



Written by young people for young people

SPEAKOUT



magazine



- OUT OF TUNE -

- MONDAYS AT THE FAIRGROUND -

- MEDIA CENSORSHIP -

- YOUR PHONE AND SLEEP -

- DESIGN COMPETITION WITH FANTASTIC PRIZES -

- TRAVELLING FORWARD WITH GRT ROLE MODELS -

- THE PHILOSOPHY OF SUCCESS -

- CREATIVE WRITING WINNERS -



@speakouthcyc

www.speakout.org.uk

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

Vox Pops

WHAT ARE YOUR PLANS FOR POST-18?

University
63%

Apprenticeship
11%

Gap Year
9%



Other
6%

Travel
4%

Work
3%

Military
1%

Travelling Forward

This term we asked Travelling Forward about what they want to be or do when they grow up and their responses were varied, brilliant and thought-provoking – “boxer”, “roofer”, “carer”, “nail technician”, “hairstylist” and “definitely not a ballerina!!” were just a few of the ambitions we’ve talked about. We have so many future superstars among us with lots of different skills and qualities.

To help inspire you, we’ve put together a list of high-achieving people from the Gypsy, Roma and Traveller community and how they have made an impact on the world.

Remember, if you can dream it, you can be it!

Charlie Chaplin

You may not have known about Charlie Chaplin’s Romani roots, but this silent filmstar from the glory days of the Hollywood silver screen, proudly tells us in his autobiography that both his mother and father have Romani heritage.

Jimmy Connors

In 2000 this brave man was unlawfully evicted from his home in Leeds. He courageously challenged the decision from the European Court

of Human Rights and after 4 years won his case, which meant that Gypsies, Roma and Travellers are recognised as a protected group of people whose culture and ways of life must be respected.

Tyson and Paris Fury

This power couple were thrust into the sporting spotlight because of Tyson’s success in the boxing ring, but together they have built a business empire, released books and Paris has her own career as a panellist on “Loose Women” and as an influencer.

We have so many future superstars among us with lots of different skills and qualities.

Pablo Picasso

Arguably the most celebrated artist and sculptor of the 20th Century, Picasso was exceptionally proud of his heritage, and even used this as inspiration in some of his works, “Gypsy in front of Musca” is one of his most beautiful paintings.

Sean Connery That’s right! 007’s great-grandfather, James Connery, was an Irish traveller from Co. Wexford. Sean was the first actor to portray the international man of mystery, James Bond, on film.

POST-18 PATHWAYS

By Ivy Huang

For many people, this is one of the final stops before adulthood. University is still the most common path chosen, but as professions change and work culture evolves, new and different post-18 paths are being introduced. Although this brings many opportunities to pursue non-traditional jobs, it can also make choosing your next step much harder. There's more room for risk as well as success.

Expectations to have a methodical plan for your ideal life can weigh heavily on young people. Sometimes, people do not feel able to truly choose the option for them, they may feel forced to choose something that has been tried and tested and approved by everyone else.

Whichever path you choose to follow, remember that happiness down the road doesn't have an expiration date. This is a message that has been



Photo by Ben Weber on Unsplash

There truly is no perfect blueprint for your future because it's your future.



Photo by Yuri Manel on Pexels

Whichever path you choose to follow, remember that happiness down the road doesn't have an expiration date.

repeated time and time again, but not entirely trusted. There's no deadline that you must live by because, just like everything else, success will have non-linear moments of effort, setbacks, doubts, and achievement.

There truly is no perfect blueprint for your future because it's your future. No matter how scary it is, own it. Because one day you will look back and know that you made the best choice for you, with the information you had available at the time. Plans, aspirations, and mindsets change. So, be proud of what you have already achieved and keep reaching for what is yet to come.

Speak out: your mind

HOW YOUR PHONE AFFECTS YOUR SLEEP



By Amelia Wilson

Phones are a staple of daily life. They have become so integrated in everyday life that many people would be lost without their phone. But using your phone before you sleep can largely impact the quality of your sleep, something which is vital for physical and mental health. This is because your body has an internal clock which tells you when to sleep and to wake up (your endogenous pacemaker), which is entrained by external factors like light (your exogenous zeitgeber).

Naturally, during the course of the day, light decreases very slowly and tells the brain it is almost time to sleep. As light decreases, melatonin (known as 'the sleep hormone') levels increase readying your body to sleep. However, when you use your phone, this is a constant bright light telling your body to ignore its internal body clock and stay alert. The melatonin is not being produced, because the light levels from your phone tell your body it is still daytime. So, when you turn off your phone and try to go to sleep, your body has to produce a lot of melatonin all at once, in order to achieve this goal.

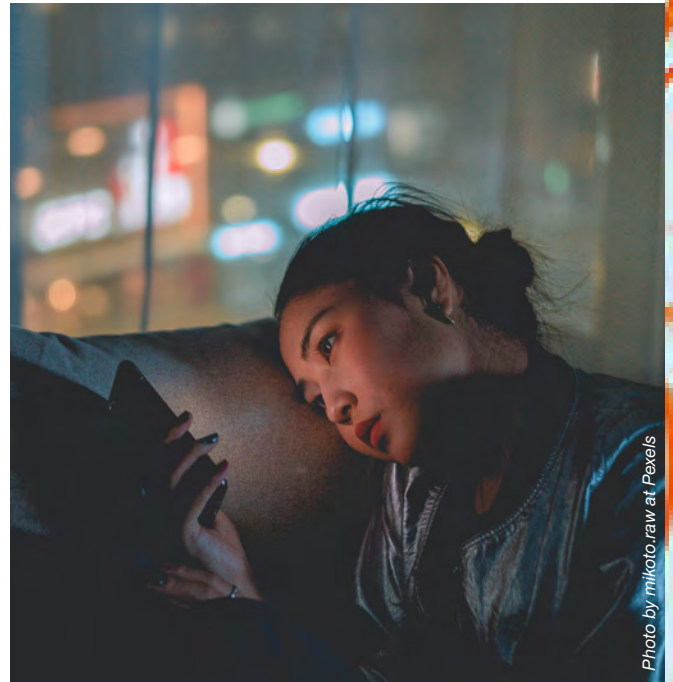


Photo by mikoto.raw at Pexels

...getting less than 7 hours of sleep per night can increase the chances of psychological disorders, like depression and anxiety...



This is not normal for your body and puts it under stress. Melatonin also affects your serotonin levels (known as 'the feel-good hormone'). Low levels of serotonin are linked with depression. So, when you have a large concentration of melatonin, this also causes a more significant decrease in the

amount of serotonin your body produces. Some psychologists have said that the increased usage of phones in everyday life links with the increasing mental health crisis. This is also to do with other factors, like the dopamine rush you get when your phone dings, or the reduced social relationships associated with a wireless device addiction.

It has been proven that getting less than 7 hours of sleep per night can increase the chances of psychological disorders, like depression and anxiety and might be linked with the risk of being diagnosed with Alzheimer's disease later on in life. Another thing that occurs more and more often now that social media is at large, is people scrolling through these platforms and losing track of time. People lose hours of their lives watching 'just another episode' or 'one more video'. So here is an appeal to everyone. Help yourself, and put your phone in another room, at least 20 minutes before you intend to go to bed. You might not feel the benefits now, but you will in the long term.

THE PHILOSOPHY OF SUCCESS

By Erin Hickey

www.freepik.com>Designed by Freepik

I assume that you have a goal, something that you would like to achieve. Or if not at this moment, at some point in your life a vivid goal has emerged. With this, I can expect many people reading this article to have questioned that very goal. I'm sure phrases such as "I'm not good enough" and "I'm not worthy" can resonate with you in some way. This isn't something that we can always take ownership of, you're simply reacting to the unknown, the fear of what may come. As humans, we can better evolve when we challenge our fears and overcome hurdles, this idea is inscribed within us from the moment we take our first steps. We can change for the better, when we challenge adversity and see that with determination-prepare yourself for the cliché quote- you can achieve anything.

SUCCESS - a word that we all understand, but often we question how to even reap the benefits.

You may notice that success doesn't come to everyone, and that the attributes required can be considered rare. The key components are accepting failure, motivation and maintaining a growth mindset. This is proved because to succeed and achieve a goal, the work you have put in must be evident.

FAILURE - a word I think we are all scared of and taught to be so. To succeed you have to fail - why? It's a sign that when you are furthest away from the destination, you are going to keep going and not look back. Trying again is one of the most favourable things a human can do, and that's how we really learn. Have you ever wondered, if we didn't fail how that would hinder your views of

success or accomplishment? The answer is we may not look upon those subjects with quite so much pride, instead it would be taken for granted. When you reverse the feeling, it all comes to light. Success brings an air of happiness and self-worth because you have gone against the painful truth of failure, you have battled it and won.

Adding to this, failure brings the feeling of motivation, which can be used so that we can face the challenges necessary. You must be motivated to succeed, but that originates in how we think.

We are all guilty of negative thoughts (stated earlier) and this has a greater impact than we know. The mind is one of the most sacred organs in our body and the power it embellishes is often far greater than we even realise. By the way we think, we can either lose sight of our dream or do the opposite. What you can achieve is native to the mindset you put towards it. You must occupy a growth mindset to succeed.

The business industry validates this point massively - in business the risk factor

of something going in the wrong direction is huge. In fact, it has been reported that around 20% of businesses fail in the first year. The risk of failure is prominent, yet people do succeed, and there is a pattern in the people that do. Anyone who makes it well in the said competitive industry, has a mind willing to overcome anything.

We all fail and succeed, but it is how you go about those two things that counts. When you are given an obstacle, understand that learning to fail is all part of succeeding.

THAT IS THE TRUE SECRET TO SUCCESS.

Photo by Ann H on Pexels



DREAM
BIG

REASONS TO VOTE

By Erin Hickey

Voting. This may be a subject that you have never thought a great deal about, instead just accepted it as a societal norm. You may have instead thought of ideas such as “why would my one vote matter?” Voting exceeds just putting a cross in a box and is an opportunity for us all to campaign for what we believe to be right. As young people, it’s easy to assume that the change that we can have in the world is minimal, but by simply voting you can prove that theory wrong. Whether this is on a local or national scale, voting can allow you to feel a part of a community and feel involved. This can make us feel valued and in a world of so many people, believe that our presence matters.

The objective of free speech is what voting orbits around and when the opportunity arises, we should all take it.

The electoral register is the official list of people that can vote, and this comes with its own benefits. You can register to vote when you are 16, though you legally can’t vote until you are 18. This can allow you to feel that you are that one step closer to the community around you. The electoral register is also used for instances such as having a credit check, buying a car, and renting a property.

Not enough young people vote for various reasons, and yet we are the next generation of leaders, and we all want a world that we have contributed to positively in some way. Voting is the place to start.



Do you know the difference between local and general elections?

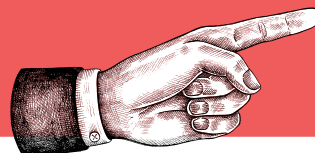
Local elections are different to a general election. We vote to elect councillors to the Parish, District or County Councils that run our day services. If you vote at a general election you elect MP’s to Parliament to run the country.

<https://www.gov.uk/register-to-vote>

Design competition with fantastic prizes!

We invite you to design a birthday card which will be sent out to 18 year olds on their birthdays in the Harborough District who are on the electoral register encouraging them to use their vote. In addition to having your design featured you will receive a £50 voucher.

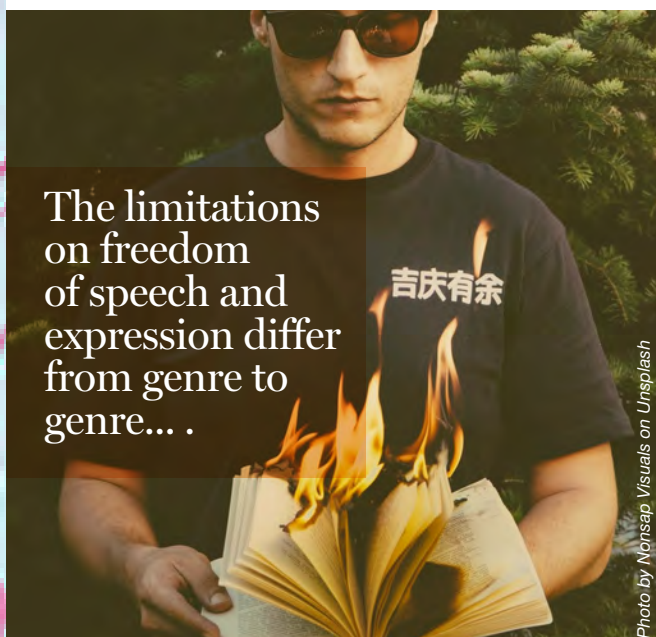
Scan the QR code to find out what you need to do and how to enter.



MEDIA CENSORSHIP

By Olivia Hall

Censorship in the media can seem like a confusing idea. Media censorship is the idea that some information and expression is harmful or objectionable and should therefore be suppressed – this can be done by governments, industry bodies such as the BBFC (British Board of Film Classification) and Ofcom or individual companies and publishers themselves. Nowadays, in a time of heightened sensitivity, some argue that the limitations placed on the media are invalid and unjust.



The limitations on freedom of speech and expression differ from genre to genre...

The limitations on freedom of speech and expression differ from genre to genre; with books there are fewer limitations than in newspapers but there are still many books that have been banned in the UK. “The Well of Loneliness” by Radclyffe Hall was banned from 1928 to 1949 as a result of campaigns from Sunday Express editor, James Douglas, under the pretence that it violated the Obscene Publications Act 1857. It was removed from circulation for normalising ideas of lesbianism. At the time this was considered being in the best interests of the public, but with the benefit of hindsight we can see that it was homophobic and discriminated against perfectly valid literature.

Media censorship can be seen as a useful tool in removing harmful content from public circulation, for instance the show “Come Fly with Me” was banned from Netflix in 2020 for its use of blackface,

which promotes negative stereotypes of Black people. This use of regulation can be viewed in a positive light as it removes some of the hate that is still woven into our society and sends a strong message that racism will not be tolerated.

Is there a middle ground between censoring content and allowing unacceptable and potentially harmful content to permeate popular culture? Disney+ took the step of adding a disclaimer to problematic older films like *The Jungle Book* and *Dumbo* to warn viewers that scenes show outdated and offensive cultural stereotypes rather than removing the films from the streaming service altogether. Arguably this gives viewers the chance to see for themselves what is wrong with those depictions and learn from the mistakes made in the past.

How does censorship translate into the modern world of social media? The reality is that social media is a fairly open place, most social media platforms are self-regulated, this means that they decide who or what is allowed on their platform. People become upset when limits fall on their ability to promote their political views or what they consider “free speech” and this is often used as a defence by social media platforms regarding promoting questionable opinions and viewpoints – for example giving platforms to the speeches of Andrew Tate and Tommy Robinson. This idea comes from Article 10 of the UN Convention on Human Rights which gives everyone the right to “hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers”. The issue lies when trying to draw the line between free speech and “hate speech” which incites violence, discrimination and is against the law. Blanket bans on media accessibility for those with radical views that are considered harmful and illegal can be restricted, for the true benefit of the public, for example when Donald Trump and Andrew Tate were kicked off Twitter and the Metaverse. Overall, censoring media is centuries-long practice which still has a place in our modern reality and needs to be seen as vital in protecting communities by not giving a platform to hateful people and groups, rather than a nasty limit of creative and personal freedom.

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:

“Write a short story about living your dream life”

“If you could live any one day again, what day would it be?”, and

“Write a postcard from your dream destination”.

We received lots of fantastic entries, and have featured some of our favourites on the Speak Out website. Check out the winners from each category below.

Only dreams tell such a story...

COMPETITION
WINNER

By Luke Turner

I appeared right next to a stony, cobbled wall. My first thoughts raced through my brain, quickly passing out of my ear as I dismissed them. My instincts told me to stay where I was. I didn't know where I was. I fought these instincts and slowly edged round the slightly corroded wall to a courtyard with a large swimming pool with water as clear as glass. It was like something out of my own fantasy.

“Sir,”

“Yes”

“He's finally arrived,”

I continued strolling around the courtyard as there seemed not to be anyone there. At last I came across a door that seemed to be leading to whatever was inside. I twisted the handle on the door. It opened instantly and opened like it was brand new. I entered into a long, grand hallway that looked fit for royalty.

Everything placed into this hallway was a work of art, even the carpet had been specially tailored to meet even the most wealthy, majestic person's standards. As I continued down the corridor a richly dressed, top-hatted man and a woman wearing a gold embroidered suit approached me and asked me to follow him.

“I am your humble servant and will do what you please,” spoke the woman with a voice like angels.

I was surprised that they were my loyal servants so I asked, “If you are my servants, I must have much importance, surely?”

“You are our master, and you always will be until death dawns on us,” explained the man in a rich tone of voice.

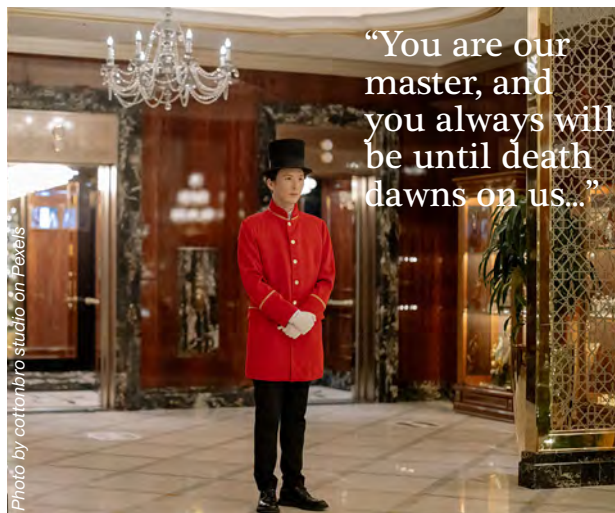


Photo by cotinbro studio on Pexels

“You are our master, and you always will be until death dawns on us...”

“Allow me to take you to your room and I'll show you around,” announced the man, “I'm Travis, your butler, by the way,”

The woman left.

Travis nudged open a varnished oak door with a solid gold handle and held the door open for me to enter.

“This is your room,” Travis stated. “Like it?”

I just stared, awe-stricken, at the room. It had paintings worth millions, silk duvets with feathers plucked from the finest swans and a beautiful, four-poster bed for the mattress that felt like you were lying on the softest clouds. The whole room was a thing of beauty and I went to lie on the bed, but, as soon as I touched the pillow with my head it all went black...

Just Some Friday

By Lillie Ford

COMPETITION
WINNER



Why am I here? I could have picked any day, but why this one? 3rd May 2019. Nothing practically out of the ordinary happened on this day. Nothing I can remember at least. I went to school, probably did my homework in the library, came home, and went to rehearsals with my friends. Nothing that I didn't do every other Friday. So why this one? I tried to think back and remember anything amazing or even somewhat interesting that happened on this day, but my mind was blank. Nothing happened.

I woke up to the sound of my alarm. I got out of bed and went to get ready for school. I mean maybe I chose this day because Fridays were my favourite days of the week, drama, and music lessons during school then when I come home, I go to rehearsals. I went downstairs to see my brother Ryan and my sister Amy sitting at the table eating breakfast. Nothing out of the ordinary here. I sit down and start to eat my breakfast, oatmeal like always. I then went upstairs and got changed. I next go to the mirror and start to do my hair. I gaze at myself in the mirror.

“Wow my hands just used to be a lot more relaxed than they are now,” I thought out loud.

I finish doing my hair and move onto my makeup. I managed to do it a lot quicker today because normally I have to do my mascara about 5 times before I get it right.

I hear my Mum calling me from downstairs. “Come on we’re going to be late!” she yelled as I ran down the stairs. I reach out on the counter to grab my little bag. But the counter was empty. “Mum where’s my little blue bag?” I asked in a state of panic. “What do you mean? You don’t have a little blue bag?” she replied concerned. “Mum stop messing around I really need to find it,” I spoke, frantically searching any place I thought I could have left it. I always keep it on the counter. I take it to school but the second I come home I place it right on the counter so I don’t lose it. “I’m sorry Charlotte I just don’t know what you’re talking about,” my Mum stated looking at me as if I were a crazy person. Suddenly, I stopped in my tracks. I remember why this day is so important. May the 3rd 2019 the day before I get my first seizure. This means I don’t have my medicine and I don’t have to have someone watching me constantly to make sure I don’t have a fit. I turn to look at my mum, who was looking quite nervous. “Never mind,” I say as I walk out the door, my Mum following close behind me.

I now know why I picked this day. I wanted to be treated normal again and not like a china doll that could break at any moment. I wanted to feel like a person and not like I was made of glass. I wanted people to see me as the cool and funny kid, that I am not the sick kid. But after this day, that’s all I will ever be. Just the sick kid.

POSTCARD FROM MY DREAM DESTINATION

By Theo Wile

I am writing this postcard from Blackpool. What a strange place! I thought I was in Paris with the Eiffel Tower but I can’t be because everyone is eating fish and chips! Some people don’t think much of Blackpool but me, my brother and my mum have had a great time. We went on rollercoaster after rollercoaster at the Pleasure Beach, went to the Blackpool Dungeon and played on lots of arcade games on the pier. The best bit however, was the three of us staying in a hotel doing the bed test which is where you throw yourself on the bed to see how bouncy it is, staying up late watching films together and having a massive cooked breakfast in the morning.



OUT OF TUNE

A SHORT STORY

By Ivy Huang

Today was supposed to be my final violin exam. I would have been tuning and re-tuning again. I would have been on stage and going through the motions of a normal exam, just with higher stakes and an even greater risk of failure. Doubt and curiosity would swim in the examiners' eyes and their smiles would be harmless, despite the lack of warmth and sleep on their faces. But as soon as the cinched bow glides down across the silver-lining strings, I would only hope that their harmony wouldn't break from my trembling hands, straight posture and desperate breaths catching. And that the examiners' smiles would finally reach their eyes. I would have played for them, but I can't even play the violin for myself anymore.

THE VIOLIN WAS SINGING SIMPLE SONGS, BUT IT HAD STRAINED HINTS OF HARMONY.

Instead of standing on stage, I was laying in my room and staring at the calendar, looking at that alarming red circle surrounding the number seven with capital letters written underneath: Final exam 2pm! The clock continued to tick on to 3pm and I couldn't help but feel like I should have been there.

When my dad found an old family video of me playing Christmas songs on the violin, ghosts of my wooden body and arm came out of their shadows. The phantom strings shook against my collarbone as I remembered the spongy texture of my first shoulder rest. My right hand followed the rise and fall of the much shorter fragile bow

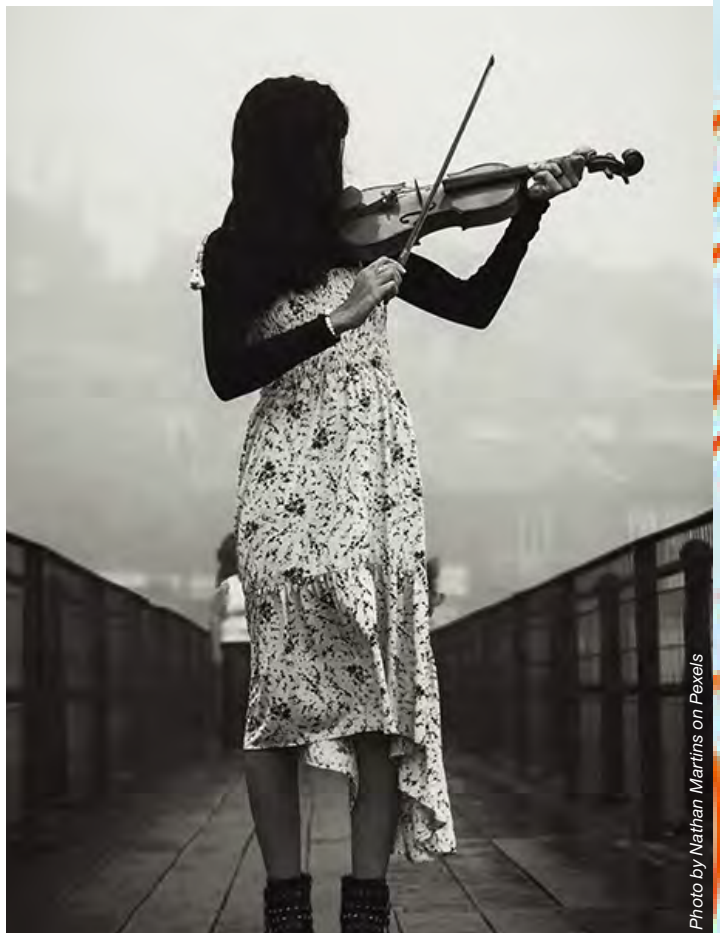


Photo by Nathan Martins on Pexels

on-screen. I heard the laughter of my aunts in the background of the video as I slipped on the wrong note. The violin was singing simple songs, but it had strained hints of harmony. I finally looked up at the TV and I just saw a little girl wearing a Santa hat that was too big for her. She was still wearing her school uniform and her hair was in thin dark brown pigtails. Her back was slightly hunched as her eyes were glued to the sheet. But after she finished playing, the girl turned towards her familiar audience and did a curtsy with a toothy smile. I glanced at my dad who was sitting on the edge of the sofa. His eyebrows furrowed like bushes as usual, but icicles of tears fell from his eyes.

That's when I knew I had to get that violin back. That little girl deserves to grow up with me and not be pushed away because of a few strangers' harmless smiles. So when I dusted off my violin case, opened it and held my violin and bow, I knew that this wasn't me forgetting or denying that I failed. I wanted to try and play it for myself.

Monday

A short story

By Mei Kawagoe

My bones crunch as I roll out of sheets soft with use. I make my bed. It's a Monday, of course it is. Every time my hair gets caught in my mouth as I unload the dishwasher – and it smells like scorched toffee and saliva - I feel nauseous. Customers like to cry into my hair, their fear smacked with the breath of two-hour old bubble-gum. Was the fairground ride scary? Was it? I soothe, smoothing their collar out.

Mostly I fry burgers, watching the grease crystallise in caramel veins on the grill. On my lunch break I get grass stains on my plimsolls. I get paid.

All through the day, there's a mewling at the back of my head, like a lost animal. I ignore it. It's likely a migraine forming. That or a metaphor. Instead I make tepidly neon candyfloss. Someone faints and I mop their brow with a damp cleaning cloth. It's purely perfunctory. When they come round, they complain about the tide marks of their foundation. Such ingratitude. The smell of bleach

**I WORK AT A FAIRGROUND ON
A CLOVER FIELD, YET ALL I
CAN FIND IS THREE-LEAVES.
NEVER FOUR.**



Photo by Tim Gauw on Pexels



Photo by Caique Nascimento on Unsplash

**WHAT WOULD YOU LIKE?...
A BURGER OR A HOTDOG. I
WOULD LIKE IT TO NOT BE
A MONDAY.**

and old food their forehead emits is very minor, anyway.

The mewling continues. I fantasise about finding a puppy. At school I was asked what I wanted from life. It was always a rhetorical question. If I was allowed to answer, if I were Miss Universe: I'd say world peace. But really I want something like a spaniel or a scottie dog. An alsatian perhaps. Or a collie. With imploring, big soft eyes.

What would you like? I ask customers, when the only choices are a burger or a hotdog. I would like it to not be a Monday. I would like...and I leave an ellipsis. An empty space, a small hope.

I work at a fairground on a clover field, yet all I can find is three-leaves. Never four.

At the end of my day, I squeeze into the crawl space underneath the burger van. There's something wriggling, wide pale eyes gleaming, their mewling slipping into a roaring.

It's a kitten. It's a stroke of luck.

It's a good day.

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



South Kilworth "SKY" Club

Day: Wednesdays

Time: 6:45 to 8:45pm

Age Range: 8 to 16

Venue: South Kilworth Village Hall

Contact us for more info



Fleckney Youth Club

Day: Wednesdays

Time: 7.00 to 8.30pm

Age Range: 11 to 16

Venue: At Fleckney Baptist Church Hall

In partnership with Fleckney Parish Council

Great Easton Youth Club

Day: Starts Monday 25th April

Time: 5.45 to 7.15pm

Age Range: 11 to 16

Venue: Great Easton Village Hall

In partnership with Great Easton Parish Council

New clubs coming soon.

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

ARTWORK OF THE ISSUE BY
SPEAK OUT'S RESIDENT DOODLER
JACK GIUDICE.



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 Locality Integrated Leadership Team (HLILT)

The LILT Market Harborough team was set up in October 2017. The initial meeting agreed to concentrate on the health

and wellbeing of individuals and to enhance each individual's health and wellbeing experience.

Since then, LILT has grown in membership and the vision, aims and objectives have continued to expand.

They recognise that today's children and young people are the service users of today and tomorrow, so LILT is seeking to increase awareness of services and initiatives that effect 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!

Word of the Issue

ERFOLG

Meaning: Success in German

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

Have Your Say

