

Artist: MILCK Song: Quiet

Choose a song and analyse the meaning behind the lyrics. Has it made an impact? Why, why not? How has it been affective to those in the society?

What issues does MILCK address? She addresses domestic violence, depression and anorexia.

What impact do they have? These issues can affect someone's mental or emotional wellbeing. It affected the artist in all forms as she struggled to find freedoms from the situation and took 11 years to finally feel comfortable enough to share her story.

Information about their background:

MILCK is a survivor of domestic violence, depression and anorexia. It took her some time to finally express how she feels and what she went through. She described it as traumatic. After finding some time she finally had the strength to open up to society and explain to everyone what happened. She explained what happened or the issues through the song "quiet". She performed an empowering song and each word in this song had greater meaning and purpose.

The point of the song is after silence for many years, she couldn't keep quiet anymore. She opened up and sung it at a mix up and multiple women wanted to sing her song.

Multiple women stood by her side when the protest happened and sung the song with her. She has made an impact as many women have listened to the song and have finally opened up about their situations and used their voice. (answers question: how has it been affective to those in the society?)

Research the issue and explain what effect it has on society

Domestic violence is physical force or power, threatened or actual, against oneself, another person or against a group or community that either result has a in or has a high likelihood of resulting in injury, death, psychological harm etc.

Exposure to this issue can be traumatic and can negatively impact multiple factors including development, coping skills and relationships; not being able to trust anyone.

Depression is a mental health disorder characterised depressed moods or loss of Interest in daily activities.

Individuals that suffer from depression experience increased perceptions of need of medical care or hospitalised; most are at greater risk of suicide; some not able to be employed as it affects their everyday activities.

Anorexia is an eating disorder causing to obsess about weight and what they eat.

Mainly about body image or a fear of weight gain.

The media plays a big part of this issue. Most of the media features thin or very muscular actors that make viewers feel like they need to look they same in order to be pretty or valued.

Body shamed can also affect someone and could turn into a disorder.

It can affect an individual because this issue is life threatening and could lead to possible death.

Talking about these issues in the song brings strength to those that do suffer from these issues.

Not to stay quiet and to open up. The artist talks about using your voice for good purposes.

Many people can be affected by these issues: those who have possibly been affected by in the descriptions above. This relates to the artist because she suffered from these issues growing up and she couldn't keep quiet anymore.