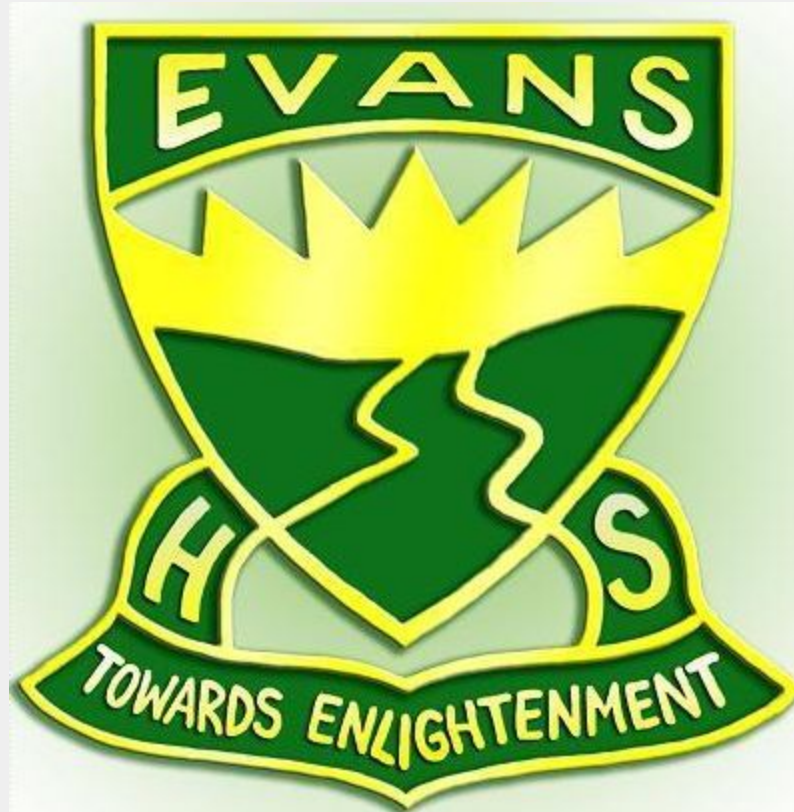


Year 9 Magazine

Cassidy, Leonel and Charlie



IN THIS ISSUE

Mental Health

What is mental health and what kind of views do people have on it.

'A Morning Stroll'

A short film nominated for an Academy Award as well as winning a BAFTA and many other awards.

The Adolescent Journey

This topic talks about the daily things that Teenagers go through on their daily life.



Mental Health

Cassidy Rampton

Mental health a person's condition with regard to their psychological and emotional well-being. It has become one of the biggest and most controversial discussions of this past decade. While some people are happy that it is becoming a large topic and they are embracing the topic. There are some people who don't believe that this whole mental health isn't real and that people are just making it up.

The first opinion I will be discussing is the opinion of is mental health isn't real and we shouldn't care about it. Some people believe that mental health isn't real and that people only say they have a mental illness is just to get attention. They believe that when people say they have a mental illness are lonely people that are just looking for attention. They also don't believe in medication and therapists or psychologists. While there is some scientific studies that show how mental illnesses work people still believe that mental illnesses aren't real.

The second opinion I will be discussing is the opinion that mental health is very real and should be discussed in all seriousness. Some people believe that mental illnesses are real and people who have mental illnesses should be able to get help. These people believe in therapist and medication such as antidepressants. The people who support these people are usually people with mental illness or people who are affected or know people who are affected by mental illnesses.

In conclusion, whether you believe it or not there is still a large amount of scientific evidence to support mental illness. I personally believe mental illness are real because it would be illogical not to with the amount of scientific evidence and the amount of evidence I have seen in my everyday life.



4 Ways You Might Accidentally Be Perpetuating Mental Health Stigma

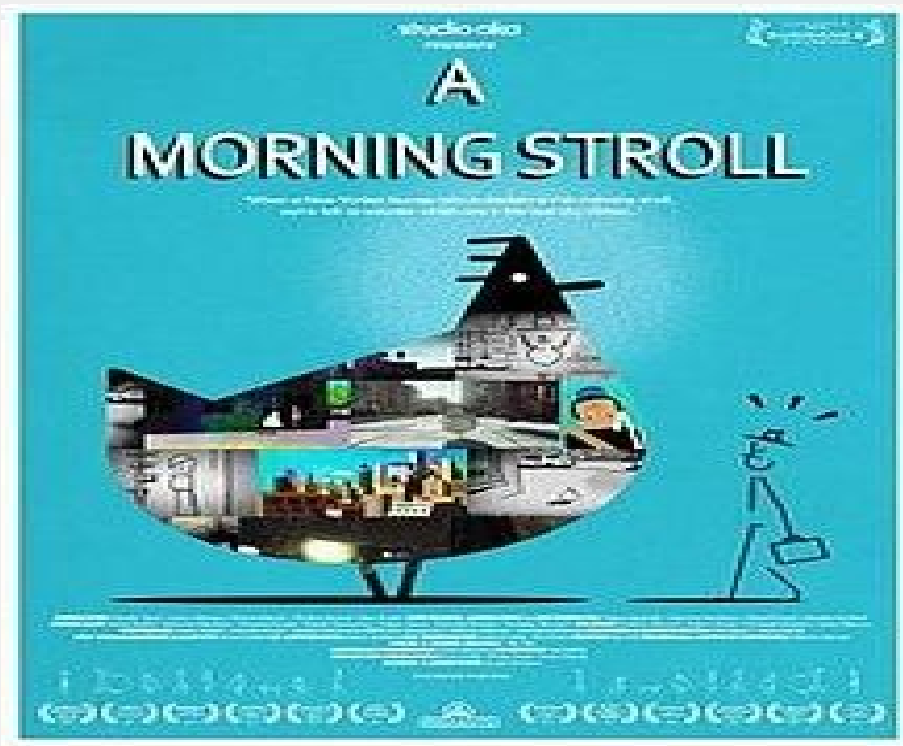


The high costs of ignoring mental health in the workplace



Headspace Day

Headspace day is an annual opportunity to support young people who are experiencing mental health issues.



Phone Turns Off?
Life Turns On!



A Morning Stroll: Film Review

Charlie Tindall-Mitchell

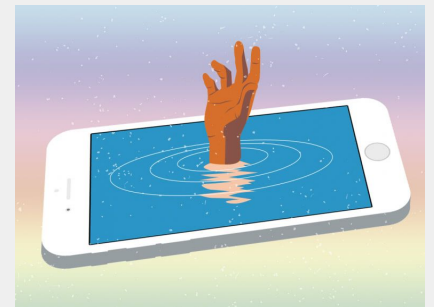
When a New Yorker walks past a chicken on his morning stroll, we are left to wonder which one is the real 'city slicker'. A Morning Stroll is about a chicken that goes through the 50 year intervals of New York symbolising an urban dweller, and how social media distracts us from real life wonders happening right before our very eyes.

A Morning Stroll, directed by Grant Orchard, was created in 2011 and earned the BAFTA and Academy Award for Best Short Animated Film in 2012, and many more awards. This film provides a vivid picture on how social media sways its users from real life affairs and eventually leads them to their inhumane ways and looks.(spoiler :Zombie alert!)

I love the use of different animation techniques and how the sound effectively create suspense without losing a very important message to all the viewers . I would recommend this film to anyone interested in short films and the subject of how social media slowly eroding our humanity.

I would rate this film an 8/10 as the film is a complex and interesting short film that engages the audience into the film and creates meaning with colour, animation techniques, and composition as a great film.

We Are All Surrounded
By Media! : The
Realisation Of Our Utter
Downfall.



Drown in Water,
Or Media?



Adolescence is the time where children try to find their identity!

The Adolescent Journey

Leonel Vallejos-Praslin

The most common problems among adolescents relate to growth and development, school, childhood illnesses that continue into adolescence, mental health disorders, and the consequences of risky or illegal behaviors, including injury, legal consequences, pregnancy, infectious diseases, and substance use disorders. Unintentional injuries resulting from motor vehicle crashes and injuries resulting from interpersonal violence are leading causes of death and disability among adolescents. During this period of time, parents have to give their kids a space to find their own identity, to find who they want to be and what they want to be when they grow up. It is very important to keep them motivated and inspired to try their best at school, sporting events and many different challenges that are ahead of them. It is also important to keep them physically active, sports plays an important role in adolescence, they are in growth process where they need high intakes of energy that can be obtained from a balanced diet. If teenagers aren't active enough during this time, many dietary diseases can have a negative impact on their adulthood. As children grow, they begin to spend more time with their friends and less time with their parents. As a result, friends can influence a child's thinking and behavior. This is the essence of peer pressure. Peer pressure can be a positive influence—for example, when it motivates your child to do well in school, or to become involved in sports or other activities. On the other hand, peer pressure can be a negative influence—for example, when it prompts your child to try smoking, drinking, using drugs, or to practice unsafe sex or other risky behaviors. Drug abuse is a serious problem that can lead to serious, even fatal, consequences. Research suggests that nearly 25 percent of adolescents (ages 12 to 17) have used drugs, with 16 to 18 as the peak age for drinking and drug abuse. Teens whose parents regularly communicate with them about the dangers of drugs have a decreased risk of using tobacco, alcohol or other drugs



During high school, teenagers have a really active social life.



Mood swings are very common amongst teenagers, parents have to be supportive and be aware of their kid's behaviour.