

Les élèves de l'École secondaire du Mont-Sainte-Anne

**A Collection of Research-Based Feature Articles  
Written during the COVID-19 Pandemic**

**By Class 509 in Enriched English as a Second Language**

Under the supervision of Mathieu d'Avignon, English teacher and editing director

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## Congratulations from Principal Luc Paquet

What can we expect from students graduating at Mont-Sainte-Anne high school in our Programme Langues-Études? This book helps us answer this question. It goes way beyond a perfect knowledge of English. This Collection of Research-Based Feature Articles will show you how our future graduates are able to exercise critical judgment, determine what a reliable source of information is, express themselves with a scientific language, and to carry out a large-scale project like this one. This is a document that deserves to be read by all: parents, friends, brothers, sisters and members of the community. Through this collective work, these young people allow us to learn about contemporary and significant subjects for their generation. Stakes which define the present and which will influence the future. Environment, social inequalities, racism, technology, pandemic, physical and mental health, violence and difference, these are the subjects addressed by our students, students who are about to graduate and ready to play an important role in the world...

Dear students, you impress me. Know that it is with great pride that I read your texts. I sincerely hope that, like me, many other people will have the chance to discover your talent. I finally want to congratulate and thank Mr. Mathieu d'Avignon, their teacher, who was able to inspire them, support them and show them that hard work pays off.

Truly yours, dear readers and students,

Luc Paquet

Mont-Sainte-Anne High School Principal

Foreword by Miss Maude Philibert, EESL coordinator at ESMSA

The Langues-Études program has existed for more than twenty years at ESMSA. Throughout the years, the program has changed, has improved, has evolved, just like today's students who now recognize more than ever the importance of English language in their daily life.

The 2021 graduates are quite an exceptional bunch. Despite the many hazards of the past 15 months, students were able to overcome the challenge of successfully completing their five high school years. A long journey filled with a few bumps across the path, with hills to climb and rivers to cross but always with sunshine after the rain. Their tenacity, hard work and discipline led them all along the way so they can finally get the recognition they truly deserve.

Take pride in everything you accomplish, have faith in how far you can go, and believe in yourself.

I am proud of every single one of you <3

Maude xxx

## Introduction

by Mathieu d'Avignon, English teacher and editing director

Because of the COVID pandemic, there will be no ministerial English exam at the end of the school year for secondary 5 students. In order to get prepared for this eventual exam, we got familiar with research-based feature articles. When I learned that the ministerial exam was cancelled, I decided to still go further with class 509. What better way to understand what this type of article is than to conceive and write one? The writers' tasks included answering basic news questions, the who, what, where, and when, but also the how and why, more specific to research-based feature articles. They could pick any topic and investigate whatever they wanted. I was truly proud when I read their texts. I knew they were brilliant and creative students, I didn't know they were already young writers and scientists in the making, too!

Dear readers, I marked, corrected and edited the students' articles in quite a rush. Only I am to blame if some errors and French quotation marks went unseen or were left behind, and for links that don't work. What matters most are the efforts put in their work by the students and the global content of this exceptional collection of articles. Some students shared links within their text or in their bibliography so you could learn more about their sources and topic. Despite the pandemic, they completed their task. Enjoy your reading.

Dear students, thanks for being up to the challenge and for sharing your works with the world. My apologies if some of the links and pictures you shared don't work/weren't edited: I might be very good at editing books, I ain't no computer genius! At least readers will have access to all of them thanks to your bibliography. It truly was a pleasure being your teacher and, for some of you, your tutor this year. As I said in Alycia's interview, always nourish your curious mind and keep on criticizing what most people take for granted or think is fair or acceptable. *Felix qui potuit rerum cognoscere causas...* Build a better world.

Mathieu d'Avignon

May 7, 2021

## How and why Soccer might be Dangerous for Us

by Alexia Bourbeau

While playing soccer, a lot could go wrong. Is soccer a too violent game for us?



Risk will always follow you closely when you are playing soccer. It doesn't even matter what position you're playing. It might come from an angry player of the opponent team, or simply a false move you did. It could only be that you were at the wrong place at the wrong moment and out of nowhere, the ball hits you. When you are a goalie, you have to stand tall at all time. Would you have the guts to stand in the middle of an empty net and against a player running full speed in your direction? The chances of the player turning around are zero, you won't scare him away. You have to stand there with the rush of adrenaline going through your veins, ready to block that ball at all cost for the sake of your team. Most of the time, an injured person will keep on playing anyway and it will only get worse. Even when the injury might be serious, soccer players will often trivialize it. Like Cristiano Ronaldo said on his injury scare, "it's just a little knock."



First of all, when you see someone playing soccer, you might think a boy has more chance to get a concussion than a girl. Because your first thought is that boys are more physical and mentally out of control, but that is where you are wrong. Girls are actually more susceptible to have a concussion during a game or a practice than boys. As an anonym coach said, "It's extremely difficult to prepare for the unknown and many student athletes look to people who have experienced the same problems that they had. However, when information is withheld, such as how bad a concussion is and what happens when multiple head injuries are suffered in a given amount of time, there is a bad impression." So, whether you are a boy

or a girl, the concussion is as bad. When it's a student, he might have to miss some school if the head injury is bad, and in that case, he'll fall behind. His grades will go down and it might even affect his whole future. But because soccer is a very popular sport and there are a lot of injuries, scientific are doing a lot of research to prevent them as much as possible. It might not be most of concussions that are caused by headers, but if you're not ready to do them, it could be bad for you. Coach Paul thinks it is better to start at ten or eleven years old, or when the player feels ready. But starting too soon is not good for the development of young player.



For now, injuries don't look so bad, right? But when you have a bad concussion or a bad injury, you are going to have to miss some work. And if this doesn't please your boss, you risk losing your job, and that is very bad. For example, Brianna Scurry was a professional soccer player. But after a big concussion, her career ended and she tells us how hard it was afterward. She knew she could get to the supermarket, but she wasn't sure she was going to be able to come back home after. It took her a while before she could go back to normal human behaviour.

Even if the injury looks bad, always look how it happened when you are in professional soccer. More often in the male's team, they will be faked. It can cause some very funny scene, but it's not very often good for their image when they go too far.



Soccer is a sport for everybody, because it is one of the most popular sports for young aged-children and preadolescent. There will always be a team matching your level. It too is the sport that has the most injuries for young player. It can affect their health and their future athlete's career. Most of the damage is not that terrible, it might take a month or two, and they can go back to normal behaviour and playing sports. But some are bad, like abdominal organ injuries. It is very serious, and does not happen from the collision with the ball, but

more likely to be a player to player. It is rare, but it happens and a study was made to learn more about them. All the patients survived and most of them didn't need to get a surgery.



Over the past 25 years, almost three million children had to be treated in the USA emergency department. This number is way too big, and for children only. Think about all the worried parents driving their injured kid to the hospital because of a soccer game. It surely not what they planned when they enrolled their kid to play a game that should be friendly. Plus, concussion caused by headers only represents 6.6% of them. Player-to-player collisions are way more dangerous.



Finally, playing soccer is taking a risk to pull a muscle, to have a concussion or to break something. But are those risks worth taking? If you ask soccer players, they'll probably tell you that all the injuries they had was worth it. And if you ask someone who just watch this sport, he might tell you he thinks it is all very stupid to take so many risks. But when you think about it, isn't going out of your house taking a risk?

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A New Artistic Era  
The Evolution of Digital Arts  
by Solveig Boivin

The remarkable evolution of technology brings to life a new way of being creative. From traditional manual skills to modern computer skills, the digital arts empower the artistic community to create the new classics.

The term digital comes for the use of technology to do arts. Basically, every kind of art that is produced with technology is considered as a digital artwork. The traditional skills of drawing, painting, and sculpting are being replaced by many digital software. These tools are the base of the digital art industry, because they are used to make 2D and 3D animations, video games, photography, web sites, applications, movies or graphic design. Nowadays, the mix of creativity and technology is very common, but it has not always been this way. There was a big evolution before it became what it is today. Digital arts are now commonly diffused on social media, television, and the Internet.

The history of digital arts



In 1928, Mickey Mouse was first animated with a multiplane camera which was created by Disney Studios to give depth in their scenes. The main goal of this camera was, as Walt Disney explained in a 1957 video, «to make cartoons more realistic and enjoyable». As we can see, Walt Disney was really interested in using new technologies to bring his animation to the next level and make them more and more appreciated by his audience. Walt Disney was one of the first people to mix art and technologies. After that, in the 1960s, a few people started to experiment with computers to create programs and algorithms to make artwork. As Lorenzo Pereira, an author and contributor to the Widewalls art resource website said, «In the early 1960s, computers were still in their infancy, and access to them was very limited. So, some of the first people to use computers creatively were mathematicians and computer scientists. However, some people began to creatively write their own programs». Andy Warhol and Harold Cohen, the pioneers of the digital art world, were part of those people. In the late 1970s, there was an incredible evolution in technologies, such as the new Apple II computer which allowed color graphics to be executed for the first time on the personal screens of our computers. The first use of the term digital art was in the early 1980s when computer engineers created a paint program known as AARON. It was a robotic machine designed to make large drawings on sheets of paper placed on the floor. In the 80s, computers became

more common in households and 3D software were now used to create films just like Jurassic Park in 1993. The internet became more widespread during the 1990s which made digital art more accessible to artists and viewers. It was the rise of the World Wide Web (www), also known as the Internet, where artists started to share and create their work on computers. In the 2000s, the internet grew in significance and became involved in almost every aspect of society. Artists began to use it to expand their own creativity. Now, they can share their work on the internet and social media. From 2005 to present, the internet grew to an average of 4.66 billion users and evolved to web 2.0. that put artist tools in the hands of everybody. Social media and smartphones are also making arts available everywhere for everyone.

The popularity and use of the digital arts in the world

AVATAR 2



With technology, you can build, write, and design things. For example, you can do 3D modeling on a computer and print your models with a 3D printer to build objects. Some people are using it to reconstruct history objects and scenes. 3D modeling is also used by interior designers and architects, because it brings to life their designs for their clients. The use of 3D in the movie industry is also very frequent. For example, in the movie Avatar 2, James Cameron shared his vision during an interview at the Australia's Vivid Sydney Festival, where he said, «Part of my goal in pushing 3D with the original Avatar was to make the technology so common that it would no longer seem remarkable».



Digital arts can also be the result of a programming interface, such as applications and web sites. People are also using it to design things such as logos or do graphic design. One of its major purpose is to do marketing like branding or visibility on social media. Another important change in the art industry is the drawing and painting that are now possible to do digitally. Many interfaces allow artists to use electronic pens to draw on a graphic tablet which converts the drawing on the screen. From there, artists can edit easily their drawing or painting the way they want. It is also possible to do photo editing. Nowadays, software are really advanced and can do incredible transformations to photos, such as erasing skin parts or

changing the background to everything you want. According to DATAUSA, a major institution that is registering data on the popularity of the digital arts, there is an average of 2.15M people on the workforce of digital arts. In 2021, the digital arts are almost everywhere from television to Internet. This is due to the increased use of technology by artists. The ARTDEX blog has an article about the subject where it says, «Technology has also given more people access to the arts, giving art enthusiasts and collectors platforms to build their art collection and share with others». But still, one of the main debates in this new industry of technology comes from traditional artists who do not consider digital art as true art. They believe art should be produced by the talent mastered by the artist, but not with the help of a machine. In opposition, Aaron Hertzman, a Principal Scientist at Adobe Research, a leading producer of digital art software, says «Throughout the arts, the artist is the mastermind behind the work, no matter how much or how little they contributed to its actual execution».

## Art & AI



Nowadays, artificial intelligence is gradually more and more present in our daily life. For example, it is used in cars for autonomous driving, in social media to push targeted advertising, and in medical research to detect diseases that doctors might have missed. But how is it used in arts? The design of artificial intelligence is very complex and is based on very elaborate mathematical calculations. Sandra Rodriguez, a creative director, filmmaker and sociologist of new-media technologies for over 16 years, has a more complete definition to help understand it, «Artificial intelligence encompasses a wide range of recent technological developments. It isn't a single technology, it's a whole set of technologies and theories, based on data that allow a "computer" to perform tasks inspired by those done by the human mind. In other words, AI doesn't copy human intelligence, it takes inspiration from it». But its use in arts is quite simple. To generate an image, the computer needs to run an algorithm written by an artist or a programmer. An algorithm is a set of instructions that the computer will follow. It's a bit like a recipe, it says what must be done step by step. In the case of creating an original AI art, the goal of the artist is to make the computer learn a specific aesthetic by analyzing all the images that feed the algorithm. The computer then tries to generate new images according to what it has learned. Geoffrey Drake-Brockman, a cybernetics artist, shares an interesting point of view in a documentary available on a YouTube channel called Great Big Story, «To an artist willing to experiment, codes and algorithms can be just as creative tools as the paintbrush. Beauty has no bounds when art meets technology». For now, the most impressive work done with AI is a moving sculpture representing a human memory using a few seconds of brain signal scanned with an EEG. This piece is called "Melting memories" (image 6). During the Volvo Art Session, an interview with Refik Anadol, an influent media artist, explained «What we are watching is a

moment of remembering of a couple of milliseconds of data stretched to a couple of minutes and transformed into your data sculpture». In other words, Refik Anadol and his neuroscientific team found a way to measure the moment of remembering as a signal and turned it into art. In his works, Refik is using data as a pigment to create colors and shapes. He also created a dream projected at the Walt Disney Concert Hall to distract the citizens.

New technologies are transforming the art world and people are seeing art in a different perception. With the interactivity procured by moving artwork, artists can get deep audience engagement. It brings the art closer to the people, so they can better understand the artistic vision and the process behind it. The evolution of the digital world is changing how art is made, consumed and shared. The Internet revolution gives access to more visibility and exposure of art. The evolution over the next 50 years will perhaps produce a form of art that humans cannot imagine today.

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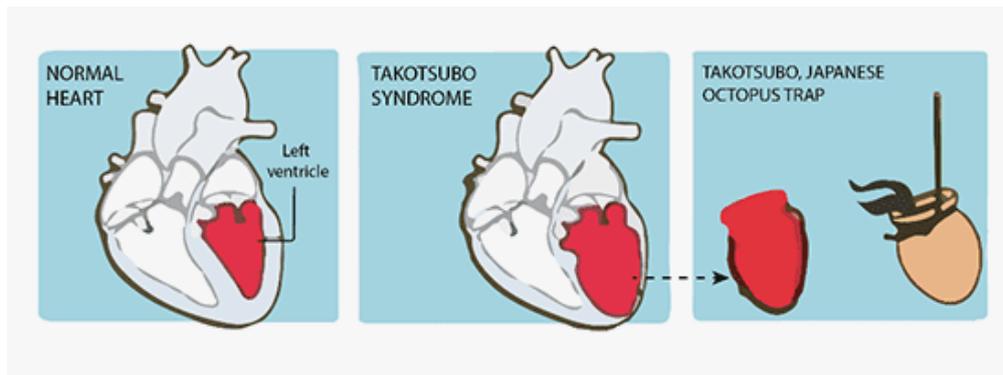
## Cardiovascular Disease: A Mystery?

by Laurence Duchesne



### The Broken Heart Syndrome

We all know that medicine is a big mystery. Some diseases aren't well known yet. Even doctors who study these diseases for years don't know all their little secrets. We have a lot of organs in our body and all doctors have their own speciality. But we will talk about cardiologists more in this text. We all can say that the heart is kind of our engine, like in a car. If the car doesn't have an engine, it won't be able to work at all. We can say that if the human body doesn't have a heart the body will simply just not be able to stay alive. So a heart problem can be very dangerous if it's not taken under control. With a heart who doesn't do his duty of delivering blood in all the body, the consequences can be really severe, in the worst case it can make all the other organs shut down and cause the death of the person. We also know that the human body isn't able to heal itself completely but sometimes it can. The broken heart syndrome is an example of a disease in which the body is supposed to heal itself but also needs supervision of a doctor to control the damage. It's also a heart disease like the name says. The damage caused by this syndrome happens to be located in the heart but it can also have consequences in other parts of the body like in the lung more precisely. I will explain it more in detail in the text. Everyone can have this syndrome one time or more in their lifetime. Except it's rare to have it twice in a lifetime. In this text, we will learn more about how it happens and why some people have it and some others don't. Also we will learn about some people's experience.



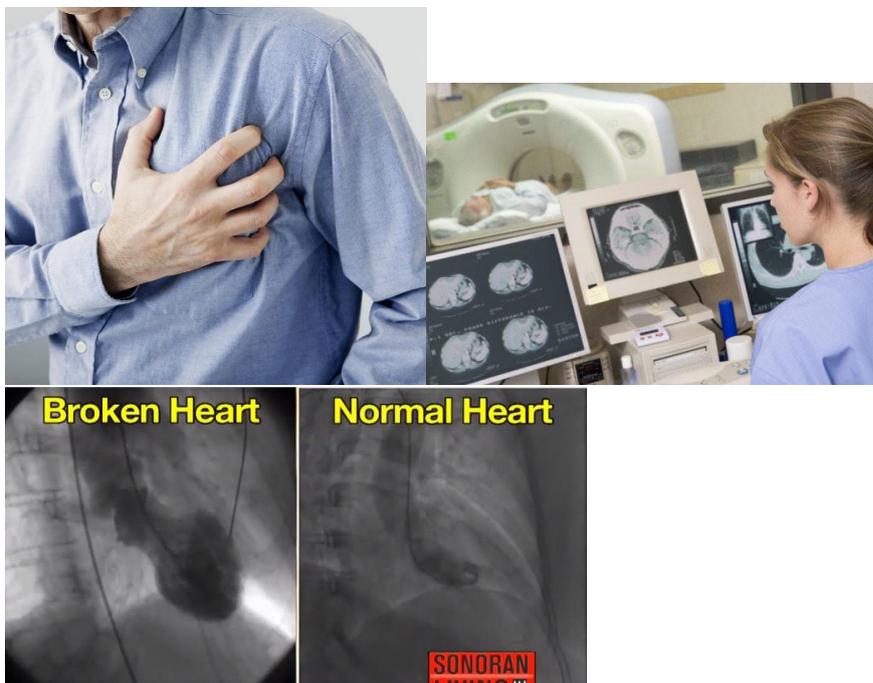
### Why and How?

First of all, if we want to talk about the broken heart syndrome, we need to understand what it really is, how and why it happens. Still today, this syndrome hides some mystery, but doctors are now able to explain a lot more better what happened in the human body during this syndrome than 20 years ago. They compare broken heart syndrome to a heart attack, the main difference is that the heart will not be blocked by a clot of blood during the broken heart syndrome. The left ventricle will simply deform itself to take the shape of a takotsubo, a Japanese trap for octopus. That's why in medicine we name this syndrome the takotsubo syndrome. The fact that the left ventricle deformed itself made the heart less able to pump the blood all over the human body. Doctors think that the cause of this is intense stress, because since they learned about this syndrome majority, if not all of the patients had a stressful event before all this happened.

All kinds of stress can cause this syndrome, physical or emotional stress. If people ask for examples of emotional stress which causes this we will mostly hear sad or stressful events like the death of a family member or even good news, like winning the lottery. But if we ask for an example of physical stress we will learn that it's stress like severe pain or health issues like asthma attacks. When the body is put in a stressful situation, it releases stress hormones. These hormones make experts think that they play a role in the temporary degradations of the heart function.

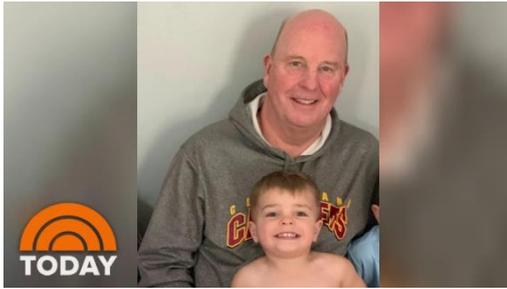
Everybody is kind of at risk to have this syndrome, but doctors say that this happens mainly to women who are in later middle age, which means after their menopause, from 58 to 77 years old. If we look at the numbers, we learn that about 88% of the people who had this are women. You may ask yourself why women are more likely to have it than men. Doctors say that it's the women hormone, in this case estrogen, that's normally there to protect the heart from sudden stress. Except with age this hormone is less present in women's bodies, so it makes the heart kind of less protected from stressful events and it makes it more at risk to be affected with sudden stress. The symptoms that are mainly known with this syndrome are the same as the symptoms of a heart attack. They can be like chest pain or shortness of breath. When people arrive at the hospital, doctors will see other symptoms with their medical instruments. They might see water on the lung, a bad blood pressure, in this case a low blood pressure, or a heart failure. If there is water on their lungs, they will give

them medicine to help eliminate the water. A lot of medicine can be given to them but most of the time it will be Lasix to help them urinate, so the water will go away. They also need to be careful because it might be dangerous for their kidney if they give them too much. In the case that their blood pressure is low, they will give them oxygen but if the oxygen doesn't work for the patient they will be forced to intubate them to keep them breathing and alive. Also they will probably give them a lot of medical tests to be sure it's not a heart attack like blood test, echocardiogram, electrocardiogram and a lot more. But they will first of all stabilize them before. If they don't have a heart attack, they will only see that the left ventricle is not in its original shape. They will probably keep them in observation for a couple of days to be sure everything's all right and give them heart medicine to reduce the workload the heart has while recovering. Just so you know, in 2020, with the appearance of the COVID-19, a study showed that the percentage of people who had this syndrome went up to 7.8% when it was only 1.7% before the pandemic. That's a big increase.

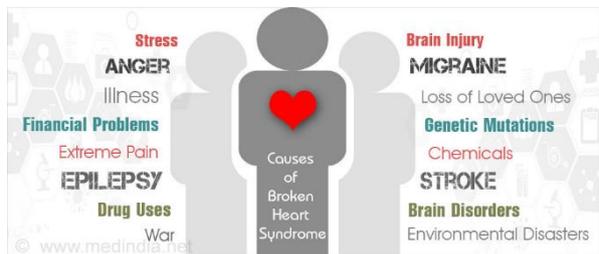


### Some People's Experience

Now that we all know what happens during this syndrome, we also need to know how people live with this during and after all of this is finished. Normally a patient needs to check with a doctor to see if the ventricle has taken back its normal shape. Even if it did, people still have the fear that it will happen again. Rick Watkins, a man with a certain age, had it too. In March 2020, a lot of stressful events happened. At his father's funeral, he was not feeling good. He sat down, then went out... He was in a coma and at the hospital for eight days. He's one of the survivors.



## Interesting Facts



These are some interesting facts about this syndrome:

- A study shows that out of 1 604 people who add this syndrome, 267 had cancer.
- In the United Kingdom, some 2 500 people have it each year.
- The brain might play a role in this syndrome.

In conclusion, this syndrome is quite interesting to learn about. In a couple of years, we might know all its little secrets. The good news is that the heart is, most of the time, able to recover. The bad news is that women are more affected. But what about those people who don't recover completely? They have to live with the fact that their heart is not in its normal shape. In a near future, researchers and medical teams might develop new medicine to help the heart recover or they might be able to operate it. That's my hope for the future.

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## Human Trafficking

by Joey Duclos



Human trafficking is a problem that affects most countries around the world, and part of these crimes occur in North America, more precisely in Canada. The vast majority of it affects young women and children (Ontario Launches New Tools to Help Prevent Human Trafficking). Needless to say that human trafficking is an illegal activity and that it is worthy of a jail sentence, but it is still an everlasting issue, even in 2021. This article will explain human trafficking, talk about its victims and the organizations and groups of people that fight against human trafficking around the world, and finally about the slavery aspects of human trafficking.

### Reasons behind human trafficking

There are many reasons behind human trafficking. Its victims don't fall into it by will, it is more often by being kidnapped and being forced into it. People are kidnapped for labor, prostitution, and organ harvesting. Human trafficking is a form of slavery, because it uses its victims for a certain work by forcing them to do so, and they are not paid. Human trafficking is often linked to organized crime. The main reason behind human trafficking is obviously money, and this illegal activity offers a good monetary return. For example, a kidney can be sold up to 160000\$ on the black market, depending on the country ([WACC | Human trafficking and the role of media](#)). Removing a kidney is a medical procedure that can be done neatly when it is performed by professionals, but when it comes to human trafficking, it is not the case. It is very often unsanitary and can result in infections which can lead to death. Then, there is the sex industry, that is also a good way for traffickers to make money. They can either force people to prostitute themselves or force them to be in a pornographic video that can be uploaded on websites for money. They can also force them to do a

snuff film, which can be sold for huge amounts of money on the black market to perverted people with weird kinks ([Trafficking in persons in Canada, 2016](#)).

### Victims of human trafficking

The victims of human trafficking are not often identified and most cannot be helped. Also, their traffickers almost never get caught and don't face the consequences they deserve. An average of 25 million people are trafficked and get their freedom, identity and integrity stolen. The vast majority of victims don't even realize that what is happening to them is called human trafficking. In fact, most people are not aware that human trafficking is an actual thing that doesn't just happen in horror movies and in other countries, and that in their lifetime, they have high chances of encountering somebody that will be or has been a victim of human trafficking. According to statistics, human trafficking is rising in Canada, and this has been going on since 2010 ([Resources & Links | Human Trafficking | Kristen French Child Advocacy Centre Niagara](#)). Most of the victims are women, which get lured by men who pretend to be in love with them and then force them to prostitute or do other non-consensual activities. But not only women get into the cycle of human trafficking, it also affects kids and men, believe it or not.

### Organizations and groups of people that fight against human trafficking

Since human trafficking is a huge problem and that it is very hard for its victims to get out of it, and to save themselves from their abusers, there are many organizations that can help victims of human trafficking, and that fight everyday to finally put an end to human trafficking, or at least reduce it ([Canadian Human Trafficking Hotline](#)). They help countries and states fight against human trafficking, protect the victims, and bring traffickers to court. Some work closely with governments to change laws regarding human trafficking and even to establish new laws that can help lower the cases of human trafficking. There are a lot of different organizations based in almost every region of the world, so there probably exists an organization against human trafficking near you ([UNICEF Next Generation — A Discussion on Human Trafficking](#)). Here are a few examples of different groups and organizations that are fighting against human trafficking: Canadian Human Trafficking Hotline, La Coalition québécoise contre la traite des personnes, UNICEF, Forced Labour Convention, La Sortie, Protocol to Prevent, Suppress and Punish Trafficking in Persons, Especially Women and Children. There are a lot more organizations, and there are also paid speakers that host speakings in places such as educational institutions, in your own municipality, on the internet, at work, or basically anywhere ([Efforts increase to battle human trafficking as Super Bowl approaches | WPEC](#)). The purpose of these speeches is to spread awareness and to prevent people from being caught up in human trafficking. It is in fact by spreading awareness that things come to a change.

## Human trafficking: a form of slavery

As you probably know, there are a lot of forms of human trafficking, and one of them is slave trade. It is very common that people are abducted to become a slave to traffickers. The victims can either be male, female, or even children in some cases. Sometimes, victims are seduced into slavery by being offered a better life or by being promised false things. A common activity that is executed by traffickers is to ambush the boats in which illegal immigrants travel in and proceed to take them by force or coercion, and make them slaves ([Modern slavery and child labour: 40 million in modern slavery and 152 million in child labour around the world](#)).

Finally, human trafficking is very complex and also very present in society nowadays. It is one of humanity's biggest issues and is still to be solved. Do you think that there is enough time devoted to the fight against human trafficking?

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## Let's Talk about Eating Disorders

### More Teens are living with Them than You Think

by Megan Dufour

Eating disorders can be a real struggle in everyone's life, but teenagers are particularly affected. Unfortunately, women are mostly affected. According to Dr. Jillian Lampert, 79% of people affected are women and 21% are men. An eating disorder is the relation between people and food. It is a mental illness. It is also a different nutrition that nobody can understand, except those concerned. Adolescence is more suitable for eating disorders. The particular reasons for these circumstances are the standards established by society and what teenagers see on social media. There are many eating disorders, and they all cause physical and physiological repercussions that can lead to death if not treated rapidly.



### Anorexia

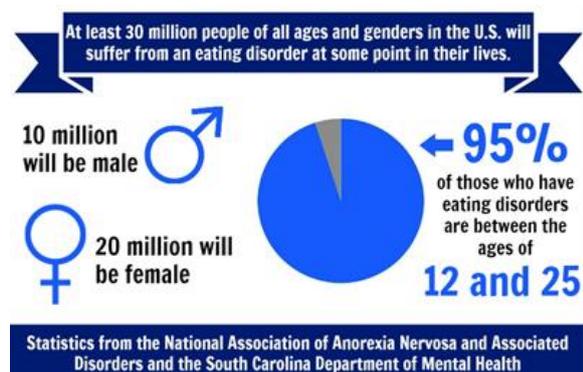
Anorexia is one of the most well-known eating disorders. There are two types of anorexia; atypical anorexia and restrictive anorexia. Atypical anorexia is an eating disorder which is more common among women and which is characterized by restrictive behaviors and a fear of gaining weight, but where the criterion of slimming, or low weight does not come into account. Restrictive anorexia is the most widespread. It is a total refusal to eat or gain weight. In most cases, girls living anorexia no longer have their period. They prevent themselves from eating, but they also over-train. Overtraining can be fatal when suffering from an eating disorder. The reason for this occurrence is that when the body does not get all the nutrients, minerals and vitamins it needs, the pulse drops dramatically, and when your pulse is low, doing exercises can kill you. The beats per minute of a normal person are between 60 and 80. Those of people with eating disorders and overtraining are generally around 40. At night, like everyone, the beats per minute decrease because we sleep, but people with anorexia have beats per minute between 32 and 35 at night. When a person has bpm less than 30, they should undergo cardiac massage.



Anorexic people always see themselves bigger than they are, even if they are extremely thin. In their head, they get fat while they lose a lot of weight.



That's one of the reasons they over-train. It's really hard to understand people with anorexia. It is something that only people who have lived it can understand. Not only do they prevent themselves from eating, but above all it is a food phobia. It is weird for us to imagine that some people are afraid of food, while for others eating is a passion.



## Bulimia

Bulimia and anorexia are two completely different things. Bulimia is a bit the opposite of anorexia. It consists of eating huge amounts of food, not healthy food. They do this repetitively and sustainably. Once they have finished eating excessively, they experience feelings of shame, guilt and self-loathing. It causes them to force themselves to vomit. They sometimes take laxatives to get rid of the ingested calories.



People going through all this can have more than one type of these diseases.

According to Daniel Bolduc, a psychologist, the prevalence of eating disorders is likely to be on the rise over the past two or three decades.



Dentists can easily tell if any of their patients are suffering from bulimia. The reason for this is that vomit greatly affects teeth and their enamel. Vomit is toxic because it contains stomach acids. Here are the signs and symptoms of bulimia on the teeth; dental caries, yellow teeth, erosion, swollen salivary glands, mouth soreness, dry mouth, and pain.

Here is a video of people talking about their own experience:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>

Here is an interview with a professional:

<https://www.emilyprogram.com/blog/news-interview-eating-disorder-warning-signs/>

In this interview, we learn that roughly 30 million people in the United States will struggle with an eating disorder in their lifetime:

<https://globalnews.ca/news/7590626/coronavirus-covid-eating-disorders-young-people-sick-kids/>

To sum up everything that has been stated so far, I just want to remind you that anyone can have an eating disorder. So take care of your loved ones, because some may be affected, even if you do not see the clues. It's extremely important to talk about it and act before it's too late.

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## Racism in Japan

### How do the Japanese deal with Difference?

by Émilie Dupont



Japan is admired a lot by the Western culture, but Japanese don't necessarily deal well with foreigners in their country. They have, a lot of times, preconceived thoughts about the rest of the world, so we never really know how some would react to someone from a different culture. So how and why do they act differently around non-Japanese?

#### The Sakoku period

Japan has always been pretty [isolated](#) from the rest of the world. During the Sakoku period (1639 to 1853), the country was kept closed to the rest of the world and they spent [220 years in that self-isolation](#) state. Tokugawa shogun decided that christianity and other foreign cultures were a threat for the Japanese population that had a newfound stability. That policy meant that nobody could get in or out of Japan. If you had the guts try without any approval from the authorities, you could get executed. Obviously, this policy kept these East-Asians apart from the rest of the world and has affected their vision of foreigners.

#### The *gaijin* syndrome

The term *gaijin* is a Japanese word that englobe every foreigner and/or non-Japanese national. The word itself is composed of two kanji characters, namely, “*gai*” and “*jin*.” The kanji character “*gai*” means “outside” while the kanji character “*jin*” means “person.”<sup>(1)</sup>



Being considered a *gaijin* as a tourist can be sometimes very helpful but being considered a foreigner when you've been living in the country for years can get very annoying. So being a foreigner in Japan can be a two- edged sword.

One of the pros when it comes to being a *gaijin* is when you're a tourist. Nipponese are often friendly to foreigners. Out of the big cities some Japanese may invite you to come to their house (1) ([Gaijin: Being A Foreigner in Japan](#)), to eat something when you just ask for directions, you can have a lot of positive experiences like that with Asians.<sup>(2)</sup>



All these friendly habits they have can get on your nerves when you've been a permanent resident for some years. Of course, your neighbourhood will see you less like a foreigner and will treat you like any other neighbour but when you go to a big city it's like you have *gaijin* labelled on your forehead.

One of the cons of the forever-foreigner label is that Japanese often put outlanders all in the same box. When some people behave poorly on their visit, East-Asians will sometimes think that we all consider it normal behavior. Let's take one person who made a lot of controversies in Japan, Logan Paul. Yes, he did film a dead body and put it on YouTube but that's not the part we're going to focus on. In Tokyo, he used a behavior that not only the Japanese dislike but a big part of the population also does. He would scream and do a lot of nonsense in the street. This behavior can be very negative for *gaijin* in general because his video is still on YouTube and got too many likes for the content that was shown. So because of that Nipponese think strangers see this kind of demeanor as normal. It has in fact been the first page of a lot of news all around the country. But, of course, it's only a small number of people who think acting like that is funny.

There are a lot of unspoken rules that almost every Japanese respects, like walking on a certain side of the road or simply putting your bag on the ground in the metro, that a lot of foreigners tend to respect less. It's not necessarily because you're a foreigner that you'll be judged by the residents, if one of them doesn't respect them they're going to be judged as a *gaijin* would be. So if a Japanese doesn't sit next to you when there is plenty of space in a public transport, it's simply because of their fear and/or admiration caused by the *gaijin syndrome*.



### *Hafu*

A *hafu* refers to people that are half Japanese and comes from the English word half. When you're a Japanese metis, you're mostly considered like a *gaijin*. Life can be pretty hard at school in Japan but, as a *hafu*, it can be worse. Kids don't necessarily have great filters when it comes to words. For example, even if they were born in Japan and are fluent in Japanese, Black kids are often called *kowei* by other kids, which means *scary*(2) ([Le Racisme au Japon](#), my translation).



“If they discriminate me I don’t really care, I’m an adult and I can deal with this, but my kids are still innocent” says a Black resident from Japan interviewed in the video [La vraie vie des noirs au Japon](#). A student who stands out too much from the rest of the class

will mostly be a victim of severe bullying and, of course, being mixed puts you directly under the spotlight. Considering that, in 2018, only 3,7% of marriages in Japan were interracial<sup>(3)</sup> it’s becoming harder and harder to be a full Japanese. If kids are mixed, it can affect them a lot in their schooling. Even though the Eurasian *hafu* tends to be considered exotic, while others mixed like an Asian *hafu* can receive a lot of hate from the other kids. “My sisters and I went to a regular public school in the countryside of Japan. It was a very hard experience for us and my family. Our classmates would often tease us about the fact that our mom was from a South East Asian country” claims Yumi Nakata in [Growing up as a hafu in Japan](#). Of course, difficulties for hafus don’t stop in high school, firms can be a lot hesitant on hiring hafu, which doesn’t help the burden they already have.

### Issues between Japan and Korea

Surprisingly, sometimes, the biggest issue we have is with our closest neighbors. The feud between Japan and Korea has been going on for over a hundred years. The countries seemed to always have a lot of disagreements, but the grudge towards each other took another level in the 1930’s. During the war, Japan used Korean women and sent thousands of them to military bases to serve and “comfort” Japanese soldiers. The victims are called “comfort women”. Since then, the hatred they had against each other has grown so much that you can sometimes see people manifesting in the street of Japan as anti-Korean. The same can also be seen in Korea where the anti-Japanese movement is a lot worse. On buses, you can see anti-Japanese publicity or even on the streets where cars have anti-Japanese stickers on them.



So Japan is usually more open to meeting people from the Western culture than the Korean one, but still not every Japanese hates Korean and this goes both ways<sup>(3)</sup>[CNN](#)



There are a lot of kpop idols (in fandom culture in South Korea, it refers to a celebrity working in the field of K-pop, either as a member of a group or as a solo act)<sup>(4)</sup> that are Japanese so yes, there are some grudges but that doesn't stop some to get along with each other.

The way Japanese act around foreigners or non-Japanese is not necessarily because they are racist. It's mostly because of their lack of knowledge about other cultures. They've been closed from the rest of the world for so long that it has affected how they perceive foreigners. But since the Black Lives Matter movement took a lot of importance in the world, Japanese started to question some of their behaviors toward Black people<sup>(4)</sup>. [Korean idol](#)

#### Picture links

(1)	<a href="#">Abe and his ministers give anti-foreigner rallies tacit green light</a>
(2)	<a href="#">LE RACISME AU JAPON</a>
(3)	<a href="#">Japanese subway</a>
(4)	<a href="#">"Born With It" Film Screening &amp; Panel Discussion about being Black in Japan</a>
(5)	<a href="#">Korean Times</a>
(6)	<a href="#">kpop asiachan</a>
(7)	<a href="#">Karchives</a>

#### Text links

[Growing Up As A Hafu In Japan](#)  
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[Japan's Xenophobia Problem – The Diplomat](#)  
[Japan's Problem With Race](#)  
[Japan Urges South Korea to Drop Wartime Compensation Demands](#)  
[South Korea and Japan's feud explained](#)  
[Why some in Japan's hafu community say they feel like foreigners in their own country](#)  
[Why is bullying so vicious in Japanese schools?](#)



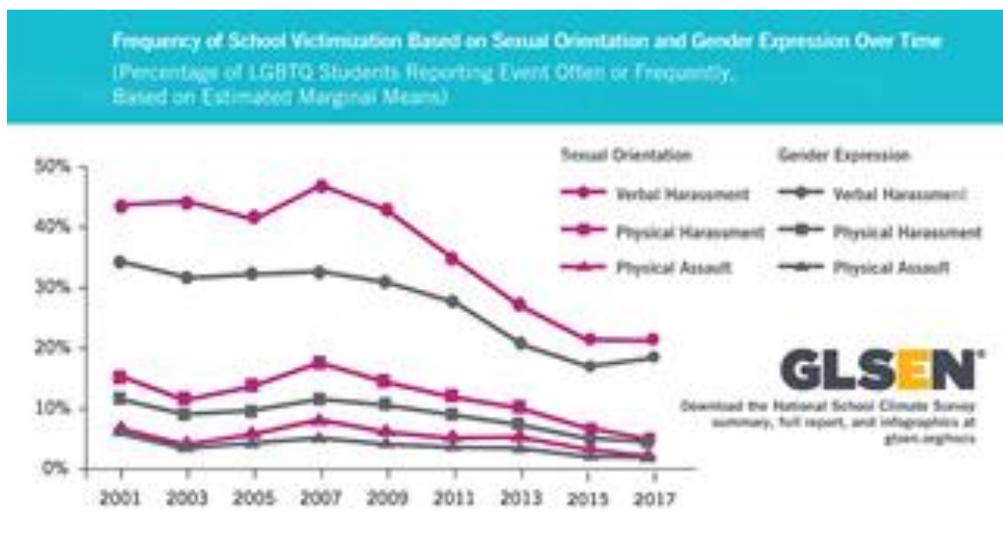
## LGBTQ+ in School

How is the LGBTQ+ community in school in the USA

by Julianne Filion

The LGBTQ+ community has fought for years in the US so that one day, young kids wouldn't have to hide their sexual preference and their gender. Even if it has improved since then, people still fear for their safety because of their difference of being and loving. There is a lot of discrimination against young LGBTQ kids, especially in school. A lot of kids don't feel safe going to school because of bullying and stress. There is a lot that schools can do to help them, but it needs to be taken more seriously.

### Statistics for Physical and Mental Health



It takes a lot of courage to come out and to be ready for the emotional and psychological problems. In a study made in 2015 by the National *Youth Risk Behavior Survey* (YRBS) about the violence LGBTQ+ students get, 10% were menaced or injured with a weapon on school property. 34% got bullied while being on the school property. 28% were being bullied on the internet. 18% of them experienced physical violence by someone they were

dating and 18% got forced to have sexual intercourse at some point in their life. There is also a lot for their mental health. They are 140% (12% v. 5%) more at risk of skipping school because of bullying and harassment than straight cis students. More than 29% of LGBTQ+ teenagers have tried to commit suicide at least once in the prior year.

In another study made by GLSEN, they show us their statistics with a graphic. This graphic shows the statistics of sexual orientation and the gender expression. We can see verbal harassment against sexual orientation was more than 40% in the years 2001 to 2009. It went down in 2011, but it's still a lot. Verbal harassment for students with gender expression went down between 2001 to 2015 and went a bit up in 2017.

Professionals talk about this subject



Some people say that being gay or trans is an illness, but it was proven that it isn't. Psychologists who work with LGBTQ students and kids can give us more information on the problem of bullying and how to help stop it. In a website called NCBI, the article "LGBTQ+ Bullying; Translating Research to Action in Pediatrics" talks about what was talked about in an event that happened in 2016 in the USA. There were pediatricians, other clinicians, medical and public health students, interdisciplinary researchers, government officials, school leaders, community members, parents and children that were from around the United States of America. The article talked about strategies to stop and prevent the bullying of LGBTQ+ people. It outlines during the conference the main scientific studies on bullying, LGBTQ stigma, and bullying measures. In another website called "education.ie", there is a document entitled "BEING LGBTQ+ IN SCHOOL" which talks about how school is for the LGBTQ students. It was published by GLSEN. They did it in association with many organizations like "Educate Together", "Transgender Equality Network Ireland", and "BeLonG To Youth Services". The document has many parts on the subject, like the definition of bullying, the key role in support of LGBTQ students and the specific guidance in relation to transgender students. This document contains a lot of information and solutions to stop the bullying of LGBTQ+ people.

## Videos

Videos can help explain to people more about the issue and show more the emotions of LGBTQ+ students. There is a YouTube channel called GLSEN and hosted by an American organization that tries to put an end to discrimination, harassment, and bullying against the LGBTQ+ community. On their channel, they talk about a lot of things. In one of their videos called « How to Support Transgender Students», students talked about the problems in their school and the solutions that schools can find for them. Sometimes, skin color can be in the way among this community and be unfair to colored trans students. It's a big problem in some schools that don't support them or just do nothing to try to change something. In another video of GLSEN named "LGBT High School Students Share Their Experiences", students who are in the organization tell us about their experiences at school. One of them said « I was involved in freshman orientation and I was actually one of the head ambassadors out of 150 students. I got my privileges revoked because some parent of one of the kids that was in my group called the school and complained that I was their leader and that I was not fit to be a student leader». This video shows the problems from the victims's side.



## In the news

There is a lot of news in the media about the LGBTQ+ community. Negative and positive things happened in the USA. On a website named LGBTQNATION, an article talked about the experience of a young girl getting banned from riding the school bus because she said to a student that she was a lesbian. An eighth-grader, Izzy Dieker, was riding the school bus to go to school and a student heard her say to another student that she was a lesbian. The student told the bus driver who told the principal. Izzy was banned from riding the bus because for them, it was “inappropriate language”. Her parents are mad at the school for not giving any answer about the incident. She was already getting bullied by others for being gay. Her mother is frustrated that the staff, trusted by her daughter, didn't do anything. The principal told them that the bus driver had already given her warnings for not saying that word, which she continued to say. Now Izzy has to be driven by her parents every day, which is almost half an hour to go. Dieker said that she was openly a lesbian and that a lot of her classmates and teachers gave her their supports. Since then, the principal didn't give any

excuse or apology toward Izzy. There is also an interview video with the girl and her mother for those who want more information about the subject. This next news is more recent that the incident between Izzy Dieker and her school principal. An article on the website Center for American Progress talks about what Joe Biden did for the LGBTQ+ community since he became the new president of the USA. When Donald Trump before him became president, he said that he would be an ally to the LGBTQ+ community. Unfortunately, four years were not enough for him to do anything for the LGBTQ+ community, except taking some of their rights away. Here is a website where you can see a list of all the anti-LGBT things that Trump did while he was the president:

<https://www.buzzfeednews.com/article/dominicholden/trump-lgbt-anti-actions-administration-pride-month>.

President Biden did more good things for the LGBTQ+ community in a month than Donald in four years. For example, just after he was inaugurated, he signed a sweeping executive order that ensures protections against discrimination for LGBTQ+ people. On the White House website, visitors now don't have to identify themselves as women or men. They have multiple options for pronouns as she/her, he/him, they/them, other or "Prefer not to share". The Biden administration has to try and stop all the harms that the Trump administration did against the LGBTQ+ community at the same time as trying to promote the rights and the well-being of LGBTQ+ people. His first two months were pretty busy.

Hear their stories



Being in school isn't easy for anyone. Being in school while being part of the LGBTQ+ community is harder. Even if the generation Z is more accepting than the older, children can be so horrible with words and can be hurtful to anyone, especially the "different ones". On a website called «glaad», multiple teens share their past at school. Here are some of their stories.

Daniel Segobiano, University of California Santa Cruz:

“I’m a femme, gay man and since kindergarten I’ve always felt accepted by my friends. But appreciation of my outward expression didn’t reach far past my small friend group. I was bullied for being ‘too femme’ and to avoid being teased I’d deepen my voice around others. In P.E. I’d always be told that I “played like a girl” or that I was not good enough to play with the other boys because I was “too gay.” I was always being labeled as ‘too girly’ for being around so many women and also shunned from masculine groups because no one wanted to be hit on by a ‘gay boy.’ To the other boys, my mannerisms were a sort of oddity that they hoped wouldn’t catch on. Even my father advised me to “act more like a man” rather than more like myself.”

Athena Schwartz, University of Utah:

“In elementary school, I never fit in with just girls or just boys. I was never femme enough to fit in with the girls and I was never masc enough to hang out with the guys. For most of my elementary school years, people always hung out with their gendered groups. I often found myself alone, and when I would try to fit in with others I would be made fun of. I remember for my seventh birthday, some girl gave me a "Thomas the Train" toy and told me she got that for me because that's what boys like. I cried and cried to my mom because I wasn't a boy. I had always known that I wasn't a girl either, but I didn't know what I was until high school. Even when I came out as nonbinary, I still faced being bullied for not being 'normal'. I’ve never fit in the norm and I’m still working on fully understanding that it’s ok.

Nicole Gemmiti, Berkeley College of Music:



“I was harassed several times by men I didn’t know who had hit on me from the comfort of their social media profiles, after I turned them down because I’m gay. This was often due to the fact that they were offended that I was feminine-presenting, like it was a way of leading them on to not “look” or “act” like a lesbian. While it was only verbal abuse online, I sometimes got violent threats that made me fear for my personal safety.”

Bullying isn’t only targeting people from the LGBTQ+ community, it can sometimes aim for their relatives, too. For example, in South Dakota, Lynette G. is the mother of a young girl whose father is gay. She remembers when her daughter was eight, the girl ran home because classmates made fun of her for having a gay dad. Words like « Oh, your dad is a (...) , a f\*\*\*\*\*, he (...)» (other than the word redacted and completed with asteriks, these insults where censored to fit in an academic context with (...). MdA). She looked at a teacher who was laughing at what the kids were saying to her. The daughter was more traumatized. It isn’t rare to see kids being bullied at school for having two moms or two dads. People need to realize that it isn’t something to be ashamed of and be bullied for.



In conclusion, kids can say mean things without even realizing it. They make fun of people who are different from them, even the smallest thing can become something to laugh about. Teenagers can be hurtful like children, but they know what they are doing and they know how to do it so it hurts more. It happens every day at school and adults don't even notice it. Worst of all, some know it but do nothing to help the ones who need to be supported. Some do nothing because they don't believe that being gay is real and that it's a choice or an illness. Some just don't like the LGBTQ+ community because they feel "oppressed" by it. Some don't like it because they are anti-LGBTQ, proud of it, and want to show it. Nowadays, these kids have more people to look up to and to make them feel accepted and understood. Lady Gaga, Elliot Page, Nikki Blonsky, Halsey and even Jojo Siwa. LGBTQ+ people have been bullied for so long because of their sexuality and their gender expression. To end this article, here are some quotes from celebrities about the LGBTQ+ rights.

Lady Gaga: « It's never wrong to love, but it's always wrong to hate.»

Daniel Radcliffe: « You don't have to be gay to be a supporter, you just have to be human.»

Morgan Freeman: « I hate the word homophobia. It's not a phobia. You are not scared, you are an asshole.»

Barack Obama: « When all Americans are treated as equal, no matter who they are or whom they love, we are all more free.»

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## Allergies and Food Allergy Bullying by Sara Fortin



10% to 30% of the population has this kind of disease... You may not know this but it's been around since 1859. Someone named Charles Harrison Blackley had suffered from summer cold with seasonal sneezing, watery eyes, and a runny nose. It was proven later on that it was allergies. Everyone in the world knows about allergies but do they know that now it's getting bigger? A lot of people are starting to have food allergies these days. Having an allergic reaction is usually what people may think. This article is going to talk about how it affects people with allergies and why some people are doing food allergy bullying.

### Food allergies symptom



First, you need to know that there are two types of allergens. As allergy specialists Galli, Tsai and Piliponsky said, "The first type encompasses any non-infectious environmental substance that can induce IgE production so that later re-exposure to that substance induces an allergic reaction. Common sources of allergens include grass and tree pollens, animal dander (sheddings from skin and fur), house-dust-mite faecal particles, certain foods (notably peanuts, tree nuts, fish, shellfish, milk and eggs), latex, some medicines and insect venoms. In some instances, allergen-specific IgE directed against foreign antigens can also recognize cross reactive host antigens, but the clinical significance of this is unclear." The second type is a non-infectious substance that can provoke an adaptive immune response associated with

local inflammation. Aside from these ambient allergens, allergic reaction can result from food, insect stings and reaction to medication like aspirin, and antibiotics such as penicillin. Symptoms of food allergy include abdominal pain, bloating, vomiting, diarrhea, itchy skin, and swelling of the skin during hives. Food allergies rarely cause respiratory reactions (asthmatic) or nose inflammation. Insect stings, antibiotics and medicine produce a systemic response that is called anaphylaxis. This can affect multiple systems like the digestive, respiratory and the circulatory systems. Some types of reaction can be delayed or can be sudden. Depending on the gravity, they can cause cutaneous reaction, hypotension, coma, even death. The gravity of this type of allergic response often requires injections of epinephrine, known as the Epi-pen auto-injector.

Some people know some allergy symptoms but others don't. That's why I am going to list some of them for you. But first you need to know that not everyone experiences the same symptoms. Some are more common. First they have facial swelling or swelling in their mouth, hives (which is a rash that itches intensely), tingling in the mouth, vomiting or nausea. Then there are the symptoms of anaphylaxis, which is a severe reaction. When this happens, there are respiratory problems and tightening of the throat, a drop in blood pressure, a loss of consciousness and a rapid swelling of the throat, lips, face and mouth. They can also have tachycardia (which is an abnormally rapid heart rate). Bruce Lanser, in charge of the Pediatric Food Allergy Program at the National Jewish Health in Denver, said: "Lot of families jump to conclusion about food allergies before being tested. We unfortunately see kids avoiding food unnecessarily because of some fear of a potential allergy".



Here are some facts about food allergies:

More than 15 percent of school-aged children with food allergies have had a reaction in school;

Every three minutes, a food allergy reaction sends someone to the emergency room;

Each year in the U.S.A., it is estimated that severe reactions to food cause 30 000 Emergency room visits, 2 000 hospitalizations, and 150 deaths.

### Food allergy bullying

Kristen Kauke, a licensed clinical social worker, said that it's important to differentiate teasing and bullying. Teasing each other is a common way to socialize, even with friends. But sometimes people make sarcastic comments like: "Your food looks normal" or say something like "Why can't you eat anything normal? It's like you're allergic to everything!" Kristen said that these types of comments can annoy, but they're not bullying. Bullying is the definition of negative action. But when it comes to food allergies, research tells us that the main type of bullying is verbal taunting. Example: "I wish you would die. If I had a peanut right now, I'd throw it at you." There is a physical example related to food allergies bullying like touching, throwing or waving. Danielle Brown, MHS, lead author of the study and medical student, said "What we weren't aware of was how many parents are bullied by multiple sources. Of the 252 parents or guardians we surveyed, more than 17% said that they had been bullied." I found an article, written by Roni Caryn Rabin, about people telling stories they saw or have been told by their children. On the show *The Doctors*, Travis Lane Stork, an Emergency physician, stated: "What is really scary about this, is that half of the reports are not verbal bullying. It's a kid bullying these other kids by putting food they're allergic to on them."



These statistics about food allergy bullying are frightening:

- 86 percent said that the bullying happened more than once;
- 21 percent were bullied by some staff of the school or teachers;
- 43 percent said that the bullying was that the allergen was waved in their face.

A new study made this year by the American College of Allergy, Asthma and Immunology (ACAAI). In this study, it is said that they found out that nearly one parent out of five were targeted for bullying by multiple sources. An important finding in this survey is that while there were no significant differences in the percentage of Black and White kids who were bullied for their food allergies. Black children are experiencing more bullying about non-food allergies twice as frequently.

This concludes my article. I wanted to explain how allergies affect people now, and why some people do food allergy bullying.

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Climate Change  
How it affects Antarctica  
by Claudie Gaumont

For decades, climate change has been getting worse. It is a serious problem because this is affecting Antarctica and everything that lives there, and it is also affecting us in a different way. In this article, I will explain some ways that climate change affects Antarctica and people on some continents. We will first see how it contributes to raise water level and how the increase water level could affect our lives. Secondly, we will see how it affects the life of the animals that live there.



### Water level

Climate change affects a lot of things, and Antarctica is very affected. Effectively, global warming contributes a lot to the melting ice. According to the IPCC website, the global warming has reached 1.5°C because of the greenhouse gas and pre-industrial levels. “Global warming is defined in this report as an increase in combined surface air and sea surface temperatures averaged over the globe and over a 30-year period.” Melting glaciers can affect two important things. It could affect our lives and also animals who live there. The melting of glaciers is a phenomenon that occurs very quickly. As Chris Rapley quoted in his interview; “it won’t take long before all the glaciers melt”. In her interview, Helen Fricker says “by 2070, we will be affected

by melting glaciers”. According to her, because of the melting glaciers, water levels could rise up to 180 feet. Effectively, if the glaciers melt, it will make the water level rise a lot, and it will go very fast. Like I found in a video of Antarctica, “As the time of our last assessment, we counted that the Antarctica ice sheet was losing enough ice to cause 0,02mm a year of sea level rise”. When a glacier melts, we cannot make it come back, so we need to act before it melts. In another video, I found out that according to new studies, they say that the melting of glaciers is irreversible. In this video, Eric Rignot, a professor at University of California, a specialist in earth system science who works with the NASA, said; “We’ve past the point of no return”. Global warming is very fatal for Antarctica, and it’s the most affected place in the world. In the article Climate change and the Antarctic, they say “climate change is already negatively impacting Antarctica”. In this article, I also found out this is the place that warms up the fastest. In everyday life, people don’t really notice the effects of climate change because our environment doesn’t seem to change. On the other hand, in Antarctica, it’s quite the opposite. Effectively, the glaciers are melting very rapidly.

Governments don’t really take these changes seriously, because there are no permanent residents. But as I mentioned a little earlier, the melting glaciers are raising the water level, so even if there is no resident there, it is a serious situation because the increase in water level will affect us. When the sea level increases, it slowly starts to cover some mainland parts, which could create floods. And over the years, if we do nothing to help, floods are going to be more and more frequent and also bigger. Flooding can be very serious, because it can destroy a lot of things like agricultural fields and industrial areas. It destroys buildings, therefore there is material destruction that must be rebuilt. In addition, as years go by, the worst the situation is getting quickly. Effectively, according to statistics, “the rate of ice loss from Antarctica has tripled since 2012 compared to ice losses from the previous two decades”. In short, global warming causes glaciers to melt, which then causes water levels to increase, which can cause flooding, and finally these cause all kinds of destructions. In other words, it’s kind of a cycle.

### Animal life



The melting ice affects our lives, but we also need to know that even if there is no human who lives there, there is other type of life in Antarctica. Effectively, there are a lot of animals, for example several kinds of penguins, polar bears, seals, whales, and flying seabirds. Because of the climate change many of these species are going to disappear. Some are very affected because they live on glaciers. Penguins in particular live on glaciers, so if these are melting, where do you think they are going to live? This is why a lot of penguins are in danger. Polar bears also live on glaciers. Effectively, they can't give birth and hunt in the water. So the more the glaciers melt, the more it's being difficult for them to have babies and eat. Another much endangered animal is the Adelie penguins. According to scientists, "by 2060 Adelie penguins will probably disappear". Adelie penguins are in danger. Another kind of penguin his particularly in danger. Effectively, the chinstrap penguin are threatened. According to a statistic, "A preliminary census released in February 2020 found that some chinstrap colonies have seen as much as a 77% decline since the 1970s". Their species is almost extinct. So the melting glaciers will be fatal for several species that live there. It is their habitat and we are destroying it.

To conclude, climate change is a problem that we need to take seriously. Climate change make the glaciers to melt and this is making the water level rise up lot and this causes flooding. And even if we do not see it, it greatly affects the animals living in Antarctica. I would like to learn on how we could stop the melting ice to save Antarctica, in other worlds, how to stop climate change.

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## Marine Pollution

### How does it Affect Marine Species?

by Amélie Gauthier

Everybody knows that marine pollution occurs when threatening wreckage such as chemicals or trash make their way into the ocean and that this type of pollution severely affects marine specimens. However, people don't seem to realize the seriousness of the situation. The following article will explain the importance of being aware of marine pollution and actions that can be taken to reduce it. I will talk about what marine pollution does to coral reefs, its impact on turtles, its impact on birds, and lastly about solutions that could help reduce marine pollution.

#### Impact on coral reefs



There is a tremendous amount of pollutants that make their way into bodies of water every second all over the world, whether it reaches the water by accident or if it was discharged there intentionally. As a matter of fact, "Every square mile of ocean contains 46,000 pieces of floating plastic", estimated The United Nations Environment Program in 2006. Coral reefs are suffocated by pollution and it makes them more exposed to developing illnesses, all this because pollution reduces the quality of water, and clean water is vital to corals. There are various types of land-based pollution that harm coral reefs and, in some cases, plainly kill them. First, there is sedimentation that is caused by agriculture or forestry, and when it deposits on coral reefs, it can hinder them from feeding, reproducing and growing. Also, toxic substances, such as pesticides, mercury, lead, and many others can be a hazard for corals as well. Subsequently, trash and micro-plastics are another threat regarding corals. For example, a plastic bag that was discharged into the sea could stick to coral reefs and block the sunlight from it, which they need for photosynthesis. This probably wouldn't be a problem if the amount of trash that ends up in the sea was minimal. Nonetheless, "Eight million metric tons of plastic waste [enter the oceans every year](#). This equates to one garbage truck's worth of plastic being dumped into our oceans every minute.", according to the Scientific American Newspaper.

## Impact on turtles



Unsurprisingly, dying corals are not the only casualties of marine pollution. Sea turtles have been around for a long time cruising the seas tranquilly, but now, they are endangered by pollution as well. “A thousand sea turtles die annually from digesting plastic”, states a statistic by Ocean Blue Environmental News Blog. Plastic isn’t exclusively dangerous to turtles because of entanglement and indigestion. It causes other complications for turtles, such as laying their eggs. Sometimes there is so much rubbish on the beach that it is hard for turtles to dig through it, and they can’t lay their eggs. In fact, only one out of a thousand eggs will successfully become a mature turtle. Then, the baby turtles that hatched with success have difficulty finding their way to the sea through all this trash. Resultantly, they never make it to the sea and die on the beach. As Ann Dom mentioned in the live interview for Sky News, “Research has made very clear that plastic is damaging and harmful to marine life.” Indeed, the biggest predator that lives in the sea is called pollution. With the ongoing pandemic, new environmental challenges appear. In fact, “COVID-19 triggered an estimated global use of [129 billion face masks and 65 billion gloves every month](#). The practical problems with gloves and masks finding their way into our rivers and oceans is that they can easily be mistaken for jellyfish, a favorite food of sea turtles.”, quoted the Scientific American Newspaper. For turtles, only one little piece of plastic can be lethal, and they have no knowledge regarding plastic; they don’t know what it is so they can mistake it for food. The sea is home to seven species of turtles. The Loggerhead Turtle, the Green turtle, the Hawksbill turtle, the Leatherback turtle, the Flatback turtle, the Kemp’s Ridley turtle, and finally the Olive ridley turtle. They all have different preferences when it comes to food, and it doesn’t include plastic! Unfortunately, 52% of turtles have eaten some in their lifetime.

## Impact on birds



If you have the conviction that birds are safe from the threats of plastics, then please reconsider because plastic affects birds as much as marine species. “Plastic debris causes the deaths of more than a million seabirds every year”, according to the UNESCO.



In the 1960s, it was estimated that 5% of seabirds had eaten plastic. Twenty years later, the number is 16 times higher than it was before. This means that in 2050, 99% of seabirds will have plastic in their stomach. A bird filled with plastic debris is considered as sensitive content, but know that it is something that happens every day because of plastic pollution. When a bird eats plastic, the consequences aren't always the same. If it's sharp, it can pierce their organs, resulting in a quick death, or it can starve them because their stomach is full but they didn't eat actual food, which they need to survive. Like baby turtles, baby birds have lower chances of growing up because of plastic. Birds mistake plastic for food and feed it to their offspring. Their fragile stomachs can't tolerate plastic and they are at a higher risk of dying because of this. Some people are more responsible than others when it comes to bird entanglement. In fact, most birds get stuck in fishing gear like fishing nets and traps that are left there by fishermen. When fishing gears catch animals that they weren't meant to catch, it is called ghost fishing, and ghost fishing is responsible for a lot of death by entanglement.

## Solutions



Even though marine pollution seems to be an everlasting issue, there are actions that can be taken that can make a considerable difference. Some people don't know why they should care about our oceans being polluted and don't realize that what happens in the ocean has an impact on human beings as much as marine life. As Ann Dom mentioned in her interview for Sky News, plankton is being shown to be eating micro plastics and that's the beginning of the food chain that brings plastics to our plates. So, when you discharge your waste on a beach, it means that you might find yourself ingesting your own trash. Pretty gross, right? There are five words to keep in mind when fighting against marine pollution; reduce, refuse, reuse, recycle, and remove. If you can, reduce your plastic consumption, refuse unnecessary plastic, and reuse your plastic items such as grocery bags. If you are in the impossibility of reducing, refusing and reusing, then recycle! As of removing, it occurs when you find plastic waste where it shouldn't be and pick it up, which is the rightful thing to do since plastic takes over a hundred years to degrade. Everybody must take part in the movement against pollution because, unfortunately, it is not the case yet. According to Oceana's YouTube channel, of all the plastic ever generated as of 2015, only 9% was actually recycled. But there aren't only bad news; "about one third of Caribbean countries have already banned plastic in some form, from grocery bags to Styrofoam cups" as stated by Worldbank.org. Also, Indonesia, the worst ocean polluter after China, invested 1 billion dollars in order to clean up the oceans, as specified in the Blue Ocean Network article by Robert Frerck. Remember this, everybody can make a difference even on a small scale!

On a final note, marine pollution is an issue that should not be taken lightly and that we should not ignore. It is not because we fail to behold its aftermath that it does not exist and that is isn't causing catastrophic events in the underwater world. This is your cue to start caring for the oceans and to be part of the solution. If I had gotten the chance to pursue this research further, I would have found interesting to talk about the inevitable doom of marine life if nothing is done to put an end to pollution and to cover the topic of multifarious pollutants and their effects on multiple other species.

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Image 8 : I forgot to copy-paste it and now I can't find the picture anywhere... :( Sorry.

Is our Health System helping enough Those who are suffering?  
Suicide is more Present than You Think  
by Mika Gosselin



Credit: Blogue de SOM

Approximately 20% of the world population would suffer from any sort of mental illness. It's been happening all around the world for ever, but we used to not talk about it too much because it was kind of a shameful and people were considered weak. The number of people who are committing suicide is increasing every year and we need to do something. The health system is not able to manage everyone who needs help. There are so many people suffering in silence! Throughout the world, 800000 people die from suicide each year according to the World Health Organization (WHO).



Credit: Radio Canada



Credit: Reader's Digest

In 2018, there were 1,38 million suicide attempts in the USA, which is really high. The American Foundation for Suicide Prevention (AFSP) has been keeping track of the number and we can see that death by suicide and suicide attempts were down between 2012 and 2014 but have been increasing since 2015.



Credit: Dreamstime



Credit: Verywell Mind

After many years of keeping this subject as something we should be ashamed of, we can finally see some people talk about it on the social media. Schools also look like they are trying to talk about it to their students which is something really interesting. During the National Suicide Prevention Week a lot of public figures make videos or write texts to raise awareness. Here is a video that shows how small things and actions can change someone's life:

<https://www.youtube.com/watch?v=1aLeYLRrW3U> .



Depressions and health problems that lead to suicide can appear at any age, that's why people of all ages are at risk. On the Suicide Prevention Resource Center (SPRC) website, we can see that from age 10 to 34 suicide is the number two cause of death. This video shows how hard it is to lose a child: <https://www.youtube.com/watch?v=szwU7IHQ5EY> .

In the article TV Superman Kills Himself with Gun, published by the Los Angeles Mirror News in 1959, they are talking about George Reeves who was well known in the cinema industry. He was playing Superman in movies and shows. Some friends of him are blaming all of Hollywood for his suicide while others think that he was murdered. His mom asked to reinvestigate the case as a

possible homicide which resulted in the same conclusion as the first time they did the autopsy.



Sometimes suicide is not only because the person is struggling with her mental health but because she is suffering physically. The woman they are talking about in the article «Woman Who Lost a Right-to-Die Case in Canada Commits Suicide» wanted to have medical aid to die and lost her case. She then decided to commit suicide, some people are accusing the judge who took this decision to be the person responsible for her death.

This is a subject I really think we should talk about more often. It's something that I think is important and I will continue to look for more information. We must raise awareness among everyone to say how important it is to take care of our mental health.

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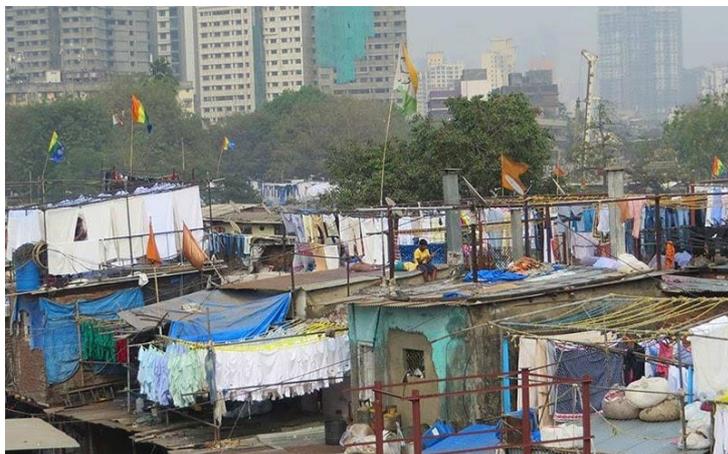
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When the Richest Live with the Poorest  
A Look into the Huge Imbalance in Wealth and Life Conditions  
in the Second most Populated Country of the World  
by Maxine Harvey

In the last decades, many experts have been pointing out the growing wealth inequalities in third world countries. India stands out with its population of roughly 1,38 billion people, the second largest in the world. It comes as no surprise that a fast developing country with a population as large as India's suffers from poverty and wealth distribution problems.



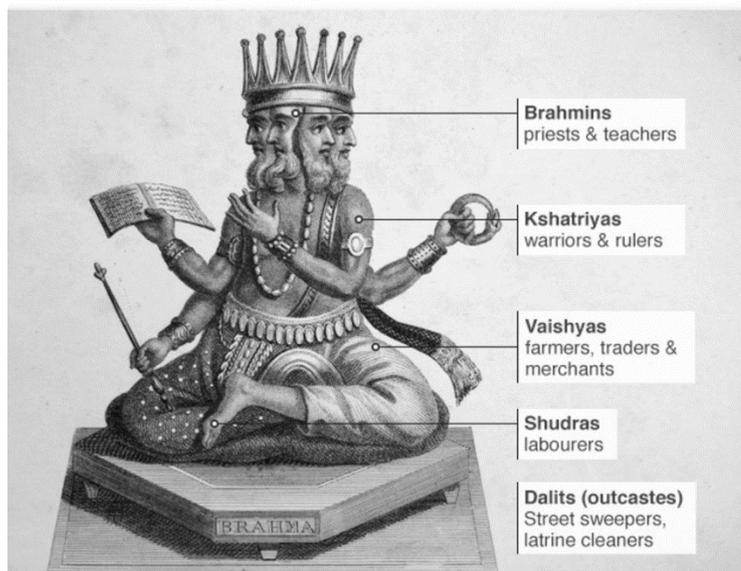
While most Canadians get to live comfortably with a roof over their head and three meals a day, the same couldn't be said for a majority of people in India. In fact, according to CNN, more than 60% of India's population lives on about \$3 a day and 21% on less than \$2 a day. A lot of them live in slums in alarming life conditions and survive off the little money they get every day through poorly paid jobs and begging on the streets. Their living environment, in most cases, has few or no sanitary installations and access to potable water and electricity is difficult. As can be seen in a video posted by The Department for International Development on YouTube titled India's 'Slumdog' Millions: A glimpse of life in Bihar's slums, the ground in slums is often covered with trash, shelters are built with whatever can be found, and people live on the streets. The situation is similar in Dharavi, Mumbai, the biggest and most crowded slum in India. This infamous slum covers an area of 2,1 square kilometres and is inhabited by over a million people. It is also one of the areas with the highest density of population in the world with its density of over 277,136 inhabitants/km<sup>2</sup>.



Meanwhile, near Dharavi stands Antilia, the most expensive private residence in the world and second overall residence behind Buckingham Palace. Its worth is estimated at 2 billion US dollars. This is only an example of the striking division between the rich and the poor in India. In fact, these inequalities are so big that the richest 10% controls  $\frac{3}{4}$  of India's wealth. Putting it another way, this means that the wealth of 16 people is equivalent to that of 600 million people.

Many causes can explain the high poverty rate and unequal wealth distribution in the country. One of them is the system of castes that existed in India for over 3000 years. Historically, Hindus were separated into different hierarchical groups depending on their karma (work) and dharma (duty). Four main categories existed: Brahmins, Kshatriyas, Vaishyas and Shudras.

Brahma and the origins of caste



Source: Alamy

BBC

Each caste was believed to originate from a part of Brahma's body. The Brahmins, from Brahma's head, were at the top of the hierarchy and would do intellectual work. Right under them, the Kshatriyas who were thought to be from his arm were the warriors. Then, the Vaishyas were the farmers and traders and came from his thigh. Last were the Shudras who would be labourers and came from Brahma's feet. Outside of these castes were the Dalits, or the untouchables, who were

outcasts and would do the most menial jobs. Although this system has been deemed outdated and discrimination based on caste has been banned since 1950, its influence remains strong mostly in rural areas and it still contributes to some of the inequity of the wealth division to this day.

India's high corruption rate and poor governmental management can also be blamed for some of its current misery. In 2020, the country obtained a grade of 40% on Transparency International's corruption perception index. In 2005, a study by Transparency International reported that more than 62% of Indians at one point had to pay a bribe to a public official to get a certain service. Examples of government corruption include fake programs, passage bribes for the trucking industry, excessive regulations, unclear taxes, and general lack of transparency. India's tax structure only benefits the wealthiest.

Those who live more comfortably often have misconceptions and bad views about the people who habit slums. In a street interview conducted by *Asian Boss* and posted on YouTube, when asked about their opinion on the residents of Dharavi Mumbai residents answered criticizing their appearance and cleanliness, saying employers don't want to employ them, claiming they're not trustworthy and could steal from you if you get too close to them. Dharavi residents on their side claimed that they had to lie about their home place because saying you're from the slum is viewed as shameful, and that they faced discrimination due to their backgrounds. Those stereotypes further divide the population into two categories, the rich and the poor, and makes it harder to escape poverty.



Poverty is passed on from generation to generation. It is significantly harder for children who were born into poverty to ensure themselves a bright future because they don't have access to the same education as their richer peers, and often don't have the needed resources to ensure their success. This goes along with the fact that people from poor backgrounds tend to have more children due to lack of contraception and education leads to the "poor side" growing tremendously faster than the wealthier one, increasing the gap between them.



The recent COVID-19 crisis only worsened the existing situation. Even if some progress had been previously made, all of it got lost as some 122 million people lost their jobs in a single month, mostly workers who had daily paid jobs and small business owners. Lockdown kept people from working for 21 days and a lot of people didn't have any savings to rely on as they lived off of their daily earnings. Others who had put money aside for their children's education had to use that money to provide for their basic needs during the lockdown. The most vulnerable part of the population was the most affected, it sank deeper into poverty.

In conclusion, poverty in India is a very complex problem and it can't be solved with a simple solution. Many social, cultural, political and economical causes led to the current situation and are allowing it to go on. In fact, not all factors were identified and a lot more could still be added to this topic. Among other things, we could further understand the roots of poverty by exploring the gender inequalities that existed and still exist in India and how they impacted low income families.

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## Abortion in Canada

### How did it Become Legal?

by Elizabeth Hébert

In Canada, abortion was legalized in 1988. But despite its legalization, abortion stays and will always be one of the most divisive political issues of our time. Abortion is a very painful moral subject for everyone, but mostly for the women who sometimes have to choose whether or not to end their pregnancy for different reasons. On the abortion debate, there are two different sides. There are people who defend the rights of women to choose for themselves, and on the other hand, we have people who defend the right to live of the unborn child. In this article, I will take a look at the history of legalization of abortion in Canada and politics (rights, laws, etc.).



#### The history of legalization of abortion

First, let's talk about history. Before the legalization of abortion, women who had been raped, who were not ready to give birth, didn't have the financial means or enough time to take care of a child were not able to access abortion to end their pregnancy. But legal or not, those who really wanted to end it would choose a more dangerous way to do it. In other words, it's not because you choose to make something illegal that everyone will respect this law and follow it. Quoted from Carolyn Egan, member of the Ontario Coalition for abortion clinics, "Women have shown sadly that something illegal can't stop them to choose for themselves and that many of them have lost their lives showing they will access to abortion if they think it's the right choice for them." In fact, according to the Abortion Rights Coalition of Canada, 4000 to 6000 women died from unsafe abortion in Canada between 1926 and 1947. They did it by self-induced abortion or had it done by a doctor who did illegal abortions which is not very safe in both cases. For example, in 1893, a man named Andrew Campbell \* was performing illegal abortion on women by giving them drugs that could have been harmful to their health and sometimes by unsafe surgeries.

\*Beahen, William, "Campbell, Andrew", Dictionary of Canadian Biography, volume 12.



He was performing these under the alias of Dr. Lovingheart. There is a big contradiction with what he was doing: he was pretending to be a loving being, but killed babies and put women's lives in danger! However, for women, it seemed to be the only solution so they went for it and were forced to deal with the consequences of their choices. This is one of the reasons why abortion became legal in Canada, to save women's life.



Reading the Canadian Encyclopedia, I learned that throughout the 1970s and 1980s, pro-choice groups (seeking the legalization of abortion and public funding for it) organized large public rallies and demonstrations on Parliament Hill in Ottawa that helped legalize abortion.

### Politics about abortion

Each year, all around the world, some 70 million women have unwanted pregnancies and sometimes these women have to make decisions. Many factors are influencing this decision like their health situation, family relationships, economic resources, availability of medical care, etc. The only person who is in position to make this choice is the pregnant woman herself. According to the Center For Reproductive Rights, governments should respect a woman's human right to make decisions regarding her reproductive life. So, prohibiting abortion contradicts the section 7 of the

Canadian Charter of Rights and Freedoms which says that everyone has the right to life, liberty and security of the person. That explains why, when a pregnancy is unwanted, its continuation can take a heavy toll on a woman's physical and emotional well-being. So, in 1969, the Criminal Law Amendment Act legalized some abortions as long as a committee of doctors certified that continuing the pregnancy would likely endanger the woman's life or her physical and mental health. Later, in 1988, the Supreme Court of Canada struck down the 1969 act because it judged that criminalization of abortion and legal restrictions were violating women's rights all over Canada.



### After legalization

Now abortion is legal in Canada, but there are still debates about it. According to a 2010 survey, a slim majority of Canadians, 52%, were pro-choice, and 27% were pro-life back in 2010. According to our Prime Minister, Justin Trudeau, contrary to other countries such as some American states who have conservative governments, Canada puts forward women's right to choose and women's rights in general. Despite the many efforts done by the Canadian government, in some places in Canada, women still have difficult access to a safe abortion. Some provinces even limit their funding of abortion in hospitals and clinics. That's why a certain number of women have resorted to an illegal procedure. The distance to abortion services can also be a problem. In some countries, there are no clinics and hospitals that perform the procedure.\*\* Like I saw on the website of Campaign Life Coalition, since its legalization in 1969, abortion has killed over 4 million unborn babies in Canada. Can you imagine how many of them had an illegal abortion? However, there can also be big

consequences to this. In fact, according to Ryan Stockert who works for the Pentecostal Assemblies of Canada, a religious organization, “lots of times, the women become more sick, can’t have children anymore and that they’re new medical evidence that suggest that abortion can lead to breast cancer.” This last assertion could be debated. It has many physical and mental impacts over the women who undergoes an abortion. That’s why Dr. Leslyn Lewis thinks that we should give more help to women who are pregnant in a crisis with providing more pregnancy care center to prevent or stop abortion that are not done for the good reason, such as the one done because of the sex of the baby. “I would stop the misogynistic practice of sex selected abortion”- Leslyn Lewis. As she said, we should be there for women who had that procedure done and help them go through it.

\*\* Mark Gollom, CBC News, “Abortion barriers in Canada are back in spotlight following passage of abortion bans in U.S”.



In conclusion, even though abortion has been legal in Canada for 33 years now, its legalization remains an important debate between pro-choice and pro-life people. Before 1988, women who had been raped, who could not afford or had the time to take care of a child and who wanted to get rid of it had to unfortunately resort to an illegal and very unsafe abortion. Indeed, a lot of women died between 1926 and 1947 as a result of these dangerous abortions. Abortion has therefore become legal in Canada to save women’s lives. Several factors influence a woman when she has to choose whether she wants an abortion such as her health, family relationships, economic resources and many others. The only person who should be entitled to make that choice is the pregnant woman herself. Unlike many other countries, since the legalization of abortion, Canada has been increasingly promoting women’s rights and has put in place several resources for them. Despite these efforts, many women still do not have access to the resources and assistance they need. The abortion that a woman undergoes can have a big impact on her both mentally and physically. This is why more help should be given to these women to ensure that abortion is done for the

right reasons and to help them get through it. Should Canada reconsider its decision on the legalization of abortion?

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## How the Plague of 1346-1353 still Affects Us? by Erika Huard

The Plague ended a long time ago. But what are the risks of seeing another pandemic like that one? We could say that we are lucky that COVID-19 isn't as bad as the Black Death.

### The human consequences

The people of England must have been terrified as the Black Death was sweeping across the country. Over a quarter of the population in that country died because of the pandemic. Towns and villages were devastated. The plague, which arrived in 1346, affected greatly the people, and terror remained for a long time. The plague spread across Eurasia and North Africa killing millions of people. Some 25 million people died from the plague.

“It must be confessed that though the plague was chiefly among the poor, yet were the poor the most venturous and fearless of it, and went about their employment with a sort of brutal courage; I must call it so, for it was founded neither on religion or prudence; scarce did they use any caution, but run into any business which they could get employment in, though it was the most hazardous. Such was that of tending the sick, watching houses shut up, carrying infected persons to the pest-house, and, which was still worse, carrying the dead away to their graves.”

— Daniel Defoe, *A Journal of the Plague Year*

The Black Plague is a serious bacterial infection which you could die of if you catch it. Many names are used to refer to the plague: the «Black Death», «bubonic plague». In the Medieval times, people called it the «blue sickness», the «Pestilence» or the «Great Mortality». It can affect humans as well as other mammals. Once you get it, the symptoms you could have are fever, headaches, vomiting, and swollen lymph nodes. There are three types of plague: the Bubonic Plague, the Septicemic Plague and the Pneumonic Plague.

### Origins

The plague originated in Asia. It decimated the army of the Kipchak Khan Janibeg while he was attacking the Genoese trading port of Kaffa. Janibeg catapulted plague-infested corpses into the town to infect his enemies. From Kaffa, Genoese ships carried the epidemic westward to Mediterranean ports. It affected Sicily in 1347; North Africa, Italy, Spain, and France in 1348; and Austria, Hungary, Switzerland, Germany, and the lower countries in 1349. Then, a ship from Calais carried the plague to Melcombe Regis, Dorset, in August 1348. It reached and spread rapidly throughout England. Between February and May 1349, London had suffered violently the most. The Black Death reached the extreme north of England, Scotland, Scandinavia, and the Baltic countries in 1350.

## Flea (Siphonaptera)

Fleas are insects that are known as important carriers of diseases such as the plague. These parasites are ectoparasitic which means that they can only survive on the outside of their host. The latter are always mammals and birds. The fleas live by consuming blood from them. They are also part of the causes of the chain of events that resulted in the death of a quarter of the population of Europe in the Middle Age. The oriental rat fleas are the primary vector of the transmission of the bacterium *Yersinia Pestis* between humans and rats.

## Changes in history

According to Stanford University historian Paula Findlen, “The inability of 14th-century medicine to stop the plague from destroying societies throughout Europe and Asia helped advance scientific discovery and transformed politics and health policy”. Findlen is the Ubaldo Pierotti Professor of Italian History, the director of the Suppes Center for the History and Philosophy of Science and Technology, and the director of the SIMILE Program. She wrote the review essay “What Would Boccaccio Say About COVID-19?”, about the Florentine humanist’s experience with the Black Death in Renaissance Italy. First, who is Giovanni Boccaccio? He was an Italian writer and poet in the Late Middle Ages. But he was predominantly an important Renaissance humanist.

In her essay, Findlen answers plenty of questions about the plague that occurred a long time ago. Are there any parallels between how we’re managing COVID-19 today and how Italians thwarted the bubonic plague in the 14th-century?

“Since Antiquity, people have debated whether to remain or flee during an epidemic, and how to prevent others from coming. “Quarantine” is a specific legacy of how late medieval and Renaissance cities responded to plague, not during the initial pandemic of 1346-53, but after its return. The first known legislation (by the Venetians) in 1377 only specified thirty days but it evolved into forty, which is what quarantina means. Forty made more sense to physicians who read Hippocrates on the typical length of a highly contagious disease and also knew, as Christians, that this was the duration of Lenten fasting.”

How did the bubonic plague change the relationship between science, government and society?

“The idea of public health – health as a common and collective good – predates the Black Death and was never only about disease. It also encompassed the infrastructure that contributed to society’s well-being in general, in Italy and elsewhere. The repeated return of plague became a reason to invest more specifically in hospitals and to repurpose leprosaria [leper asylums], -whose population had declined, by turning them into “pest houses” on the edge of cities such as Venice. Eventually, it led to a bureaucracy charged with maintaining a healthy society. The medicalized vision of public health became much more common during 17th-century outbreaks of plague and other diseases than in the 14th century. Early modern states took a greater interest in policing health, especially among the poor, displaced, and foreign inhabitants who could not claim citizenship. They were at times perceived to foment

“bad air” (the word “malaria” literally means that), though there was some understanding that animals and textiles might also be sources of infection. They just didn’t know why because they had no understanding of viruses, let alone the idea of bacterial infection.”

In what ways did the Black Death change medicine and scientific research?

“The inability of 14th-century medicine to prevent plague from devastating societies throughout Eurasia posed a challenge to the explanatory power of their science. How did people get this disease? Why did some survive and so many die? Why did their therapies fail? Fundamentally, it led physicians to pay closer attention to what they could learn directly from bodies and the environmental factors contributing to disease in addition to what they also learned from books. But first, they had to survive this disease – medical practitioners were an especially vulnerable population.”

What are the lessons from Renaissance Italy that can inform our response to COVID-19?

“I find many interesting lessons, without making them parallel stories. The mortality rate from plague was so much greater – typically 30% to 60% of the population. We are simply not used to death at this level, and plague was just one of many ways people died suddenly and prematurely. We should all be grateful for clean water, better diet and sanitation, modern appliances that replace hard physical labor, antibiotics and other daily comforts and medical innovations. We resist disease better than just about anyone in the 14th through 17th centuries. At the same time, we still see today how the absence of some or all of these ingredients can render life shorter, difficult and more vulnerable to disease. In this respect, the premodern experience of disease has never entirely gone away.”

This bacteria called *Y. Pestis* is known to have killed millions of people. The plague, in both developed and underdeveloped countries, continues to spread. We could say the Black Death still has impacts on our society even today, be it in science or medicine. We learned a lot from it. Studying furthermore the plague could lead us to a far better understanding of many aspects of history, science and humanity. Will other pandemics like the bubonic plague or the coronavirus occur in the near future? Will we be able to learn enough from the past to prevent imminent disaster?

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## Sexual Assault and Power in Entertainment

by Gaëlle Joseph



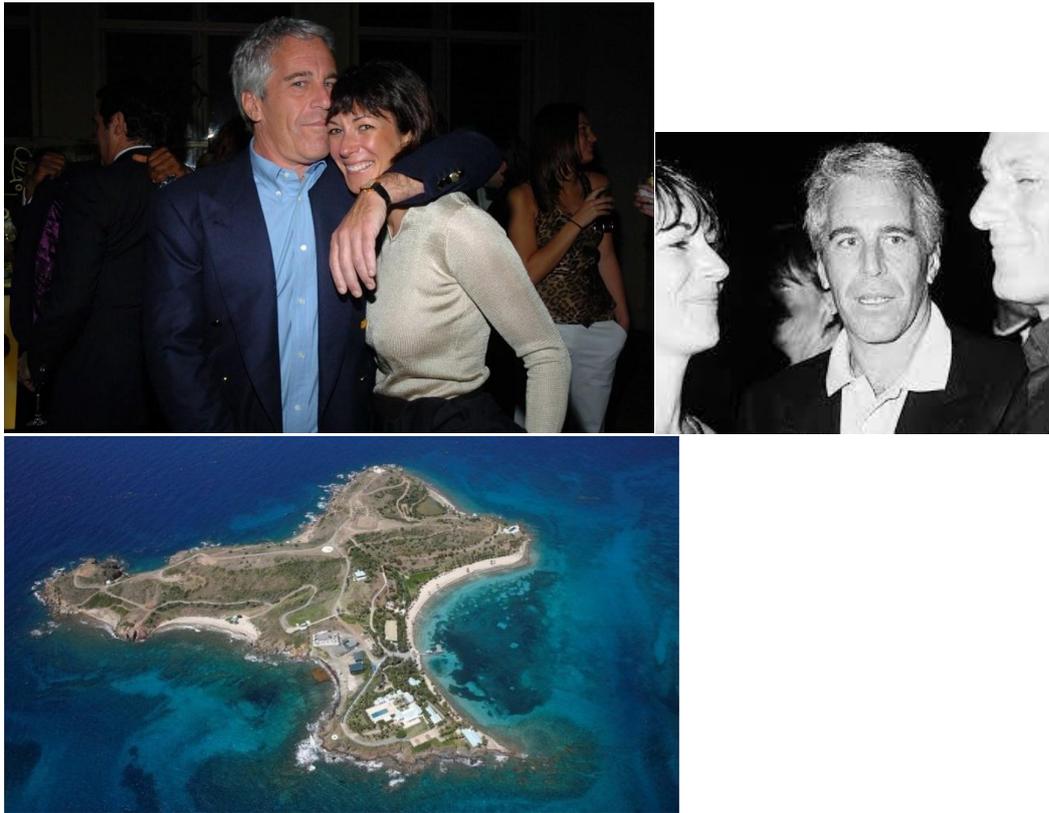
According to the World Health Organization (WHO), one out of three women experienced some form of sexual violence in her lifetime. What is sexual violence? "Any sexual act, attempt to obtain a sexual act, or other act directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting. It includes rape, defined as the physically forced or otherwise coerced penetration of the vulva or anus with a penis, other body part or object" is sexual violence as defined by the WHO. Unfortunately, this is a problem that has always existed. Statistics regarding this issue are inaccurate because a lot of people stay silent and don't tell their stories or file complaints. A lot of factors make victims decide not to speak up like; shame, not being believed, being mistreated, being socially ostracized (excluded, blacklisted), the risk/fear of being blamed, the inadequate support system and many other reasons. In Canada, the number of sexual assaults that were reported out of all suspected cases is stable at the very low percentage of 14% since 1994 according to Rachel Chagnon who is a legal science professor at UQAM and director of the IREF (Institut de recherche et d'études féministes). In her opinion the lack of disapproval that our society gives to these crimes is the biggest part of this problem. Only 20% of countries have laws that seem appropriate and respected laws regarding sexual violence, 35 other countries also have laws but they are not applied correctly. Finally 66 countries have inappropriate or incomplete laws, which makes it much more difficult for victims to get the justice they deserve.

## Privilege and justice



When we talk about sexual assault in the entertainment industry, the most recurring thing we see is the privilege that comes with being a celebrity. For example, when Gweneth Paltrow spoke up about sexual assault and sexual harassment, people listened. They listened because she's a powerful woman, an A-list celebrity, academy award winner and CEO of her multi-million company. Gal Gadot, another well-known actress, shut down the production of the Wonder Woman sequel with the help of the cast and crew until the director Brett Ratner was fired. Like journalist Hillary Kelly describes in an article for glamour on the subject, "Most women don't have access to journalists who are ready and willing to hear their stories, like Ashley (Judd) and Angelina (Jolie) did. They aren't well-versed in how to talk to press and how to get a story out there." In fact, a lot of women don't have the type of power that these celebrities do. Some of them are in complicated, and vulnerable positions, like undocumented workers with serious concerns about stability and security, whose silence is usually bought, of those who signed no disclosure agreement (NDA) where the risk of speaking up is too high so they don't talk. Fear is a well-known weapon that is used by a lot of people, such as Harvey Weinstein. This is how the Manhattan District Attorney describes him: "Weinstein is a vicious serial sexual predator who used his power to threaten, rape, assault, trick, humiliate and silence his victims." Another big problem with this issue is the way our society is conditioned to believe people in a position of power and authority. This more than often leads to victim blaming, an issue that is deeply rooted in a lot of people. When Weinstein was in trial for assaulting and raping multiple women, his defence lawyer, Donna Ratunnon said that she personally has never been assaulted "because I would never put myself in that position", implying that Weinstein wasn't responsible. The justice system doesn't help much either, a rape survivor described her experience while going after her rapist in a video saying "I felt humiliated, angry and depressed about the way I was being portrayed in front of a room of strangers."

## The Jeffrey Epstein Case



One of the most popular examples of people abusing of their position and power is the infamous Jeffrey Epstein case. Jeffrey Epstein is mostly known for the crimes he committed against too many women, mostly minors, and trafficking them. He was a mysterious guy, no one really knew how he made his fortune, all they knew was that he was a powerful rich guy. In the 1980's, he worked with Lee Wexner, after working as a professor in a New York High School, and used the connections he had to approach women, claiming he was a talent scout for Victoria's Secret, which is owned by Wexner. He was always surrounded by a lot of beautiful young women. No one really saw anything wrong with him, but then again he was a rich white man. What could possibly be wrong with him? In 1995, Maria Farmer met Jeffrey and his supposed girlfriend Ghislaine Maxwell through the New York Academy of Art's dean, where she was studying, at an exposition. She worked for him as his art advisor, then her and her younger sister Annie were both abused by Epstein and Maxwell. Maria Farmer filed the first complaint against Jeffrey to the FBI in 1996. A couple of years later, Vicky Ward, a Vanity Fair journalist was working on a piece about Epstein and talked to Maria and Annie. Epstein then threatened Ward and the editor Graydon Carter, with a bullet on his doorstep. Carter then removed the girl's story out of the article.

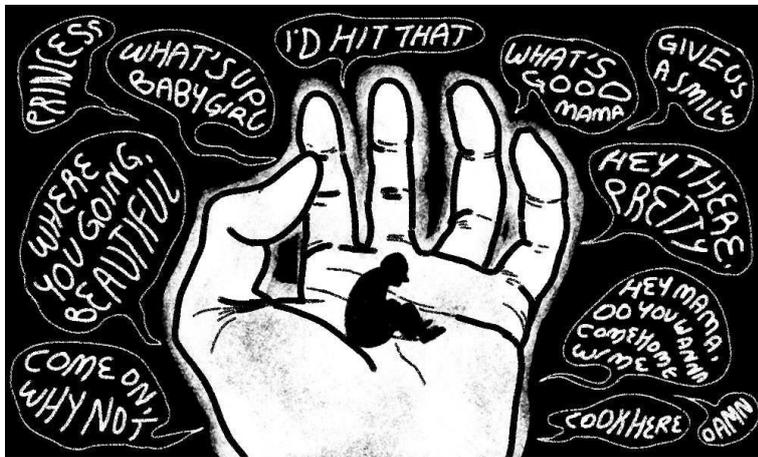
In the documentary about the case Jeffrey Epstein: Filthy Rich, Vicky Ward says "Jeffrey Epstein is the ultimate story of the abuse of power and money. But what none of us knew was that the girls I'd spoken too were only the tip of the iceberg." In 2005, Michael Reiter, who was the Chief of police in Palm Beach, Florida, where Epstein's

primary residence was, received the first juvenile statement against Epstein by a 14-year-old girl who was abused by Epstein. He used these girls to give him massages that usually ended up in him abusing them. After seven months of investigation, Palm Beach police got a search warrant, but did not find anything incriminating. As they had suspected, a lot of his computers and equipment had been taken away because of all the loose wires they found. A lot of victims also didn't want to talk to the detectives out of fear, some of them were also still involved with him, as he used the girls to bring him even more young girls.

Virginia Roberts Giuffre, who was abused by Epstein and Maxwell, and trafficked to some of his friends, felt like the police wouldn't believe her and also said that Jeffrey and Ghislaine had a great way of normalizing the abuse that was going on. A few months later, in July 2006, he was arrested for solicitation of prostitution and was post bond a few hours later, with the help of his eight excellent defense lawyers that he had on his team. Once he was freed, former Chief Reiter sent a letter to the survivor's parents saying that justice wasn't served to their kids and that he was referring the case to the FBI. They contacted Maria, who was hiding from Maxwell because she was sending her death threats. In June of 2008, Epstein got himself a plea deal with the US Attorney's office Alex Accosta, which basically got him immunity, not only for himself, but for his co-conspirators as well. Because of the deal, instead of getting, what would have been a life-sentence, he was arrested for an 18-month sentence, which he only did 13 with a bunch of privileges, such as "work leave". He was basically staying at a Holiday Inn, like many described his jail time. He then served a 12-month house arrest, which he violated on a daily basis. The Palm Beach girls were only the tip of the iceberg, and people were finally starting to see that. Epstein owned an island in the Caribbean, where he brought girls. There were cameras all over the island to keep an eye on everyone. Survivors described the island as "the orgy island". Jeffrey Epstein was finally arrested in July of 2019 under the charges of sex trafficking. Not even a month later, he was found dead in his jail cell. His death is still to this day very controversial. A lot of people say that it was convenient for him to die, that way he won't pay for what he did, others say that he was killed, because he knew a lot and had a lot of dirt on other powerful people. A lot of the survivors still suffer from PTSD, depression, substance abuse etc. Virginia Roberts is still fighting against a lot of people. She wants to take down everyone who was involved with him, every single one of his close friends deny spending time with him.

Sexual assault and harassment will be there as long as our society keeps working the way it is now, by praising powerful people and silencing anyone who tries to go against them. After the Weinstein case, a lot of women felt empowered to tell their stories about famous men in the entertainment industry. Some of them already had accusations such as Chris Brown, who was found guilty of felony assault, domestic violence, and many other unresolved accusations. Morgan Freeman was also accused by eight women of inappropriate behavior and harassment. They still both have careers and platforms regardless of these multiple accusations. Many more high-profile people, in politics and media have been accused, but not many of them have ever released a statement or faced consequences for their actions that destroyed too many women. Harassment and assault is deeply normalized today, from cat-

calling to assault, too many women experience this, some on a daily basis. First thing that can be done is to call out people around us when they make inappropriate comments, believe and support victims of sexual assault and harassment when they build up the courage to speak up and tell their stories instead of asking them if they said no or what they were wearing. It's not all men, but it's enough that every girl has to assume it is to try their best to stay safe.



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The Ecosystem is Dying  
The Degradation of the Environment with Deforestation  
by Christophe Labrecque



We all know that trees have been living on this planet for way longer than us, humans. What if I told you that in only 300 years there will be no trees left on our planet? For more than a hundred years, we have been cutting down forests to replace them with cities. Multinational companies have been selling wood from Russia, Brazil, Canada, the United States of America, and many other countries.

Why are forests disappearing?

Humans are the main cause of rainforest destruction.



Banana field, in Antille (Martinique), 2010

First, sometimes we want space for agriculture, such as banana farms, corn farms, and even planting other types of trees for agricultural and monetary reasons. Here is a video that will show you what the world will be like when there will be no more rainforests:

<https://www.youtube.com/watch?v=bq9KyyM6O4M&t=48s>

In poorer countries, the population has been found cutting down trees because they have no home to live in, so they make themselves little farms and little houses in the forests. The second main reason for the rainforest destruction is logging, which constitutes the manufacturing of wood. Timber companies sell them to countries for furniture, charcoal, paper, building houses, and every sort of things wood is meant to be for. Vast areas covered by trees are also destroyed for mineral extraction, big open sky mines, and for power supply, such as building a dam which requires flooding a gigantic surface of land. Fields of wind turbines are also the case.

But the first and most important reason why forests are disappearing is mass urbanization. Cities are expanding too much on natural resources and making them disappear.

### Animals and deforestation

More than 80% of the global biodiversity is located in the forest. And deforestation has a direct effect as a threat to many species. In fact, in only a decade, 70% of the Indonesian and Malaysian forests have been cut down. All monkey species are said to be extinct in a close future. As a matter of fact, only 1% of some monkeys will be left in some species. Here is a sad video of a monkey fighting for his habitat : [https://www.youtube.com/watch?v=ihPFB30YT\\_c](https://www.youtube.com/watch?v=ihPFB30YT_c)



Ismaël, a smiling monkey, 2016

### The lack of oxygen

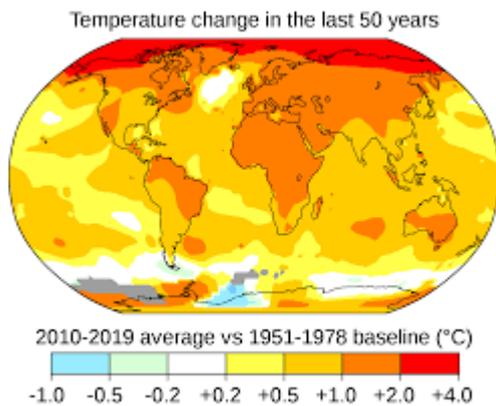
Oxygen is only about 21% of the air composition, and yet it is extremely important to life on earth. Since trees are considered large plants, they are the biggest contributors of producing oxygen on our planet. It is estimated that tropical rainforests produce about 40% of the air we breathe. But in the last 50 years, 17% of our tropical rainforests have been deforested. Trees produce oxygen, but they also clean the air. Yes, they absorb toxic gases like nitrogen oxides, ammonia, sulfur dioxide, and ozone. They also filter bad particles in the air with their leaves.



A lonely tree, <https://www.aflanaudiere.org/les-avantages-davoir-des-arbres-dans-nos-milieux-de-vie/>

## Trees and Climate Change

Trees can trap carbon dioxide within them and create oxygen. This metabolism is called photosynthesis. Like Bob Berwyn said in his newspaper article, “Compared with cutting fossil fuels, tree planting would play only a small role in combating the climate crisis.” Which means that planting more trees, example: 1 billion trees (like in the article) won’t do such a big change for global warming because trees absorb only a little bit of carbon dioxide compared to how much fossil fuel is produced. The thing is, when trees absorb carbon dioxide, they keep it in them all their lives, so when the tree dies or it gets cut down in most cases, all of the carbon dioxide (a gas that contributes about 51% of the air and is one of the reasons global warming exists) gets rejected back into the atmosphere. So, cutting down trees contributes to global warming.



Temperature change in the last 50 years, [https://en.wikipedia.org/wiki/Climate\\_change](https://en.wikipedia.org/wiki/Climate_change)

Finally, at the end of my research, I am sure to continue to study the evolution of the environment with deforestation and I hope our situation will get better. Because like we are now, if we don't make some drastic changes to our way to treat the environment, we will run out of air, we will kill all species of animals, and we will die from heat. I would have found it relevant to know if any organisms ever tried to change things like counter deforestation with riots against the government.

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## Depression, a Taboo Subject?

Depression is more Present than You Think

by Maïka Latouche



Copyright Lakov Filimonov

The postpartum depression can manifest anytime during the year after childbirth. The pregnancy is not a period that protects from depression because of the psychosocial stressors and the hormonal changes. Women are more at risk to develop a psychological difficulty surrounding the years of motherhood that during the others years of their lives. 15% of women can be affected by postpartum depression and 5% of them have severe symptoms.

### Different postpartum disorders



Postpartum disorders refer to the blues, depression, and postpartum psychosis. The blues are mild depressive symptoms and transients affecting up to 80% of women in the first 2 weeks after childbirth. The symptoms are that the mood becomes sad and changeable, lack of heritability and self-confidence. These symptoms are normal and are consistent with the hormonal drop

and a period of increased stress and tiredness. 20% of these women will progress with more severe symptoms up to severe depression. Among the symptoms of this depression we note feelings of shame and guilt. The frequency of suicidal ideation and the risk of going towards psychotic symptoms endanger mother and child. Postpartum psychosis is a disorganization of thinking, language and behaviour. Depression often gets off to a quick start following childbirth and affects 1% to 2% of women. Women with bipolar disease are more at risk of developing these symptoms. Bipolar disease is a very high risk; more than 30% of women who have it have the first postpartum manifestation. Among women with known mental health issues the suicide rate would be 70% higher in postpartum than in any other period of their lives. Maternal psychological problems in postpartum depression may have consequences for the child like an attachment problem and language problem. The evaluation of the pregnant women must be well done and careful including the history of pregnancy, the risk of suicide, and danger for the child.

#### Risk factors from the postpartum depression



Several factors are present before and after the birth of the child. There are biological, clinical, and psychological factors. At the end of pregnancy, estrogen and progesterone are a thousand times higher and return to normal a few hours after the childbirth. This rapid decrease can alter brain function and promote the appearance of depressive symptom (biological factors). Those who already have depressive symptoms keep their symptoms after childbirth (clinical factors). The level of anxiety during pregnancy can lead to postpartum depression. Personal history of mood disorders (bipolar) plays a very important role. A weak sense of parenting competence associated to a higher level of postnatal depression symptoms (psychological) must quickly have optimal follow-up and support

combining several intervention strategies. Psychotherapy is the most important treatment regardless of the severity of the symptoms. There are also other complementary approaches that can be useful such as support groups, light therapy, and physical activity. The most important one is prevention and early detection of symptoms.

Interview with nurse Kathy Tremblay

I interviewed Kathy Tremblay, a nurse and mother who went through a post-partum, to understand it.

M. L. How was it after your childbirth?

K. T. Not so bad, I got into severe depression but I asked for help quickly.

M. L. What kind of therapy helped you?

K. T. My biggest help was seeing a psychologist, but also going in group therapy helped me a lot because I was with other mothers like me.

M. L. Have you ever thought about suicide?

K. T. Yes, sometimes, but I kept telling myself that I had to stay alive for my daughter.

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Book "L'ordre des psychologues du Québec", translated by Maïka Latouche

Picture 1: Lakov Filimonov

Picture 2: GrooveZ

Picture 3: Jamie Webbe

Social Inequality  
The Difference between Men and Women  
by Émilie Leclerc



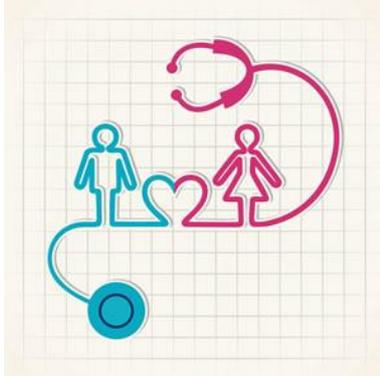
Society has always created inequality which puts men above women in almost all areas. This kind of situation happens in every country, in education, in healthcare, at work, in wages, etc. This happens because they say that a woman's place is at home to do a “woman’s job”.

Fair enough at work?



Women have to deal with some inequality whether at work or sexually. Since the 1960s, women have started working on the labor market in greater numbers. At that time, the rate of 25 to 49 year-old women on the labor market was only 80%. 80% of them had a part-time work and they could not do the same job as men or be in the same job sectors as them. The pay gap between men and women was 25% to 27%. Women could work the same amount of time as men but they would never be paid the same. This kind of pay gap stopped in the 1990s, but they are not equal everywhere yet. In France, there are four times more women that work part-time than men. It’s a lot! It’s really sad to see that there is so much inequality in salary, at work, and to see

that women cannot do the job they want. In 2012, the pay gap between men and women in full time was 16%. It all depends on the activity area and country.



### Unhealthy facts about women



The University of Saskatchewan did a research on 194 countries. They found out that stillbirths are most common in poor countries like Africa and Southern Asia. Pakistan has the highest rate of stillbirths. It's about 43 deaths per 1000 births. Canada has the lowest rate of stillbirths. It's about three deaths for every 1000 births. The World Health Organization says that there are approximately 2.6 million stillbirths

every year due to the conditions during labour and birth. “ We need to work on helping women and have healthy pregnancies” said Nazeem Muhajarine, a professor of Community health and Epidemiology at University of Saskatchewan, by improving their nutrition, by giving them access to appropriate health care.

Many people and groups published researches about gender inequality in health care in the past. There are more women than men that are insured in the United States. 86% of women reported having access to health insurance through public or private, while 74% of men report having only a health insurance. Gender discrimination in health care primarily manifests with money: women pay far higher premiums than men. This is largely due to private insurance companies' regulations. Insurance companies consistently charge more to women than to men. Gender discrimination in health care could change. Insurance companies could be prohibited from charging women and men differently. They claim that women are more likely to use medical services than men because of pregnancy visits.

Gender bias creates dangers in medical treatment. When both genders are not offered equal quality treatment and care for the same medical complaints or disease are not considered on sex. Gender inequality is transformed into health risk through the following: discriminatory values, norms, beliefs, and practices; differential exposures and susceptibilities to disease, disability, and injuries; biases in health systems; and biases in health research. A study conducted by experts from India and Harvard University reveals that Indian women suffer gender bias while accessing health care. Gender stereotypes also prevent women from voicing their health problems. This has a negative impact on women's health in India. The research said that there were 2 377 028 patients who visited the AIIMS medical facility from January to December 2016. Among these patients, only 37% were women, and 67% were men. The research showed that a woman's reproductive age was a big factor in determining whether she could access a doctor or not. Women between the age of 31 to 59 years old faced a lesser degree of gender bias. "The study found that the cost incurred on travel has a direct bearing on access to health care for women. The higher the distance of the female patient from the hospital, the lesser the probability of women turning to healthcare," said Ambuj Roy, lead author of the study and professor of cardiology at AIIMS. A family would not bring a woman to the hospital if it meant spending a lot of money on travel. "The mental conditioning of Indian society has led

to women having a very high threshold of patience and silence. Health of women is not a priority in our country. No one wants to invest in women's health. It works both ways because most of the time women also keep silent about their health issues," she told DW, adding that their upbringing often made them shy if they were young, or their low self-esteem came in the way of demanding access to a doctor.

And what about politics?



If Quebec was a country, it would be 44th in the world for its percentage of elected women. The Assemblée nationale du Québec is made up of 33 women out of 121 members. This equates to only 27%. It's not a lot. The council of ministers has 8 women out of 26 members. This equates to only 31%. Municipal councils have only 32% of elected women. From 1981 to 2008, the rate of women ministers went from 7% to 48%. The year 2007 marked the nomination of a first parity council of ministers. Parity means being composed of as many men as women. In 2012, the proportion of women ministers came down at 33% and in 2014 at 32%. Only 17% of town halls are headed by women. Many countries put in place measures to increase the number of women in politics. There is the adoption of quotas, work-family balance among

politicians, the political socialization of women, and funding of structuring projects to support the political participation of women.

To conclude this article, we can say that the difference between the two sexes is really big. Whether in the world of work, in health care, and even in politics there is going to be a big discriminatory difference no matter what we do. This subject is still going to touch me, because women have always fought for this difference whatever the field and they still continue to do it even in 2021 even if people's way of thinking has changed.

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## The Crusade against the Lootbox

Because just one more can't hurt right? Ju... Just one more, I swear!

by Raphaël Lévesque

In recent years, the world has turned its eyes toward a foe known as lootboxes. But how did we get here? Why is everyone so scared of them? What are they and how did they rise so high we almost drowned in them? The box is open, but can we close it back?

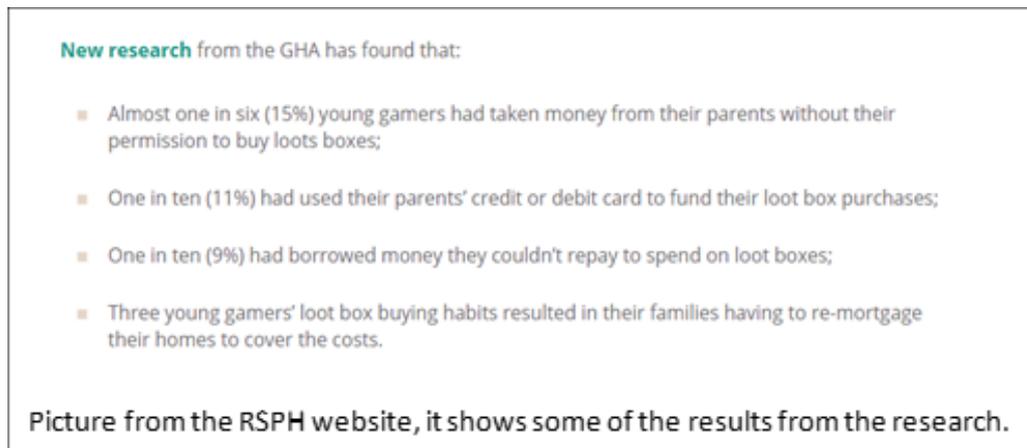
What are "Lootboxes"? How did they appear?

### Through gameplay

Something obtainable  
by playing the game,  
that doesn't require  
real money.

In videogames, a Lootbox is a virtual box that gives one or multiple items, each item having different odds of being given to the player. The system, by itself, is not dangerous and can be quite rewarding if implemented correctly. Although lootboxes can be seen as something safe and involving low risk, there is a big contradiction among varying examples of these lootboxes, most prominently seen through the mobile game era of lootboxes. To find the origin, we need to look back a few years ago, all the way back in 2008, at the release of FIFA 09, made by Electronic Art (EA for short). In FIFA 09, they added a new feature called FIFA ULTIMATE TEAM, in which you can build your football team using all of your favorite players from all around the world. This new model introduced a card-based system to represent the players, and you earned more cards by opening card packs. These packs can be bought **through gameplay** or using real money, even though you cannot know if you will get something worth your money or not before the transaction. Once you can pay real-life currency to gain an advantage in a videogame, it becomes pay-to-win, a term feared by the gaming community since some studios made their games barely playable for the people who do not pay for better equipment. The Lootbox system, to EA's surprise, was vastly more profitable than the previous business model. Following this financial success, they decided to use it in as many games as possible, resulting in their company value jumping from 5 billion dollars to 44 billion dollars in 2018. Activision Blizzard, who used a similar business model to EA before 2008, followed their lead, and the company value went from 20 billion dollars in 2008 to 61 billion dollars in 2018.

## Two sides of the same coin



Throughout the years, a contrast between the multiple lootbox ecosystems appeared but no matter what, they keep the same side effect. Lootboxes can be divided into two main categories. The first category, and also the most common, is the closed economy. In a closed economy, it is impossible to sell items to other players. The absence of trading renders the content of the lootbox worthless, even though you paid real money for it. Open economies, on the other hand, allow trading between players. This practice quickly saw the rise of websites dedicated to making the reselling process simpler. Whether it's skin (cosmetic item) or equipment, the most sought-after items sell for thousands, even tens of thousands, in this system. An easier way to see open economy lootboxes would be Pokemon cards. Pokemon cards sell in the same way, with the only notable difference being the price tag, them being less accessible, and they are a physical item. Still, the problems created by the usage of a lootbox stay the same in both systems. There have been a few researches regarding the effect of lootboxes on children but the most important one was lead by the GHA (Gambling Health Alliance) and released on December 23<sup>rd</sup>, 2020. The research collected data from 611 respondents aged 13 to 24. The objective was to understand the purchasing habits and the effect lootboxes had on their lives following an ongoing investigation by the UK government on lootboxes. The vast majority of the respondents agreed that people under 18 shouldn't be able to buy lootboxes as they could lead to gambling problems like gambling addiction. But what is gambling addiction, and how are you affected? John Benassu, a certified Licensed Professional Counselor in the State of Oregon, says on his website that: "Gambling addicts are not really all that interested in winning or losing. Their main goal is to stay in action as long as possible. That action increases the levels of certain chemicals in their brain, primarily dopamine and adrenaline, and those chemicals cause the gambler to feel happy and excited. These are the same brain chemicals that are activated by cocaine use." Gambling is, just like drugs, making changes to your brain and can be very destructive for younger people who struggle to make money.

## The breaking point

In 2017, EA released a game called Battlefront 2, and it was filled with pay-to-win mechanics. The outrageous amount of micro-transaction brought upon them the attention of government officials from all around the world. Chris Lee, a member of the Hawaii House of Representative, made the following statement regarding that matter: "This game is a Star-Wars themed online casino designed to lure kids into spending money.". He, and other states representative, started to look into retraining access to gambling-like mechanics to children ever since. The United Kingdom launched an investigation on Electronic Arts and other game companies to determine if lootboxes could be considered gambling. A report was released after, suggesting how to handle lootboxes moving forward. In 2018, Belgium decided to ban all lootboxes from the country after the Netherland changed their legislation to include lootboxes. Germany also submitted a law in early March 2021, which would make the purchasing of lootboxes illegal for anyone under 18. The direct consequence this law would have is to make every game containing the problematic mechanic 18+ only. The law has yet to be approved, but the German government seems likely to go forward with the process.

To conclude this journey, what have we learned? We learned that lootboxes became a problem at the exact moment someone monetized them. That's due to how recent they are. We can't see their effects yet, meaning that governments can only act in a preventive manner. Most importantly, the end is near. As more countries start the process of regulating lootboxes, even more countries will follow. But will that be enough? Will the government be able to enforce it on every platform? Can we win without being tricked into playing again, and again, and again?

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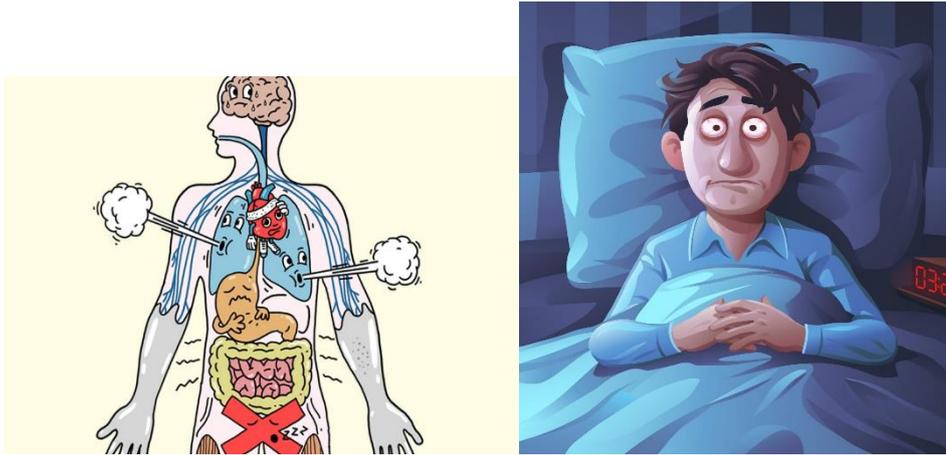
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Stress  
The Sad Reality of Stress and Teenagers  
by Juliette Marsan

Do you know why teens can have irritating behavior? Why do they want to be alone in their room after a long day of school? And why do they procrastinate on hard homework? An easy answer by parents to those questions will be that it is because they don't care about anything or that it is just hormones. But being a teen is hard and stressful. Teens all around the world in 2020 have hard times dealing with stress and anxiety. Having a better control of these issues is not as easy as you might think, and the reasons those youth are not feeling good about themselves are not effortless to understand. That is why, in this article, I am going to share information about stress, explain why it affects most teenagers and how they can change the way they feel to have a better and easier life.

Learn a little more about stress

Feeling stressed happens to everyone. You start having a bad sensation in your stomach, having trouble breathing and a lot more. It is caused by two hormones; adrenaline and cortisol. Adrenaline is released from the central zone of the adrenal gland. It raises heart rate and blood pressure. People might feel their head pounding and start to sweat. The other hormone, cortisol, is released from the other part of the adrenal gland. The role of this hormone is to help the body respond to physical damages. Like "LaPsyQuiParle" in her short video called "Why is stress can be either good or bad" (my translation), stress happens when you consider a situation a dangerous one. Of course, there is good stress and bad stress. In the video Understanding stress by Dr. Bill Kefalas, Medical Director of the University of New South Wales Health Service, it is said that feeling stressed can increase the chances of success at an exam or an interview. Bad stress, on the other hand, can affect you if you worry about a situation for a long period of time. It makes you tired and you can have long term headaches. Dr. Bill Kefalas also said that some signs of excess stress are not sleeping well, feeling tired all the time, and not eating well. If the long term stress isn't coped with faster, it can lead to mental health problems such as depression or anxiety, and physical ones such as sleeping problems. In a study made in 2018, the rate of anxiety and depression had increased in kids aged 6 to 17 years old. In 2003, the rate was at 5.4%, but, in 2011/2012, it was at 8.4%. That's way higher than before!



### Why do teens stress?

Teens have a lot on their minds. It can be about family, friends, schools and relationships or anything else that can bother them. Being a teen is the step before getting into the adult world, and that scares a lot of them. They need to think about their future, like which job they want to have or which college program they want to get into. That's why the most common sources of stress for teens are schools with 83% , having good grades to get into a good college or knowing what to do after high school, 69%, and the finances in the family, 63%. About school, the most common sources of stress are having good grades and having to speak in front of the class. Teens can also have stressful parents. Adults can give the youth so many tasks and chores that they cannot do their homework in time or study for an exam. Parents can preclude teens from going out with their friends. This makes teens feel unsafe about their relationships, and wonder if their friends will still want to go out or do activities with them. Family problems can also affect some teens. They can think: is it my fault if my parents are yelling at each other? Or is it my fault if they broke up? It can be really hard for them to stop feeling guilty, but also to stop being stressed in general.



How can we avoid stress



Dr. Roca was asked in an interview if stress can be avoided. He responds to that; “Absolutely. No one and nothing can make you feel stressed. Stress is our natural response to our interpretation of the world. (...) Changing how we think is our best protection from stress. The best second option is to enhance the ability to be relaxed.” But how can teens relax and think about anything else than their problems? In the same interview, Dr. Roca said his two best ways to deal with stress. The first one is to “redefine the circumstances so that it is no longer stressful”. An example of that technique is to tell yourself to do your best in an exam instead of always wanting an A +. The second one is exercising. Youth can go outside for a run, or change their mind by doing yoga. Doing a sport that makes them feel happy helps with stress. There are many other ways to deal with stress. Steve Cole, a psychiatrist and bio-behavioral scientist at the University of California, Los Angeles, says that «Touch is the most powerful safety signal of togetherness». When you touch someone, you give them a feeling of safeness. It also makes them feel less alone and less stress. Many activities can make you calmer and make you go out of your head for a moment, like reading. According to Dr. Robin Bright, who is a professor at the University of Lethbridge, “Reading for pleasure has tremendous benefits, and there’s a great deal of research to support that,” she explained. “It’s interesting to note that reading also helps to decrease stress levels and anxiety, and has been shown to increase a sense of empathy as well.” Those are all good ways to deal with anxiety.



In conclusion, being stressed is a normal part of teen life. They just need to learn what it is, why they feel anxious and how they can take care of it. This text aims to inform young people about stress. I will be interested to continue studying about this subject and to let a lot more people know about the importance of this subject.

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The Disgusting World War II  
How It Is still Present in our Lives  
by Emmie Paquet



Jewish children at Auschwitz

The entire globe knows about what happened during World War 2: the mass murder of millions of European Jewish people (as well as millions of others, including Romani people, the intellectually disabled, dissidents and homosexuals) by the German Nazi regime between 1933 and 1945. This genocide was really cruel. Hitler was obsessed with the idea of the superiority of the “pure” German race and with the need for living space. He blamed the Jews for the country’s defeat in 1918 so he wanted the German «race» to expand. This article will talk about the Holocaust victims, George Brady, Anne Frank, concentration camps, and the social consequences we live in to this day.

#### The Holocaust victims

Approximately six million Jewish people and some 5 million others, targeted for racial, political, ideological and behavioral reasons, died in the Holocaust. More than one million of those who perished were children. They were killed and tortured in centers constructed in the concentration camps of Poland.



Soviet Soldiers inspect a pile of clothing items left behind at the camp on January 28, 1945.

Five mass killing centers were built in occupied Poland : Chelmno, Sobibor, Treblinka, Majdanek and the largest of all, Auschwitz-Birkenau. 1.3 million people were sent to Auschwitz and 1.1 million people were killed in this camp. Before the war, about 9.5 million Jews were alive in Europe. After the war, only 3.5 million Jews remained in Europe. “Monsters exist, but they are too few in number to be truly dangerous. More dangerous are the common men, the functionaries ready to believe and to act without asking questions.” - Primo Levi

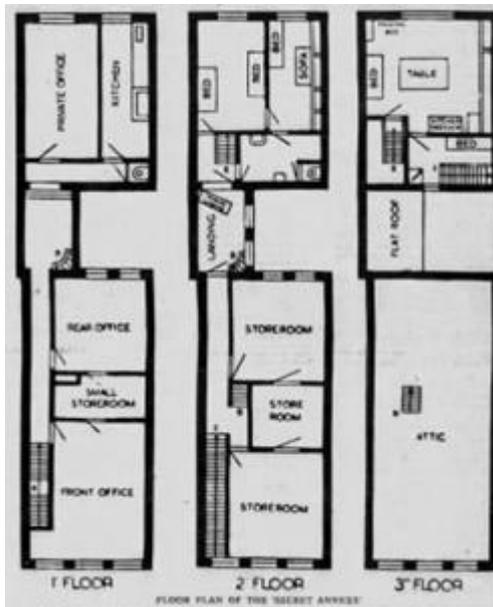
### George Brady

George Brady is an holocaust survivor who lost every member of his family when he was only 16 years old. After the war, he went to Canada where he became a businessman. In an interview, George explained how he never saw his little sister because she went to Auschwitz. In January 1945, prisoners were sent on a death march ahead of the Soviet troops. George, who had been working in Gleiwitz, got up in the middle of the night. He received bread and someone told him this was his entire food supply for the next 10 days. George remembered what a nightmare it was and he quotes: « If you couldn't walk anymore, they shot you. »

### Concentration camps

In 1933, Dachau, the first Nazi concentration camp, opened shortly after Adolf Hitler became chancellor of Germany. Located in southern Germany, Dachau was initially a camp for political prisoners but it eventually became a death camp where thousands of Jews died from malnutrition, disease, overwork or execution. With the start of World War II, some valid Dachau prisoners were used as slave labor to manufacture weapons and other materials for Germany's war efforts. Additionally, some Dachau detainees were subjected to brutal medical experiments by the Nazis. U.S. military forces liberated Dachau in late April 1945. "You know

that the most important thing is not to draw attention to yourselves if you want to survive." -  
Max Mannheimer



Floor plan of the secret annex where the Frank family was hidden

Anne Frank: The diary of a young girl

Anne Frank was a Jewish girl who wrote a diary during World War II. Her diary was published in 1952 in English and became the most read memoirs of the Holocaust. With tears in his eyes her father, Otto Frank, said: «The thought of everything that happened here in this house is too overwhelming. I only can thank all who made it possible to preserve this house from demolition, or restore it and use it not only as a memorial but as a building in which the ideals of Anne will find their realization.» In the Boston Daily Globe, they explained how Gestapo was after Anne's father and how her whole family lived shut up for two years. «The last entry in the journal was August 1, 1944, when the Allies were clearly winning the war against the Axis. Three days later the entire Frank family was discovered in their hideaway and sent off to Germany. Anne, her sister and mother perished.» From the Charlotte Observer published on September 7, 1952.

The social consequences we live today

World war II was the embodiment of how bad State racism can be where Germany fought for Nazi-German supremacy, killing millions of Jews, other European nations, African and Asian men to fight for their empires. And even today, there are still a lot of racism towards non-white people. More than a million African Americans served during the Second World War, but returned home to discrimination in many communities. In 1948, the country of Israel was created in response to the suffering of the Jews during the war. This lead to other conflicts... Up to this day, there have been numerous Israeli-Palestinian wars and other wars fought by the

State of Israel. 75 years later, there is still a lot of racism all over the world, like in the United States of America where some policemen and officers treat people of colour unfairly. «I can't breathe.» - George Floyd

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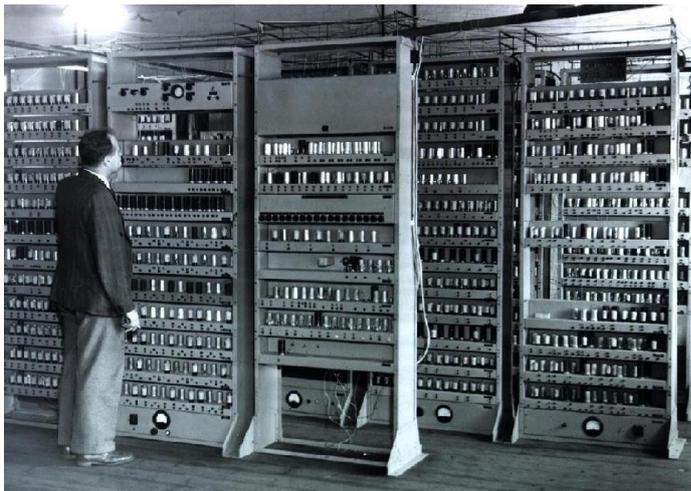
## Video Games can do Miracles

by Alycia Paré Michaud

Teenagers can use computerized games to develop their brains and also it will become more flexible. It could change perceptions of the world and adults.

Adults always tell their children: "Do not play video games, it will transform you into a green plant" or also "Do something else of your life or will have no future". What if I say it will do literally the opposite of what they always tell them. Since 1940s, video games have existed and, now, it has become a «danger» to everybody. It makes no sense! We all play video games. Yes, you can become addicted easily to it, but responsible people who are great at school like video games and play them, too.

### The origins of video games



Here is a glimpse at the evolution of video games through time. First of all, in the 1940s, Edward U. Condon designed a computer that was playing Nim in which the player tried to avoid picking up the last matchstick. Unfortunately, the computer was winning 90% of the time and it didn't turn viral. Then, in 1947, Thomas T. Goldsmith Jr. and Estle Ray Mann patented a "cathode ray tube amusement device." They were picking a cathode ray tube hooked to an oscilloscope display. It challenged players to fire a gun at a target. In the 1950s, it was all based with team blue and team red. In those times, they were developing a huge machine that they called a computer, but it was built much higher and larger. The 1960s it is when it started to get bigger. They were making real computers that were similar to those we use today. In 1962, MIT student Steve Russell invented Spacewar. The real first computerized video game! In 1964, everyone could program. John Kemeny created the computer time-share

system and BASIC programming language at Dartmouth College to make it easier for students to create computer games. Then Ralph Baer conceived the idea of playing a video game on a television. In 1968, he patented his interactive television game. Four years later Magnavox released Odyssey, the first home video game system, based on his designs. Nolan Bushnell and Al Alcorn of Atari developed an arcade table tennis game in 1972.

Two decades before *Doom*, *Maze Wars* introduced the first-person shooter by taking players into a labyrinth of passages made from wire-frame graphics in 1974. Atari introduced its home version of Pong in 1975. In 1977, Atari released the Video Computer System, more commonly known as Atari 2600, with a real joystick, a console, and the first video games in color! Then, in 1980, the first Pacman was released.

The 1980s are linked to basic yet very popular games. Here is a quick list of games you probably know of: Mario (you know which one I'm talking about!) was released in 1981, Tron, in 1982, M.U.L.E, which is spacial one video game, in 1983, Tetris, in 1984... Then, in 1985, came out the first Nintendo, in 1987, The Legend Of Zelda, in 1989 the first Game Boy. In 1990, Microsoft created the common game card we all play Solitaire. 1990s games' graphic quality got better: Sonic Genesis (1991), Dune II (1992), the first Mortal Kombat (1993), Warcraft (1994). In 1995, a new console was launched out on the market, the first Playstation. Then followed other great games, such as Tomb Raider in 1996. In 1997, a machine triumphed over man as IBM's supercomputer chess program Deep Blue defeated world champion Gary Kasparov. In 1998, another Legend of Zelda came out. The next year, gamers discovered Ever Quest. You probably know many other games created between then and now. It all started from scratch. Creators with ideas and knowledge. They became successful just by trying and didn't let go of their ideas.



Do violent video games make people turn violent?

You have probably seen many video games that contain violence or are more appropriate for older people. They are more like «battle royal» themes. So... You are on a bus, like in Fortnite, and you lead on the map so you can loot and kill people to survive and be the last one to make it to the Top 1. There are many games made like

this, such as Apex Legend, Battlefield and more. Of course, there are other features you can do: you are able to change heroes as well as to change the skin or the song and dance in the game. Fortnite is a game mostly played by 6-to-10-year old kids, but also by teens and adults. A person said an intelligent thing about the violence that supposedly video games make violence in certain ways that is totally false. YouTuber called Tech Insider said this:

«Just because many mass shooters happen to play violent video games doesn't mean the two things are linked. It's like saying all mass shooters were sneakers therefore the sneakers caused the mass shootings, so the video games industry does a really good job at policing itself making sure young people don't have access to violent games. The research shows there's no link between playing violent video games and committing acts of violence like mass shootings, so... What does it look like around the world? These games are played everywhere. What do mass shootings look like in other countries? Japan is a perfect example. Video games are deeply ingrained in its culture. In fact, many of the most violent video games people play were developed in Japan. Guess how many gun deaths there are in Japan each year? Fewer than 10 in a country of 127 million. There's only one common factor in mass shootings here, in the United States, it's not that the shooter play violent video games, it's that they had easy access to a gun.» I agree with him.



Video games can help people learn

Finally, video games can really increase a certain grey zone in our brain that could probably change the perception of things. It can improve the visuomotor coordination, memory, focus, attention, creativity, etc. Then, the main question that everybody may ask is, does it make me more intelligent or can it help me to learn different things? The answer is yes, it improves education, survival instinct, and surely memory. Some people use computerized games to learn another language or for their children to learn how to count and the alphabet. It's a good opportunity for these children. Even teenagers can help themselves and increase their grades at school. School teachers use computers and games to help children learn about a subject, for example they can play Kahoot or Duolingo. In a video aired on the TEDx Talks channel, someone talked about how they introduced video games in education:

«Anybody knows what was his periodic table of elements, says how many elements in there? How do the 10 have at 14 at 18, so somewhere between a hundred and hundred thirty maybe but we're all supposed to learn this. What does it actually say? But what do those B's boxes actually mean? It's a chart. All right. Then we're supposed to know what it is. Well, let me show you another chart in comparison, and it keeps going, and going, and going....It's so big it doesn't fit on the screen. What have I told you? You have to learn this chart and know it by heart. Great teacher... Wonderful, well... What have I told you? 10-year olds know this chart by heart! What have I told you? Ten years later, they still always know this chart by heart. Because I didn't have to learn a chart. That's a dual type ability from Pokemon. Again hugely popular and there's the data behind it. Even today 27 million active users of Pokemon. Really? That child periodic table of 118 elements we couldn't remember 10 years earlier that we still know this by heart, that's the power of games!»

We can learn by just having fun. It's one of the ways to do today. It's not that books don't have their use in our society, but we need to use other tricks and tools to teach and learn. We need to first develop a society for today needs, and tomorrow will grow.



In conclusion, I think video games are a must for today's society. For the simple reason that video games are the future, creativity itself, and the center of discussion around a table with friends or family. Don't abuse, playing video games 10 hours in a row each day of the week. Play short periods of time, like two or three hours but take some breaks, and don't forget about your needs. To finish on a good note, I wish that society could take video games not as a drug or a problem for everyone but as the future, and they could be welcome in today's culture.



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## The Awakening of Anti-Racism

How is Black Lives Matter changing our Societies?  
by Océane Parent-Tremblay

For decades, racism has always been a controversial subject. People have always had different ways of thinking about this. It shouldn't be a restart but rather a rethinking. The Black Lives Matter movement is breaking down barriers in the USA and all over the world.

Black people all over the world have been mistreated for centuries, from the removal of their culture to their salary. If the roles were reversed, if black was white, the fight for equal rights would have been resolved a long time ago. The justice system bends the rules for whites but re-enforces them when it comes to Blacks. This is why Black people are fighting back. In this article, I'm going to talk about BLM protests, fear and inequalities, and how this movement is affecting the world.



### The beginning of everything

Since the death of Trayvon Martin, an unarmed African-American teenager killed by George Zimmerman in Florida, in July 2013, and the deaths of two unarmed African-American men (Eric Garner and Michael Brown), the evolution of Black Lives Matter became more important and known because none of the police officers involved in the said crimes were indicted for the death of those poor men. People all over the world had enough especially after the death of George Floyd who kept saying «I can't breathe» while being pushed down to the ground by the officer's knee. The population wants justice and like Crump told Roye on June 7, at a Houston Hotel, ``Justice for Goerge would be that the police officers who tortured him to death be held fully accountable to the full extent of the law``. People became more invested in the Black lives development which led to a lot of protests and riots. Some of the protests didn't really go well: cars, shops, streets were set on fire and destroyed. At this point, the violence and brutality against Black people increased because the police and white supremacists were targeting Black people. The population didn't fall apart and stuck together. It wanted to be heard and seen. The BLM really helped them with that cause, they were able to sensitize people that weren't in the U.S.A. with the help of social media and TV channels.



### Fears and inequalities

For centuries, Black people have been living in fear. Fear for being murdered, attacked, cat-called, payed less, and much more. Nobody should have to fear for their life. Because of the system, white people have been privileged compared to them. Slavery is the perfect example! And there is more than that, for example their salary and working conditions. Today, only 19,7% Black workers can work from home. And there are other problems... In the U.S.A., the Black community forms 12% of the total population but 33% of the prison population. And like Michelle Alexander said in *The New Jim Crow, in Mass Incarceration in the Age of Colorblindness*, in Washington ``it is estimated that 3 out of 4 young black men can expect to serve time in prison.`` Even on a national scale, it's 1 out of 3 Black men that will be incarcerated in their lifetime. There is also a difference of salary between Black women and white women like Alicia Farza, one of the founders of BLM, said in an interview with the founders of Black Lives Matter on YouTube, ``Black women make something like 0.64\$ to every 0,78\$ that white women make``. The Black Lives Matter will also try to help the people fight fear and extreme inequalities that they can go through during their lives and show them that they are not alone.



How does it affects the world

Black Lives Matter has affected the whole world through the years. Canadians have really made it clear that they weren't happy with the situation. In Vancouver (British Columbia), 100 people marched peacefully to promote anti-racism. Racism still exists in small cities like Moncton (Nova Scotia), so over 500 people gathered there for a peaceful anti-racism rally. The rally was organized by high school student Nelly's Kalgora who said ``Us people of colour, we have to speak out, we have to tell them``. Sometimes people think that it can just happen in the U.S.A. but we can quickly and clearly see that it isn't just the population of the United States that's trying to make a change but that it's throughout the world.



Since the beginning of the movement called Black Lives Matter, Black communities have begun to be heard but there is still a long way to go to equal rights for them and still a lot of battles to be won. The protests and rallies can't stop because it is the only way that the rest of the population will hear how they feel about what they are going through. And there are some ways that you can support or even help Black Lives Matter. You can donate to <https://blacklivesmatter.com/>, sign up for updates, support their work, follow them on social media, and wear their dope/official gear. You can also sign petitions on this website: <https://www.change.org/t/black-lives-matter->

[en-us](#). Everything that you will do, even if it's just posting on social media to denounce injustice against Black people will help. And never forget that everybody can help and be part of this revolution!



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## China and the Secret Uyghur Camps

by Anaïs Pelletier



Many reports have confirmed the mistreatment and violence inflicted on the Uyghurs population by the Chinese government. Even after trying to hide them the truth is now being released to the world.

Muslim people who lived for decades now in the Xinjiang Uyghur Autonomous Region, the Uyghurs, are now slowly disappearing in the country of China. Their nation was once the fifty-sixth nationality officially recognized by the People's Republic of China. It is being put in camps for being «extremist». Now that the media is reporting it we have footage and things that show the violence the Uyghur people is living in these camps. Genocide may be the right word for what China is doing to this people, and more people need to hear about it!

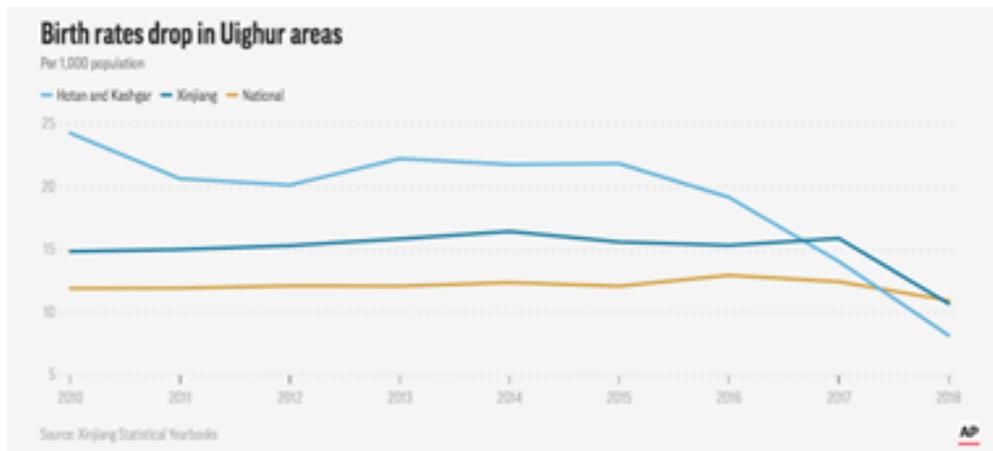
Reeducation camps?



The Chinese government may be one of the most stealthy organization in the world but this time it wasn't good enough to hide its supposed reeducation camps. At first, it claimed they were centers and not camps for extremist people. Last year, Vox, an explanatory YouTube channel, released a video about those internment camps. In the video, reporter Sigal Samuel explained that Uyghurs are seen as an extremist and separatist threat by the the Chinese. She also explained that often they are forced to

criticize their own islamic belief in this reeducation place. Many reporters have been asked to come and film their camp to prove they are not being beaten and are perfectly fine but when reporters try to go to another place they are screamed over and forced to turn around which was suspect. The New York Times published a paper explaining that the government tried to say, as it quotes "The party has rejected international criticism of the camps and described them as job-training centers" but after this, suspicions were even bigger because now they are saying: "It's a job training camp and not a reeducation camp." So are they really reeducation camps or are they now being job training camps? A question only the Chinese government can answer but won't.

## An Extermination of the Uyghurs?



The Uyghur population has been alive for centuries but for some reason now they are slowly disappearing, we don't know the exact cause but we can think that those camps are one of the reasons and it might get out of hand if we do not do something. Not so long ago, Brut released an interview with a Uyghur person. He didn't say his name because he was scared of being caught by the Chinese police. He explained that he had received a ton of messages where a woman told him that he had received a package and needed to get it at a certain place. At first, it was not suspicious because we all order things on internet but what scared him in this message was that most of his family members got the same message with the same address to go to. They never returned so we believe that the government is trying to trap and capture them. It is kind of terrifying to see how far they can go just because they don't like their religion. The Uyghur population dropped to 80% in less than four years, it was at the same moment they started to go to camps. Not only this but, from 2015 to 2018, the birth rate went down to 60% which is a lot and, like I said before, it was at the exact same time the camps were created. Some of the refugees told reporters that they forced them to have abortion, put them on contraception or even proceed to vasectomies so they won't have babies. The world might be cruel but to make an entire population disappear from the world is more than cruel.

## Treatment in camps



Many survivors from the reeducation center have talked about how badly they were being treated inside but not so many believed them until proof started to come out with images and hidden videos. In the article of Aljazeera, it is explained that the US government sent an email to China in which it said that, if they don't stop, there will be serious consequences for the atrocities committed against women in internment camps and they would not be worn again. The Chinese responded with "none of your business". Cindy Birzeit, a survivor of these camps, explained in a report done by BBC News that they were being threatened by the guards and they would say: "If any of you speak, you will go to a worse place", which made the others even more scared because, if this place was not the worse the other must be deadly. Another woman named Ghoul Bargello talked openly in an ARTE report about how she was treated by the Chinese. She said there was no window. Forty women were all jammed in a small room with a heavy chain tied to their ankle. These were unbearable living conditions that caused death to certain women. She was trapped for one year in one of the west camps but thankfully she made it out. Some didn't have that luck. In a Pitt News article, Mihrigul Tursan explained that he didn't understand why they were doing this. He said that he once asked why he was being tortured but no one answered him. It's sad to think that humans are capable of such atrocities against other people that didn't do anything against them. Why torture someone because he or she doesn't have the same religion as you or doesn't have the same lifestyle as you? Why would the Chinese government do this?



To sum up everything that has been stated so far, we can conclude that the Chinese government is trying to hide what it is really doing in camps and the treatment toward these people. Things are getting pretty bad and we, the other nations, need to speak up and help those people that can't talk or that are being tortured because this needs to stop. This genocide is not good and no one is talking about it.

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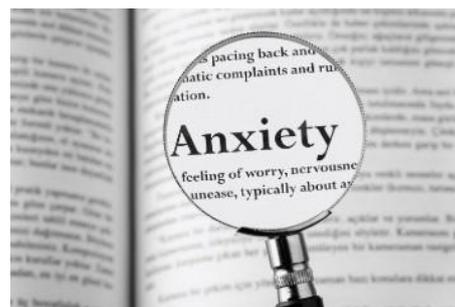
## Anxiety, our Biggest Enemy

by Joanie Racine

Anxiety affects a lot of people these days. Sometimes, it's very hard to notice this illness in those who are affected, but for them, it's very problematic.



Anxiety is a constant feeling of worry. It is also sometimes a feeling of insecurity. People with anxiety often suffer from uncertainty. When people have anxiety, they often have panic attacks and phobias. Anxiety may seem less worse than depression, for example, but for the people who are affected by it is an excessively big problem that they must overcome.



Since the global pandemic began in March 2020 in Quebec, people's mental health has been hit hard. Out of a total of about 88% of people affected by anxiety, their symptoms were particularly: nervousness, tension, and difficulty of relaxing. Parents were much more affected by anxiety because of their children who had to stay home without being educated at school for almost 2 months. Young people also have a lot of anxiety because they cannot see their friends as much as they used to, and schooling has changed a lot with the pandemic largely because of the sanitary rules to follow and virtual classes. For teens, the most scary and stressful is online

school. Anxiety is difficult to overcome not only for the person who suffers from it but also for those close to them because they help them to make it through and comfort them, for example during a panic attack. Sometimes, panic attacks are so intense and regular that people must see their doctor, so they can have a prescription pill to help lower their stress level. People often say: “Your anxiety is lying to you. You are loved and you are going to be okay.” In other words, it means that anxiety makes us weak but there are a lot of good things that will happen. Others also say: “Smile, breathe, and go slowly.” And that means: do not worry, take the time you need to do your tasks, and organize yourself otherwise you will be stressed.



### Anxiety among young people

Since the pandemic, the stress rate has increased so much for several reasons. For some teenagers, the rate of anxiety has increased a lot because of major changes in schools. Online classes have brought a lot of distraction and lack of concentration among teenagers and kids. This means that most of them don't succeed and their grades are constantly falling down since the beginning of the year.



In elementary schools, more than 45% of kids have learning difficulties and in high school, more than 55% do. It's very difficult for teachers who have to give their all to reduce this percentage and help them. Also, the ministry helped them to set up a tutoring system for these students with difficulties. Since the pandemic, the stress rate among people in school has increased by 48%. It's enormous! High school students

are therefore three times more likely to say that their mental health is good or bad. These teenagers are inclined to drop out of school because of the distraction that online school brings on. So, it is very worrying for parents and those around them. Also, teenagers said that the main factor that affects their psychological health is the disparity in school activities. For those who used to play sports, it's really disappointing.

### Anxiety among adults and parents



The most common source of stress for parents is their children having online classes that they must manage during their working hours. Also, the fact that their children cannot see their friends is tough on all. Parents feel their kids' stress. Teleworking can sometimes be difficult for them. They are as distracted as are the students. For those who don't work at home, stress increases because they must respect the sanitary rules to avoid catching the COVID and bring it back home. Nurses or people who work in hospitals must deal with COVID every single day, so it becomes even more stressful for them. Fortunately, things have stabilized since March 2020, but this pandemic is still creating havoc and stress among different types of workers. Some have to stop working for 14 days because they have been in contact with people with COVID-19, others unlucky catch this virus and have to confine themselves for several days. Others need health care in hospitals. It is a very difficult context. Restaurants have already had to close their doors for a few months already, and the government also closed stores for weeks. So, it's very tough on the economy. Several people have lost their jobs and are having difficulties finding another one. Unfortunately, many have experienced the loss of a close family member due to COVID-19. It isn't easy for them. But luckily, there were people there for them.

### Anxiety among elderly people

For older people, COVID-19 brings a huge amount of stress because they are more likely to catch it and are more at risk of big consequences like death. They are also more at risk of contracting more serious symptoms. They must therefore deprive themselves of seeing people and their families. They cannot see their grand-children and it makes them very sad and depressed. The pandemic has taken a toll on people's mental health. Workers, parents, teenagers, and the elders have to deal with this every single day. It's difficult for all. Some are deprived of their activities because of the risks they bring. There will always be people for those who have mental health trouble, so don't give up. Take care of your mental health and be there for your loved ones!



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Racism  
A Life-Long Pandemic  
by Angélic Roy Boisvert



Why is racism like this today? Why are people still not accepting difference?

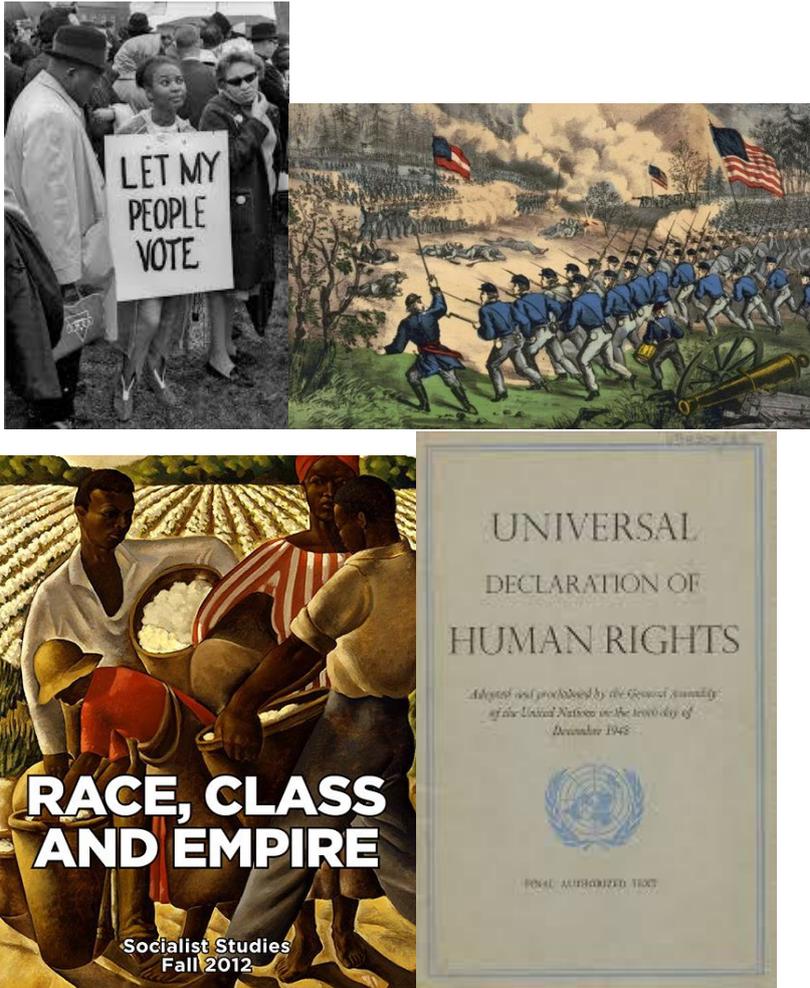
Since the beginning of times, we have been fighting against a deadly virus. Something that cannot be treated with medication, but with denunciation and prevention. Racism is an ideology and behaviors that killed more than any other deadly virus. Do you want to know why? Because it always starts soft with small jokes, but when it hits the brain there is no going back. The virus mutated through history in different ways, but some people fought it and that is why today stats about «races» are decreasing and the virus is now almost gone.

How it all started

First, the idea of inferior races among Europeans became more world-wide at the end of the 15th century, most precisely around 1487, when Portugal seamen went for the discovery of Asia. They navigated through the Pacific Ocean and went along the African coast. Happy because they found a new land, they did a quick stop dedicated to exploration. What they found was mind blowing... "How can it be possible? A new type of human, no laws, no guns and no royal monarchy. They don't have our knowledge, they must be inferior to us" (Europeans). Five years later, in 1492, Christopher Columbus reached America and met a new civilization, people he and his men thought were Indians. Europeans took control of these people when they learned that this land was a mountain of gold. Indians got exploited. They weren't fed. They worked day and night and, when one of them died, they were easily replaced. Martin Fortin, a high school history teacher, explained me that when Columbus arrived in America, there were about 80 million Indians and, fifty years later, there were only 10 million left. When the population of Natives was at its lowest, they remembered the Black ones back in Africa. So they went to kidnap and purchase Black people and shipped them to colonies as slaves to be servants, farmers, workers, maids, etc. It was called slave trade.

Decades went by, Black people were still working in French and English colonies, in cotton, tobacco and sugar cane fields. Black men were forced to work in terrible conditions, they were exploited and unpaid. But a few centuries later, during the Enlightenment of the 17th and 18th centuries, people started to get really interested in the human and in differences between humans. Philosophers created 'boxes', they were about physical and psychological traits beside race. For the racist ones, Black people were the perfect profile of half-human and half-chimpanzee. Meanwhile in America slave owners didn't just use Black people as slaves, there were criminals, traitors and war prisoners, too. Seen as inferiors, slaves didn't have the right to talk bad about any white person. If it happened, they would get their tongue cut out. At the beginning, slaves would just do their jobs without any procrastination, but as time went by they were ready to jump. They had a plan. It was time for rebellion! Some stole guns and ammunitions and started to fight, but it didn't change much. There were more death than freedom, slavery was still going on. But some Black people in the Americas gained their liberty and independence, for example those of Haiti, which became a country in 1803-1804.

Back in Europe, around mid-19th century, a new science was born inspired by the philosophers' race ideology and projects. It was about anthropometry and craniometry of the human skull. After long years of research, some researchers said that there were in total five different kinds of skull, so five distinct racial groups of humans. They concluded their studies by saying that Caucasians had the biggest braincase, which meant they were the most intelligent; that African had the smallest cranium, so, they were the least intelligent. They spread the news and wrote books about it: white identity and society were the most evolved. For these people, at this time, it was an incredible announcement. They took for granted that they could treat other races as inferior. Historical books were published, all about white supremacy. In school, students were reading these discriminating books and assimilated 'the natural human selection' theory. However, back in 1789, in the time of the French Revolution, the French people had created and adopted The Declaration of The Human Rights. It precisely said "All human beings are born free and equal in dignity and rights." When it became public, they realized their mistake... All human beings, that included the black ones. Following this announcement, nineteen years later, the Black human trade was abolished in the USA. It was now illegal to buy or sell slaves. It hit the white American population, but it found a new way to have slaves, human husbandry. For a long time, being a slave was transmitted from a generation to another. In 1865, still in the USA, they prohibited slavery, after The Civil War. It opposed the North and the South of the country because the South had all the productive cotton fields, it didn't want to abolish slavery: "It was an insult, paying and treating well inferiors, no way!" The war lasted four years. A century later, in 1964, the USA gave the right to vote to Black people. It did not happen without fights, for many years people fought and got killed to reform their rights.



### Important Black People



Black people are more respected and free than a few years ago. We need to give credit to many people. I am thinking of Black men and women who fought against racist prejudice and stereotypes. There is Rosa Park, a Black woman who refused to give her bus seat to a white man in 1955. She got arrested, but her action led to a boycott movement of the Montgomery bus. There was Martin Luther King Jr, who fought for African American equality. He worked hard for years, it led Black people to finally be free to exercise their right to vote. He was rewarded for all his achievements in 1964, being awarded the Nobel Peace Prize. There was Jackie Robinson, the first Black athlete to play in the Major League Baseball. He was also a vocal civil rights activist. His early years weren't easy: he got bullied by his Dodgers teammates and

even got injured by other teams players. He never gave up, his wife was supporting him and the Black community too. [He was distinguished as one of the most talented and exciting players. He promised himself to never fight back when confronted to racism. We must not forget that there were plenty of other people who did amazing](#)



[things for the black community .](#)

### Racism today

Today, in 2021, racism is not like it was by the past, equality is pruned and discrimination is disproved. For sure, there are still people who have bad behaviors and will continue to discriminate against other people, but they are in the minority. In the summer of 2020, following the COVID-19 quarantine, people really stood up against racial prejudice. There were protests and rallies, social media movements of denunciation that led to multiple arrests. The Black Lives Matters movement was born...



## Some Stats

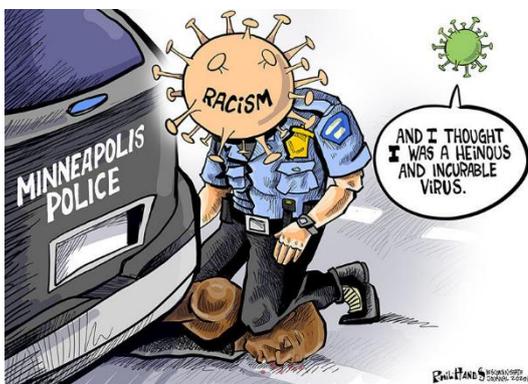
Here are some statistics related to Black people in Canada and in the USA.

In 2017, in Canada, 16% of the hate crimes were against the Black community.

In Toronto, Black men are 3 times more likely to be stopped by a police officer and asked for identity than a white man.

At least, 20% Black people of 18 years old and older in the United States don't have a job.

There are 15% less of Black teens in college than white teens in our country.



In fact, even after all we have been through in history, there are still some serious forms of injustice and prejudice in the world not only because of skin color but also sexual orientations, gender, religion and many other criteria. However, we can change that together and make the world a better one for all of us. Denunciation, prevention, and action are the keys to peace and equality. You just have to keep in mind that you should treat others as you want to be treated... Equal humans make a better world in peace.

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## What You Cannot See

What could be hidden under the Surface?

by Victoria Vézina

### Earth's Deepest Secrets

In the past thousand years, humans have explored the world more than ever. That includes the forests, caves, space, and last but not least the sea. Did you know that we actually discovered more about the cosmos than about the vast water lands on earth? That's true. In fact, we have explored only 5% of the oceans. The earth, like the human body, has a 70% water percentage. Because of that enormous amount of liquid it's easy to understand why we are so uninformed, but at least we know a few fascinating things. For example, the longest mountain chain is located under the sea, there are lakes and rivers, even underwater. But have you ever heard about the Mariana Trench? It has at least five times the Grand Canyon length, which means it's nearly 2,542 kilometers long, but is only 69 kilometers wide. The cavity is located in the western Pacific Ocean. Only four human divers have been there: respectively, Don Walsh, Jacques Piccard, James Cameron, and Victor Vescovo.

On January 23<sup>rd</sup>, 1960, a Swiss engineer named Jacques Piccard and U.S. naval officer Don Walsh dove together down to 10,916 meters in the trench and reached the Challenger Deep for the first time. Of course they couldn't have traveled down there with a basic submarine. Their vehicle was a bathyscaphe which is something like an underwater dirigible designed and sold to the U.S. Army by the Piccard family in 1958. The main particularity of that engine is the 130,000 liter gasoline tank which helps the craft going back up when it's time.

On March 26<sup>th</sup>, 2012, James Cameron, whom you might know as the producer of many well-known movies like *The Terminator*, *Titanic* and *Avatar* was the next to reach nearly eleven kilometers under the surface. Who would have thought that a movie scenarist like him would have been down to more than the height of Mount Everest below the surface? That's right, deeper than the highest peak of famous Mount Everest! The descent took him 156 minutes, and the ascent only 70 minutes. Unlike the bathyscaphe, Cameron's ship was a lot smaller. The sub was made to satisfy six requirements mentioned in National Geographic:

1. To carry a human pilot to the deepest sites in Earth's oceans and perform work with significant bottom time for research activities;
2. To demonstrate the ability to dive repeatedly at any given site to gather data, samples, and imagery to create a comprehensive data set;
3. To demonstrate the effectiveness of a human-piloted vehicle as a science platform for investigation in the hadal zone, the deepest part of the ocean;
4. To demonstrate the successful interaction of piloted, unpiloted, and remotely piloted platforms to perform a broad range of science tasks in concert;
5. Beyond just these demonstrations of capability, to return the maximum actual science value from the first expedition;

6. To bring back compelling imagery in 3-D of never before seen geological processes and species. This will inspire public interest in exploration and in scientific study of the deep ocean, especially among young people who must become our future scientists, engineers, and explorers.

Last but not least, the American explorer Victor Vescovo descended in the Mariana Trench inside his 40 million dollar titanium submersible named the DSV Limiting Factor on April 28<sup>th</sup>, 2019. That was his first attempt. His second was on the first of May and, after exploring the trench for four hours, Victor finally found life down there. He also found plastic bags and sweet wrappers which means there is plastic lower than 10,898 meters down the sea. But that's not astonishing at all because there are 8 million tons of plastic dumped in the ocean each year. What makes Victor so special is that he went multiple times to the bottom of the ocean and used the same ship many times because, unlike the others, his sub didn't get any damage. Once a man asked him if he was afraid something would go wrong in his ship and Victor's answer was kind of funny. He said that what's beautiful with submarines is that if there is a huge problem you won't know and that he truly believes in titanium and math. Vescovo did what we call the Five Deeps Expedition, which is exploring five of the deepest points in each ocean. This huge exploration was about 47,000 miles and he dove 39 times. That means at least seven dives per the ocean. The Pacific was the fourth ocean out of the five so the Mariana Trench dives weren't his first time and he knew exactly what he was doing. He even took a friend with him on his 3<sup>rd</sup> time in Mariana. That special guest was Kathy Sullivan, who now is the first woman to have ever been in space and on the deepest underwater point. She once said in an interview that the seabed in the trench is what looks the most like the moon on earth.

The expeditions in the Mariana Trench are a fascinating subject and it would take a lifetime to cover them all. The first four are for sure the most important because each of them was a first time in a way. Jacques, Don, Cameron and Victor all taught us that even if it seems impossible, with math and a tiny bit of intelligence, you can do whatever you want. And there's more, if you're interested in visiting the trench one day, but don't want to spend multiple hours in a submarine, you just have to visit Guam island and go scuba diving. But be aware that 130 feet is the furthest distance you can dive underwater in the Mariana trench or else the pressure will injure you! At least, it's enough to see how beautiful our planet is.

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