

Issues

& Young People

London

Topical Issues

ELEVATED[®] YOUTH

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BEAUTY
Double-page special



Beauty



Trends



Social media



Video games



Fashion



Social influence



Sports Dance





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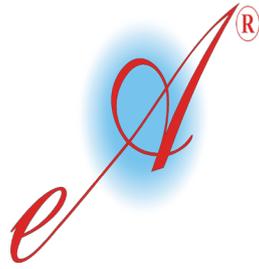
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FASHION

Fashion is popular and important to many young people.

Many young people pay attention to fashion when buying clothes, doing their hair, when decorating and in their behaviour ('Follow Fashion').

People create and recreate fashion all the time going from new & old trends, new unique styles and new and old fashionable concepts.

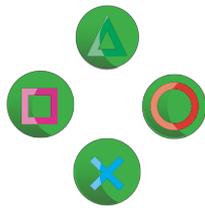
A fashion designer can create a fashion by using their personal style and natural or developed creative abilities.

Fashion can be influenced by culture and social attitudes and varies over time, place & country.

Following a fashion can be good for some young people as it gives them an identity. However, you must be careful what you follow.

Some fashions, like some trends, can be dangerous. i.e. getting a fashionable tattoo but then having ink poisoning.

Zalika, Kaylah & Tianah



VIDEO GAMES



Hektor's Perspective

Hektor's Perspective

Video gaming devices are a popular form of entertainment for young people. They are sometimes given as presents.

Huge platforms like Xbox, Nintendo and PlayStation 4 captivate millions of young people around the globe.

However, gaming can be more harmful than we realise.

While recent studies confirm video gaming improves hand-to-eye co-ordination, reflexes and team work, it can also become addictive.

Overstaying on video gaming devices can result in poor physical and mental health as well as behavioural problems.

Excessive video gaming can affect academic achievement. Playing video games late into the night can lead to less chances of a good night's sleep or proper rest for the day ahead.

Video gaming can be a fun way to pass time. However, if playing is overdone it can negatively affect other areas of a young person's life.



TRENDS

Positive points about trends

Trends can:

- Inspire young people to try out new things
- Help young people find common interest with peers
- Test adaptive ability
- Trends can provide insight into societal changes

Negative points about trends

Trends can:

- Encourage harmful or damaging habits and behaviour in young people
- Suck young people into believing they want to be like others
- Cause young people to want to be slim or thin which can lead to anorexia or bulimia
- Take control of your life so that you continue to follow them

Some trends are good and some trends are bad. We must be careful in what trend we follow.

Tyrese and Hektor



ATHLETICS

My name is Khadijah and I love athletics. I have been running for 3 years now.

I have competed in 5 competitions and won several finals in sprint racing and long jump.

Athletics gets people into a healthy life style. It keeps people fit and can also boost confidence.

Although athletics seems easy, you can seriously hurt yourself when you don't train properly.

Like all young runners, I started off at an average speed but increased my speed through training.

In training I set new personal records for running and jumping.

My coach says that you must do warm up exercises at the start of your training and cool down exercise after you finish training.

Khadijah



This Section



In this section you will find information about beauty. As you should know beauty is something quite important to young people. You should always get medical or parental advice before doing anything to your face, body, hair or mind.

Trends



When it comes to beauty many young people like to follow trends - for example, covering up their skin with make up or wearing certain clothing. Trends are not always good for you (See page 6).

Acne



One way to help reduce spots is clean your face often. Our face produces oils which can, like dirt, clog pores - so we must wash our face.

Body Types



In different communities, and countries, the criteria for what is a beautiful body differs. One main cultural beauty difference is for people to be skinny, medium, thick, or big – especially in the fashion industry!



Make-up

If you are someone who likes to wear make-up I suggest you make sure you wipe it off properly. Be careful what you use to clean your face as these can give you more spots by blocking your pores!



Hair

We all have hair texture but we also all have different hair texture. When looking after your hair it is suggested first to look online for your hair type and your porosity and then decide what to do for your hair.



Face Masks

It is said that face masks can help our face. However, it is also said that some ingredients in them might cause an allergy. If you decide to buy them then get medical guidance first.



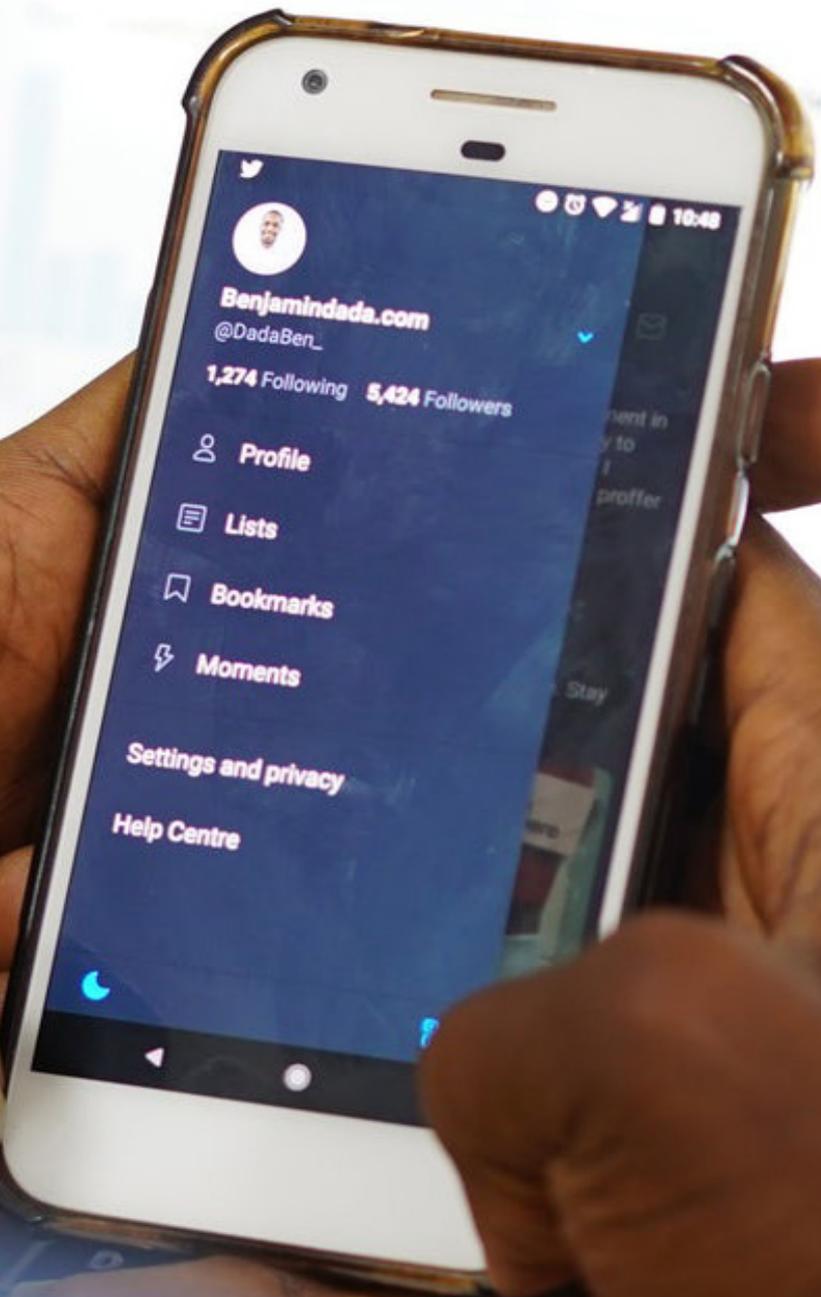
Be Yourself

There is no way we can satisfy or change everything we don't like about our face, hair, and body. The best thing to do is to try and be happy with who you are - be yourself!





SOCIAL MEDIA



Teens are masters at keeping themselves occupied in the hours after school until way past bedtime.

When they're not doing their homework (and when they are) they're online and using their 'phones, texting, sharing, trolling, scrolling, and much more!

Studies show that the age group of 12 - 21 use social media more than any other age group.

Five negative ways technology can affect young people:

1. Social websites become their priority
2. Portraying themselves as someone they are not
3. Cyberbullying other peers, this can lead victims into depression
4. Changing their appearance to match online celebrities/peers
5. The use of social media can become addictive.

Young people must be made aware of these 5 points when using social media.

Reneé



SOCIAL INFLUENCES

Social influence is the change in a person's behaviour which is caused by external factors. Some young people are swayed by social influences.

The change in behaviour can lead to an alteration in the way the individual sees themselves in association to the influencer and society in general.

Three areas of social influence are conformity, compliance and obedience.

- Conformity involves a change in a person's attitude or behaviour in response to (often implicit) pressure from others
- Compliance involves going along with explicit requests made by others
- Obedience involves giving in to the commands of authority

Social influence can alter the way a young person reacts, thinks and behaves towards everyday situations that they might face.

Kareem





DANCE

My name is Amira and I've been dancing 'hip hop style' for one year.

I dance because it is fun and I can express my feelings.

Dancing is a way of happiness because when you dance for other people it makes them happy.

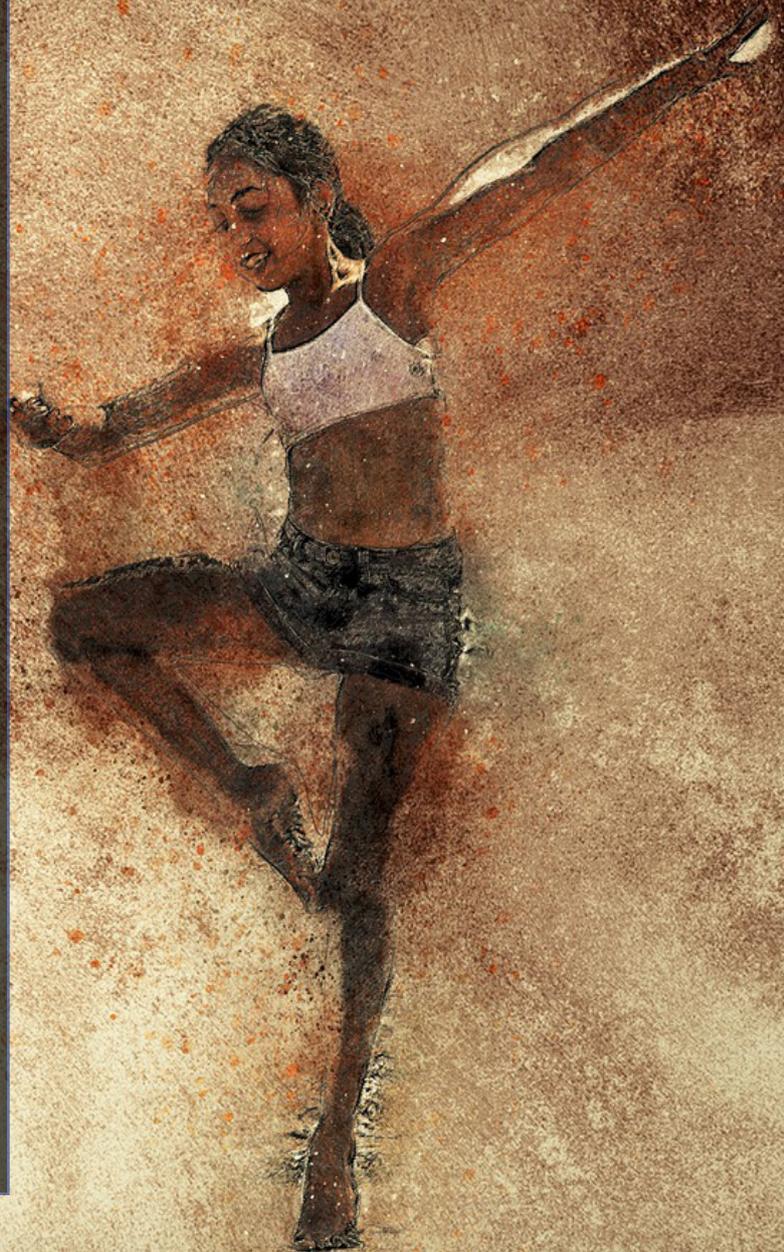
When you are dancing you need to be happy and you need to have fun.

There are so many ways to show happiness but this is my way to make people happy.

I love dancing and practice when ever I can. I do my school homework though. I don't let dance get in the way of it.

My dance teacher always says you have to give 100 percent when you are performing and 100 percent when you are dancing.

Amira





SPORTS



Sports is an ideal way to keep your body in good condition and maintain a consistent heart rate.

Exercising regularly and good hydration keeps you active and helps your organs like the lungs, kidneys and liver.

It is also a good, enjoyable and healthy alternative to harmful addictions such as staying glued to social media devices.

Exercising is a good way to pass time and keep ourselves healthy, active and fit.

However, if overdone or not performed correctly participation in sports can actually damage the health and wellbeing of the human body.

Furthermore, exercising can become addictive resulting in young people taking extreme measures in order to keep their bodies in good shape or look thin.

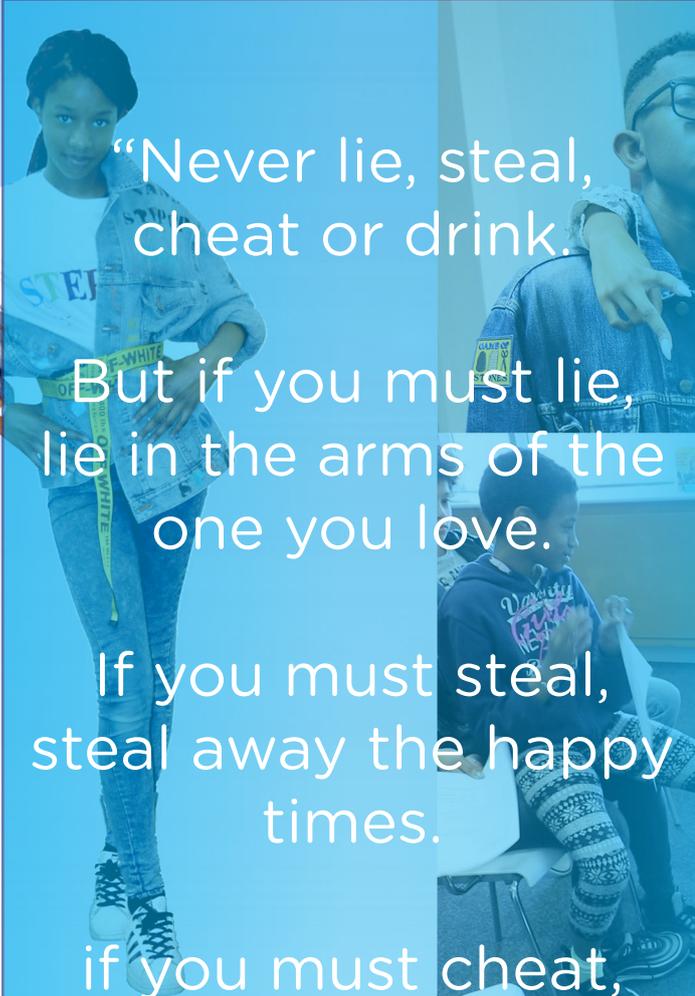
Young people should stay healthy, fit and in shape by doing sports but should not overdo it.

Hektor





TO MY FRIENDS



“Never lie, steal,
cheat or drink.

But if you must lie,
lie in the arms of the
one you love.

If you must steal,
steal away the happy
times.

if you must cheat,
cheat pain and
death.

And if you must
drink, drink in the
moments that steal
your breath away.”

Victoria, Age 15



COMMUNITY AWARD



Elevated Aspirations CIO
Community Organisation of the Year
2018



Awarded by EECF

CONTRIBUTORS



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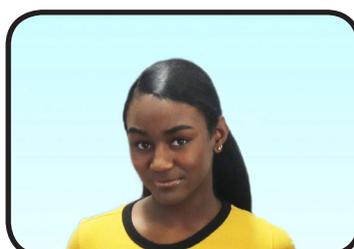
Kaylah
Reporter
Age 10



Tyrese
Reporter
Age 18



Khadijah
Reporter
Age 9



Tianah
Youth Ambassador
Age 14



Dorinda
Youth Ambassador
Age 12

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