.

For millennia we haven't been handed a free and fair world, we have had to fight for change. Alice Walker, a US activist for African American rights, famously said: "Activism is my rent for living on the planet", suggesting that activism goes deeper than fighting for a cause. It's about giving back to those who came before us and making the world a better place for those who will come after us. That includes you. Your fight for a better world may be the beginning of a chain reaction that encourages others to begin their own activism journey.

Silent activists can be just as powerful as those who speak out - whether you wear a top that supports a cause, paint a picture that symbolises a message or make a bold fashion statement. Art or fashion sends a clear message that can transcend a 20-minute speech as it can be more attention grabbing. It doesn't matter how we act, as long as we act, activism is for everyone.

A young activist is not a new occurrence. In fact young people are often the catalyst for change, but why are young voices so powerful? It's estimated that 40% of the world's population are

children and young people - that's why we need to use our voices. You don't have to be of voting age to be able to implement change in the world. We as young people have new and innovative ideas

on how change can be reached, and we understand that we don't want to spend our adulthoods in a failing world. Ironically our lack of suffrage may be the very reason that encourages young people to support a cause - when the systems we rely on fail (whether that be in school, within the local community or on the world stage) we need to be able to combat this together. Being young should never be a reason for you to shy away from activism, it's the very reason that you should get involved.



Activism - a term used since the 1900s to define people challenging adversity and seeking to reshape our world for the better.

Activism is a personal journey, and it won't look the same for everyone. You don't have to be known world-wide to help be the force behind a better world. All that matters is that we

act, and we do it now. As Emma Watson famously said in her 2014 UN speech:

"If not me, who? If not now, when?"



Young activists who are paving the way



Image Credit: Linda Roy via iStock Photography

Autumn Peltier, 18, is a Canadian Indigenous rights and water rights

activist. Her activism journey started at the age of 12 when she publicly called out the Canadian Prime Minister, Justin Trudeau, for failing to enact clean water policies.



Image credit: Tahsin Uddin

Tahsin Uddin, 22, is from Bangladesh and has personally felt the effects of Climate Change. He encourages youth journalism and planting trees and clean-ups through his organisation which targets young people.



Desmond Napoles, 12, is an LGBTQ+ activist who is using his young voice to break down barriers and is helping to make the world a better place for people who are a part of the community.

Image credit: Aaron Williams

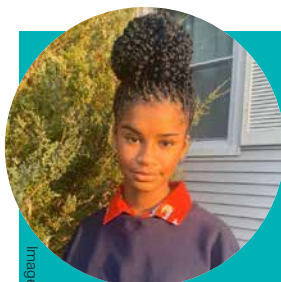


Image credit: Marley Diaz, Dazed 100

Marley Diaz, 14, is a literary activist who created #1000BlackGirlBooks, after she didn't feel represented in the books that she read. She is determined to see a wider range of black females who are the protagonists of books.



Image credit: Amika George

Amika George, 21, is working to end period-poverty in the UK and is a founder of the Free Periods campaign. She has successfully pledged to make the UK government give free menstrual products in all UK schools and colleges.

WHY PERCEPTION IS SO PERPLEXING

Nobody really knows the true cause of behaviour. Humans are so wonderful in the way that they can walk talk and think at the same time, but these thoughts can't be scientifically studied. So, there are different approaches to exactly why we behave. Some people choose to basically ignore the fact we think at all, others decide we behave completely because of them.

You can however, study how people behave. Take memory, for example. Memory is well studied, and although you can't directly see how the memories are made, you can use experiments to infer this, The Cognitive Approach did this. The Cognitive Approach's ideas are used widely in modern day Psychology. From this way of looking at behaviour, the world has gained CBT (cognitive behavioural therapy) and the working memory model, which is an idea of how your memory works.* It would be wrong to suggest that this approach is the only approach, or the 'right' approach, but the Cognitive Approach does focus on internal processes, e.g., your thoughts. So, this article is based on this approach.

The idea of schemas is suggested as a way for your brain to store and make sense of lots of information. Schemas are parcels of ideas and information in your head and they are built up by all the experiences you have in your life. They are like little mental filing cabinets that file away information into the right section. They act as a basis for how you interpret everything. For example, when someone asks you what a house looks like, you might think of a house with a triangle roof. But, if you asked someone who lived in the Middle East, they might think of a house with a flat roof. Both are houses, but you will think of what you are used to. That is because your schema holds information from your experiences, making it easily accessible. The things you have experienced more recently, will be more easily obtained as they are fresher in your head – the metaphorical file is closer on the shelf. Your schema can affect how you interpret situations. The information goes into your head and your schema changes the information to fit into the right categories and make sense. If a piece of information does not fit with your schema, it is thought to be forgotten. This could mean that how

you interpret an event, might not be how someone else has interpreted it and might be completely inaccurate.

But where is the evidence? Loftus and Palmer (1974) conducted an experiment for people to watch a clip of a car crash and asked them then to describe how fast the car was going. There were 5 different groups of people, and they were given a different verb in the question – 'about how fast were the cars going when they hit/collided/bumped/smashed/contacted?'. The people who had the verb 'smashed' estimated a speed about 10 mph higher than the verb 'contacted'. The person's schema of each word is associated with different speeds. This shows how just one piece of information can completely change your memory. Your memory also changes whenever you speak to someone. Fiona Gabbert (2003) did an experiment using a sample of 60 university students and 60 older people. Participants watched a video of a crime (a girl stealing a wallet) filmed from different points of view and were then either tested individually or in pairs (only one of the pair had witnessed the crime accurately). They then had a discussion on what happened in the video. 71% of the participants in the pairs group mistakenly recalled aspects of the event that they had not seen in the video but had picked up from the discussion. When there was no discussion, there was 0% of false information.

So, what does this mean? You can't always trust your brain. So if you are looking in the mirror, thinking that you can't do something, or that you aren't good enough, just remember that your brain doesn't always tell you the truth. And so, if you say you can't, you won't. And if you say it's bad, it will be. But I am here to tell you right now, you can. If you have failed before, don't sit in the guilt of you not achieving what you wanted. Try again. You can. Don't doubt that. Because if you say you can, you will. Chase the rainbows not the rain. And please, do not insult yourself by putting yourself in a box. Appreciate everything you can do and everything you can't. There is a place for you wherever you end up. And if you don't see that yet, it just means you have a little further to walk.

* this is not an extensive list, there are many more.

DESIGN COMPETITION

In partnership with Harborough District Council (HDC) we invited you to design a birthday card to encourage 18-year-olds to use their vote. HDC have put the new birthday card on hold, however we really enjoyed receiving all the entries and appreciate the effort involved so we have decided to choose our own winner who will receive a gift card courtesy of Speak Out.

Our winner is **Ethan Dowman**



All entries are featured on our website. Scan the QR card below to take a look.



And don't forget, you can register to vote at 16 and legally use your vote at 18. It's an opportunity to have your say and campaign for what you believe to be right. We all want a world that we have contributed to positively in some way. Voting is the place to start!

You will need photo ID to vote from 4 May 2023. If you don't have this you can apply for a free voter ID document. Find out more here: <https://www.electoralcommission.org.uk/i-am-a/voter/voter-id>

Speak Out needs you!

Want to work in a team environment where you can meet new people, improve your writing, and learn about producing a magazine and website?

We meet every Thursday, term-time, in Market Harborough from 5-6.30. If you are interested, drop us an email and we can tell you more.

speakout@hcyc.org.uk



For our creative writing competition this term, we partnered with Welland Park Academy and asked the young people to submit entries responding to the following briefs:

“If you were to set up home on the moon, what would you bring with you, and what would you miss?”

“Write a story about your 5-year-old self meeting your current self”.

The Meeting

By Curtis Mason-Moor

I was walking along the dark street. Plop, plop went the raindrops as they splashed into the ever growing puddles. I lifted my head as my neck was hurting from being bent down for 15 minutes. Then, I saw a little boy that looked familiar. He was

“YOU AND I WILL HAVE A GREAT LIFE TOGETHER”. AND SO WE DID.

VERY short for his age, like me, and he also had sparkling, saucer-wide, blue eyes. In his hand he held an umbrella with a Lightning McQueen print (he seemed to like Lightning McQueen). He wore a raincoat with the same printing as his umbrella. He had the tiniest little welly boots that made me want to go “Oh so cute!” He looked up at me and said with a smile on his face

“Hello, big boy.” I was flustered. I didn’t know what to do. It was all I could do to bring myself to say “Hello, little boy.” Then it dawned on me. This boy was my 5 YEAR-OLD SELF! While I was staring into space in awe, something grabbed onto my leg. I realised it was the child. “Take me with you.” He complained. “I need to find Chris,” he explained. Wait, Chris! Of course (Chris is my little brother). “Where are Niki and Dough?” I asked him.

“They took me to the park before it started raining.”

“Oh”

“Then I left to find shelter and bumped into you.”

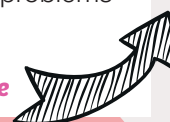


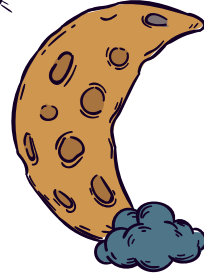
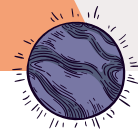
“Ok. Where are they now?”

“Don’t know. They probably went back home.”

“Well, let’s go find them. Do you know the way back?”. He stared at me. Of course you don’t, you’re just a 5 year-old boy. I thought of the consequences. Well, I could take him in and have a 5-year-old at my tail all the time. Or, I could leave him here at the mercy of the world. I decided I would take him with me. Then, at least it wouldn’t be so lonely at home. “Come with me, Curtis,” I whispered, “You and I will have a great life together”. And so we did. We found Chris and ever since, we have had a great life. From swimming pools to soft plays, we were always there for each other. And so we lived a happy life with no problems in our way at all.

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I LOVE LIVING ON THE MOON

By Lillie Ford

I love living on the moon! So many pretty sights. We're all like one big happy family living up here and you can always find someone to lend a hand. It's just like Earth but better, you have all the same things with you but instead of waking up to the gloomy streets of London every morning you get to wake up and look down at Earth from your own little space pod. I couldn't think of a better way to start my mornings! And I can hear you saying "but what if I get homesick?" well fear not because just like on Earth you can call, text or even FaceTime your family and friends who are still stuck on Earth. Living on the moon is really the way of the future.

CUT! Ok that was alright but we really want to sell this so put on a big smile and let's try again...

No that wasn't quite it, just once more really make it look like you're having fun...

Ok April that was great - go home and get some rest, we will start the next one tomorrow.

I love living on the moon! So many pretty sights. **But it does get boring after a while looking at the same dark waste land all the time.** We're all like one big happy family living up here and you can always find someone to lend a hand. **If you can find someone that is, we hardly see anyone up here.** It's just like Earth but better, you have all the same things with you but instead of waking up to the gloomy streets of London every morning you get to wake up and look down at Earth from your own little space pod. **I guess I get lonely and sometimes I wish I lived in London, with all the people, there is so much to do.** I couldn't think of a better way to start my mornings! **Not being alone would be a plus.** And I can hear you saying, "but what if I get homesick?" well, fear not because just like on Earth you can call, text or even FaceTime your family and friends who are still stuck on Earth. **I wish it were that simple, sure you can see their face but it's not the same, it will never be the same.** Living on the moon is really the way of the future. **Now that part**



Photo by mikhal-milovon Pexels

SOMETIMES YOU JUST NEED A HUG OR A PAT ON THE SHOULDER.

is true even though I wish it wasn't. Life was simpler when we all ignored the moon.

You can bring anything to the moon! Food, water, all the essentials - you can even bring your phone, a TV, books, musical instruments anything you want. But there is something you can't bring to the moon, like your friends, your family, your beloved family pet and you. It's not like living on Earth where your friends can come over and visit you whenever they want, I mean you're living on the moon. But that's just a sacrifice you have to make, for the amazing views and cheap living. And you can still call them... and text them... but it's not the same. Sometimes you just need a hug or a pat on the shoulder. And you can't do most of the things here on the moon that you can on Earth. You can't go to the shops (the food is delivered by small space pods), you can't go for a walk (unless you want to float away into the depths of space). All the small things you take for granted on Earth. You see how much it really affects you.

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My five-year-old self



By Niamh Whelan

I opened my eyes, heavy with exhaustion after the effort of attempting to arrive here at all. It seemed so exciting at first... but I didn't understand the mental strain it would take. This was my final attempt. After this, I'm skint.

Nothing was defined, all fuzzy around the edges. A shrill scream, and I leapt up, instantly knowing what was happening. That's what they train you for: fear, awe, curiosity. Mostly fear.

Her eyes were wide, lips drawn over gap-toothed teeth in terror. I waited for another scream - it never came. She stood up, and I saw the sheer, shimmering fabric of a pink princess dress. "Are you my fairy godmother?" she asked, voice sweet like sugar cubes.

I cleared my throat, my own voice far deeper. I glanced at my outfit: the mandatory clothing for those attempting the course. All black, a fit that's not skin-tight and not oversized. I supposed it's to

Nothing was defined, all fuzzy around the edges. A shrill scream, and I leapt up, instantly knowing what was happening.

prevent confusion, especially if you chose to travel to the 1800s.

"Uhm," I held a hand to my forehead, "Yes. Yes I am." Reassurance.

She beamed rays of sun. "Oh, really?! Are you really?" She seemed perfect to me; her grasp of trust so vague I got the sense it would get her in trouble. "Are fairy godmothers supposed to look like the princess?" She pursed her lips, thinking deeply.

I froze. She wasn't supposed to make that connection. "What?"

"You look like me." She faced a mirror on the opposite wall. She was just like me, really - dark hair, moles in the same places. "We're twins!"

Her expression was once again curious. "Why're you here... now?"

"I actually came..." I smiled my warmest smile, "to see you."

I hesitated - what if she didn't understand? Then she grinned back. These long months of training, hard work. It could've meant nothing.

"Could you tell me about yourself?"

"Okay. What's your name?"

I searched the room for something I could distract her with: rose-coloured walls, toys and clothes across the floor, pictures of her. Of me. It was so familiar. But then, I gave in. "The same as yours, princess."

Then she looked at me in a way that I held her hand a little tighter. I never wanted to leave - leave her to be consumed by the world like I was. But I had to leave. I could only wish she'd remember me.



Photo by Skyler Ewing on Pexels

"Are fairy godmothers supposed to look like the princess?"



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The meeting



By Scarlett Howard

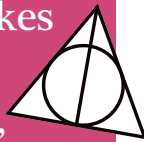
It was like a real dream. I was at Harry Potter World, again. I could feel my heart beating in my chest. There was no other sound. Harry Potter World was empty. Was I trespassing? And that's when I saw her.

"Who are you?"

"Who are you?"

The little girl standing in front of me looked vaguely familiar with her blue eyes, sunlit brown hair and a confused little smile on her face, spreading across her rosy cheeks. I noticed a dimple on her left cheek, and it reminded me of my own...

"I'll give up whatever it takes so that I'll never outgrow My Little Pony. Ugh, and grow to love Harry Potter".



"I'm Scarlett," I whispered, puzzled at why she, a five-year-old girl, was the only person here, "Where are your parents?" I added, concerned, as I knelt to her level.

"My name is Scarlett too!" she squeaked.

"Oh! What a coincidence!" I squeaked back, pretending to act like everything was totally normal.

"Daddy told me never to talk to strangers."

"What is your dad's name?" I wondered aloud. I still don't know why I said it, but she looked so familiar, too familiar, if you ask me. She reminded me of myself, in a way. I got my phone out of my pocket while she replied with "Jules" and I found a photo of my five-year-old self. Identical. The photo in my hands was identical to the girl in front of me. She was me. I was her. We were the same.

"Where are we?" she asked. She looked like how I felt, petrified.

"Well, we're in Harry Potter World," I said, like it was the most obvious thing in the world. She started talking about how she absolutely hated Harry Potter and found it so boring, but I wasn't really listening. I was trying to figure out how my five-year-old self was in front of me.

"You are me," I whispered, still trying to get my head around it as she stared at me blankly.

"Okay," she agreed, "but explain why we are in Harry Potter World and not the Paw Patrol tower-oooh-oooh! Or Elsa's ice palace. That would be amazing!"

I smiled. Remembering my previous obsessions, before I fell in love with Harry Potter.

"Tell me you still love Paw Patrol!" she demanded or rather I demanded.

"Err well, I - we, umm, grew out of it."

"WHAT!?"

"Yeah..."

"You still love Frozen though, right?"

"Well of course, who doesn't?"

I grinned at myself. I noticed that five-year-old me was gripping a Twilight Sparkle doll in her hands and my love to her came flooding back. She seemed to notice this and handed me the purple pony, "You can have it. I'll give up whatever it takes so that I'll never outgrow My Little Pony. Ugh, and grow to love Harry Potter," she said as if Harry Potter was a vile and disgusting smell. She looked up at me with admiration.

I woke up.

Phew, it was a dream, I thought..... that's when I noticed the familiar looking Twilight Sparkle in my hands.



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 – 7.00 to 8.30pm

Age Range: 11 to 16

Venue: Great Easton Village Hall

In partnership with Great Easton Parish Council

New!!!

Kibworth Youth Club

When: Tuesdays – 6.00 to 7.30pm

Age Range: 11 to 16

Venue: The Well, Kibworth

Contact kay.hillier@hcyk.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

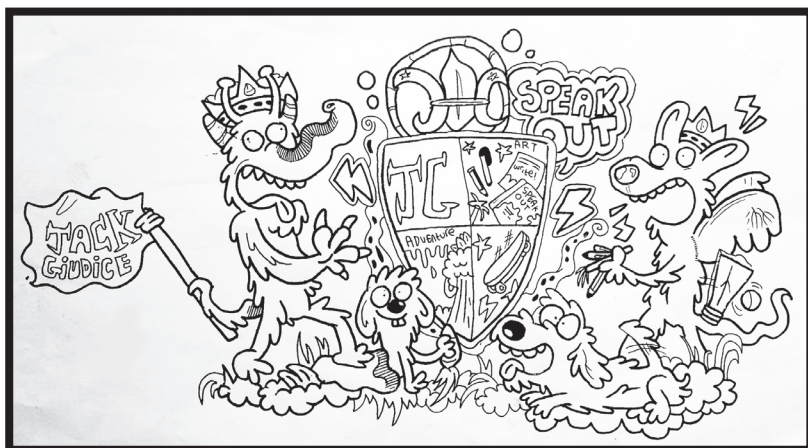
Age Range: 11 to 16

Venue: At Fleckney Baptist Church Hall

In partnership with Fleckney Parish Council

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

OUR RESIDENT DOODLER JACK GIUDICE HAS DESIGNED A SPEAK OUT COAT OF ARMS FOR THIS ISSUE



Our partnerships

We are currently working with two teams in the local community.

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!

INDEFATIGABLE

Meaning: Persisting tirelessly.

Have Your Say

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



This project was grant funded by
Harborough District Council



COMMUNITY FUND