

# Point Blank

Issue 1 November 2014





**THE SERVICE IS AND DOES,  
WHAT THE PEOPLE IN THE  
COMMUNITY WANT AND NEED**

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# Letter from Laverton Youth Foundation

To some this magazine may not seem like such a big deal, while others may be in awe of it. Whatever way your feelings toward it sway, I would like to give you a snap shot of how this magazine came in to play. This project was funded by the Bendigo Community Bank, Laverton. It commenced as a young leaders program and has developed over the past six months into a youth magazine; a place where youth could openly share their thoughts, feelings and opinions of their world.

Its content is designed to be fun and entertaining, in addition to being insightful. Too often we tell youth what they should and should not be doing, we disregard their opinions and lack of 'life knowledge', and we demand they follow our lead. Leadership is about direction and guidance, not authority and pressure. It is about supporting others to unlock their potential and raise their own personal standards. That is the philosophy we adopted for this project.

I am honoured to have had the opportunity to get to know each and every one of our youth writers personally. I am proud to tell you that this magazine took, what seemed like endless, hours of hard work and had its fair share of frustrations. All of these young writers sacrificed time after school and on weekends to produce this content, which truly inspires me.

Point-Blank is the name we selected for this print. For our team, it represents a direct and accurate view of today's issues, from a youth's perspective. I hope you enjoy reading it as much as we have enjoyed producing it. Special thanks go to Irena Spehar and Ionut Oproiu for their assistance in the editing and design of this magazine. We are hoping to continue this project and expand it throughout 2015. If you would like to support us, I would enthusiastically welcome your call or email.

Happy reading,



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# Benefits OF STAYING IN school

It is estimated that around 7,000 people drop out of high school each and every day. This is a startling figure. Of course, I am sure that most of the people dropping out think it's for the best at the time. Let's face it, high school is horrendous even at the best of times. Absolutely nobody wants to wake up each and every morning to face an education.

**P**eople do not want to come home and sink their teeth into book after book to study. They want out. I am telling you now though, this may be the best option in your mind at the moment. However, as you progress through life, you will very quickly learn to understand just why it is so important that you stay in school. Let me run you through a few of these reasons.

## EARNING POTENTIAL

The vast majority of people who drop out of high school do so with the intention of making money as fast as possible. Sure, you may get income now but it is going to be far lower than what you could possibly earn should you have made it through the final few years of high school and even beyond.

A study carried out in 2006 suggested that a high

school dropout would earn roughly \$17,000 a year. This may seem like a rather princely sum to you right now but it is a rather meagre amount if you want to get any enjoyment out of life in the future. Those who manage to meander their way through high school are able to earn roughly \$26,000 each year. This is significantly higher and the earning potential has immediately increased by



an extra \$9,000 each year. That will cover most rents.

On top of this, high school graduates are more likely to obtain job security and achieve promotions. There are a number of different reasons for this. In short though, if you remain in school then it is likely you will earn a lot more throughout your life.

### **FURTHER EDUCATION**

Many people who drop out of high school tend to change their mind a few years down the line. I have encountered very few people who stopped their ed-

ucation prematurely who did not suddenly have aspirations of enrolling into college, tafe or university to further their education towards a certain career path. The problem is that most of these people will never go on to achieve their dreams. Why? Because most educational establishments will require that you have a high school diploma at the very minimum. If you do not have that, then you are very much stuck in a rut. You may never be able to achieve your full potential in life.

### **LIFE SKILLS**

Much can be learned and achieved in high school. However, to be honest with you here, you will most likely never use what you learn in a practical sense. For example, how often in life are you going to be asked to do algebra outside of school? I am willing to wager never! This does not mean that school is not beneficial though. It is. School will teach you vital skills that you will need throughout your life (writing, reading, maths etc.). Staying in school also demonstrates to employers that you are

motivated and that you have ambition in life.

On top of all of this, the social aspect of high school is going to benefit you greatly. Sure, you may see it as nothing more than socializing with your friends but you are developing and being shaped as a person. Young people learn how to communicate with people on a more intellectual level. They learn how to communicate with teachers on a professional level too. These interactions and relationships will greatly benefit a student greatly in the long run.

## **OTHER BENEFITS**

Studies have shown that young people who have completed further education are less likely to turn to crime. It is also likely that these people will be healthier and live longer. In short, I would not go as far to say that those who drop out of school are going to fail, that is not the case at all. History is witness to a number of individuals who have succeeded without a high school certificate. However, for every one that succeeds many slip through the cracks and fall in to a sub-par lifestyle.

## **HOW TO CREATE BETTER STUDY HABITS**

You arrive in class, ready to take a test. You confidently take a copy of the test and scan the first page. You begin to panic. You don't know what any of the answers are. Surprisingly enough, the above example has happened to each and every one of us at some point in the past. Despite studying, we may be un-prepared for the test. So what can we do? The solution is creating better study habits. Let's take a look at a few ways you can improve your study habits to remember more and achieve higher results in tests and exams.

### **MAKE IT A ROUTINE**

If nothing else, make studying a routine. Just like going to the doctors, (or anything else you may find unpleasant,) consider studying an obstacle you must get through. Set aside time and choose a place where you will study, and hold to it. Make sure distractions are kept to a minimum. By dedicating a time to study and working hard during that time, you free up the rest of your day for guilt free fun.

### **STUDY THE WAY THAT WORKS FOR YOU**

There is more than one way a person can display intelligence. Whether they are able to sit down and memorise from a book, learn visually, or learn through mimetic devices, there are a number of ways that a student can study. Some of these ways will work better than others. The trick is to try different study habits to find what helps you remember information you are required to learn. Obtaining an effective study habit will enable a student to obtain information quickly and in doing so, they will feel less discouraged throughout the process.



# WHAT

## ARE YOU DOING, AND





## + NUTRITION

The ultimate secret to creating better studying habits is knowing what you are doing and why you are doing it. Both of these affect your motivation as a person. The more you know about the task at hand and why it is important for you to know it, the easier studying will be.

**T**ake college as an example. Many people use getting into college as motivation for studying. They know what and why they're studying, giving themselves an ultimate goal to work towards. While this may not make studying any easier, it helps provide a purpose for why you are studying, giving you another

reason to feel positive about it.

### **Benefits of Eating Healthy**

Food is great. It can be tasty, filling, and make you feel energized. The problem with food however, is that not all of it is good for us. In fact, some of the tastiest food is also the worst for us (I'm looking at you ice cream.) Eating healthy can be a

challenge, as it means forgoing the immediate gratification of eating something tasty for immediate gratification. So, what are the long-term rewards to eating a balanced diet? Let's find out.

### **Mood**

Food can affect our mood. Depending on your diet, your mood will be either be positively or negatively affected by what you eat. For example, eating fast food provides a temporary burst of energy as your body processes the various sugars and fats. In addition, fast food will lead to longer-term drowsiness and sluggishness due to the high calorie content and lack important nutrients. Eating healthy on the other hand, may result in less immediate gratification (I mean, what would make you happier at the moment, salad greens or a hamburger?) However, eating a balanced diet and making it a life-style change, can increase your energy levels throughout the day.

### **Less Health Risks Now and Later**

There is medical documentation that links childhood





and teen obesity with shorter and less fulfilling lives. Medical conditions develop much easier when the body is unhealthy, leading to expensive treatments. Your face breaking out and stomach pains and cramps can all be a result of an unhealthy diet. In addition, an unhealthy diet robs your body of everything it needs to grow and develop fully into an adult.

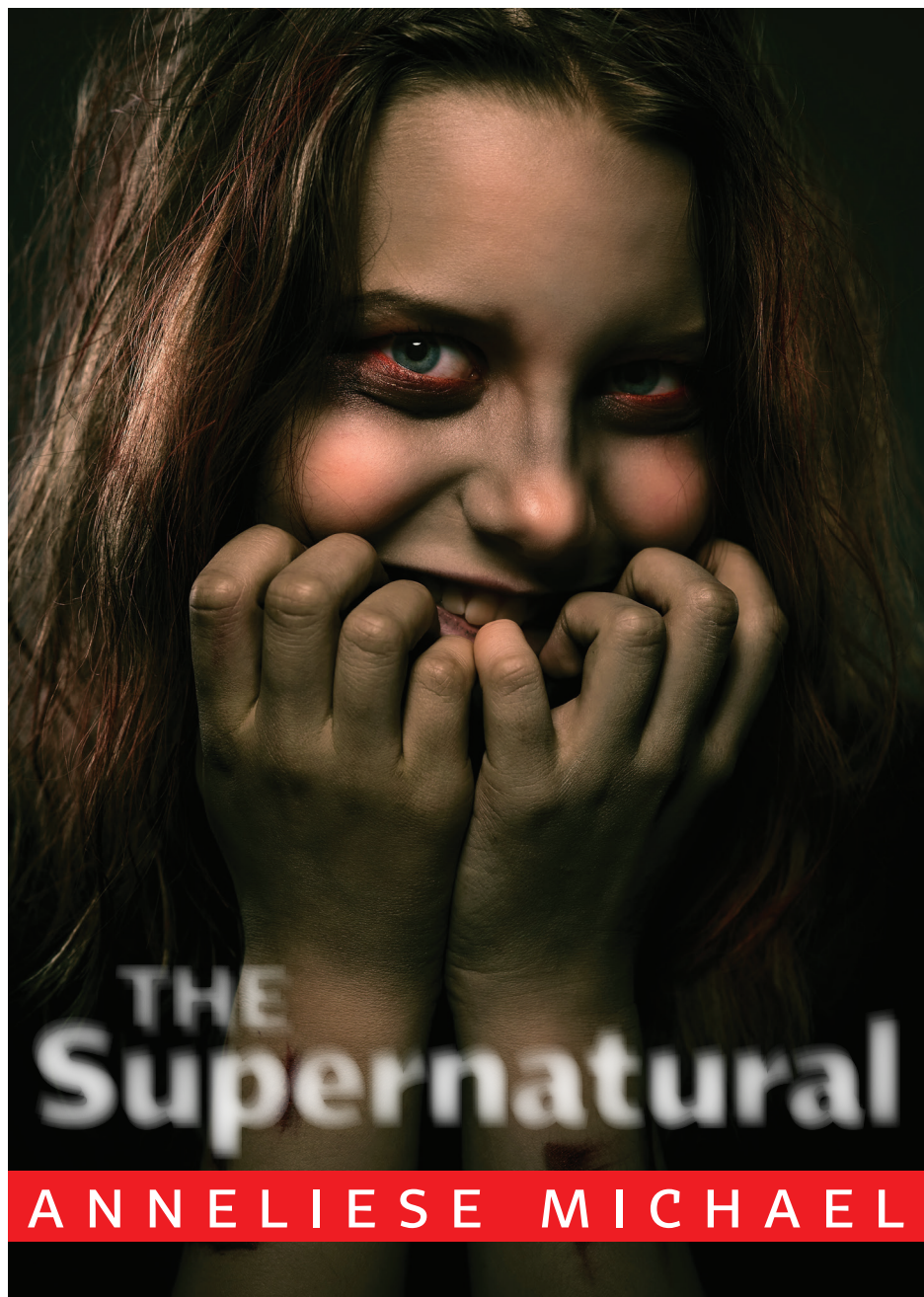
### **You Are More Confident**

When it comes right down to it, you are what you eat. Oils from foods and fats can become deposited through the skin. It is a fact that a healthy diet leads to a healthy glow. From having less body weight to having more energy by consuming the necessary vitamins and minerals your

body needs, eating healthy can completely change both your own life and how others see you.

In summary, like many other things in life, it all comes down to moderation. Eating unhealthy food is tasty and when consumed sparingly, is fine. Too much unhealthy eating however and you may miss out on the benefits of a healthy diet.





Being demonically possessed is said to be when an individual experiences a complete intense behaviour takeover from one or many fallen angels, AKA demons who are believed to inhabit the body by passing directly into the person.

BY MOANIQUE ALISON

Anneliese Michel, born in Leiblufing, Bavaria, West Germany, September 21st 1952. Anneliese was brought up along with her three sisters by her parents Josef, who owned and operated a sawmill but had once entertained the idea of priesthood and Anne. Together, they were a devoutly German Catholic family who would attend mass twice a week. Although the family were extremely religious, four years

before Anneliese was born, mother Anne gave birth to her illegitimate daughter Martha, Anneliese's older half-sister, who was from a previous marriage to Josef. These circumstances were believed to have been the source of shame that was brought onto the devoutly Catholic family.

Josef and Anne married after this however, Anne was forced to wear a black veil on her wedding day and this was so everyone knew that she had brought shame onto her family. It was shortly after that the very religious mother began harbouring feelings of guilt about the first born daughter and then gave birth to Anneliese. Sadly for the family, the older sister died at the age of eight from an operation to remove a kidney tumor. This then caused Anneliese, at the young age of four, to begin feeling responsible for the death of her half-sister and the sins of her mother. Anneliese's life began to consume the actions of compulsive praying to re-direct the sins from her mother's unholy act.

Around the age of sixteen was the time that most high school teenagers, who are growing up in the sixties began engaging

in the 'life of the sixties'. However, Anneliese wasn't given the same amount of luxury that most teenagers were given. She was rarely allowed out socially, not even to sing in the church choir and she also would endure the continuous nights of sleeping on the cold stone floor to attain retribution for the sins of others.

That may sound like a nightmare for someone growing up in this era, but for Anneliese it was only just the beginning. In 1968, when she was 16 and still in high school, Anneliese began to suffer from convulsion. This is a medical con-





dition where body muscles contract and relax rapidly and repeatedly, resulting in an uncontrolled shaking of the body. It was then that a neurologist at the Psychiatric Clinic Wurzburg, diagnosed her with Temporal Lobe Epilepsy which she was then medicated for.

Eventually, she graduated from high school and went onto college to study to become a teacher. Anneliese began experiencing strange hallucinations and seeing disturbing images whilst praying. She also began hearing voices commanding her and telling her that she was

damned. Anneliese was convinced that she was possessed and that she had been possessed by several demons, including Lucifer, Judas Iscariot, Nero, Cain, Hitler, and Fleischmann, a disgraced Frankish Priest from the 16th century.

It was in 1975, when an elderly woman, who was a friend of the Michel family, attended a pilgrimage with Anneliese and was also convinced that Anneliese was possessed. She noticed that Anneliese avoided walking past a particular image of Jesus, she refused to drink water from a holy spring and also claimed

that Anneliese smelled hellishly bad. It was then that the elderly woman took Anneliese to see numerous priests, many of whom also believed that Anneliese needed to see a doctor. They finally visited an exorcist from a nearby town who confirmed the elderly woman's suspicions, that Anneliese was in fact demonically possessed. It was then that her parents eventually gave up all hope on the doctors from the psychiatric clinic and began taking faith in the Roman Exorcism Ritual.

After two failed requests to gain permission to per-

form an exorcism on Anneliese Michel, one was finally granted by Josef Stangl, a Local Bishop of Wurzburg. The pair that performed the 'great exorcism' of Anneliese Michel were that of Father Arnold Renz (who had been a former missionary in China) and Pastor Ernst Alt (who was a pastor in a nearby community). Together the pair carried out 67 rites of exorcism over a period of 10 months, with one or two exorcism sessions held each week. Some sessions lasted up to four hours. A person who underwent that many exorcisms should have been cured but for Anneliese, she wasn't so lucky. This was a result of the medication she was given for the Temporal Lobe Epilepsy. The medication caused Anneliese to stay locked in the possessed state, leaving her to be unable to respond to the exorcism.

During these exorcisms, Anneliese was believed to have spoken at least seven different languages (Xenoglossia) and carried out a number of highly disturbing actions. Actions like tearing off her clothes, urinating and defecating on the floor. She would eat flies, spiders and even bit off the head of a dead bird. In one partic-

ular exorcism, Anneliese crawled under a table and began barking like a dog for two days. Although it may seem like Anneliese never actually harmed herself, she forced herself to fast because she believed that it would rid her of Satan's influence. Eventually the ligaments in her knees ruptured. This was due to the 600 genuflections (an act of reverence consisting of falling onto one or both knees, also known as double genuflection), that Anneliese would do during many of her exorcisms.

years of fighting Satan, a very weak and on the verge of death Anneliese, spoke which are believed to be her final words. Anneliese told her exorcists to "beg for absolution". And to her mother Anna she said, "Mother, I'm afraid". At the time of her death, Anneliese Michel was suffering from pneumonia, severe dehydration, malnourishment and a high fever. Her death was later ruled as a negligent homicide as a result of carelessness. Father Arnold Renz, Pastor Ernst Alt, and

**ON JUNE 30TH 1976, DURING  
HER LAST EXORCISM,  
ANNALIESE WAS TOO WEAK TO  
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HER THROUGH THE MOTIONS.**

After many exorcisms, it all began to take its toll on the very weak Anneliese. So much so that on June 30th 1976, during her last exorcism, Anneliese was too weak to perform the genuflections on her own so her parents stood and helped carry her through the motions. After a continuous eight

both Anneliese Michel's parents, Josef and Anna were all found guilty and sentenced to six months in prison, suspended with three years' probation.

But in all honesty, was there anything anyone could have done for Anneliese Michel? Were those who were with her really fighting the devil?



# ***I'm Just a teenage dirt bag, baby....***

Life's tough being an adolescent. It's full of drama, friends, relationships, school, puberty, sex, make ups & break ups, discovering yourself and so much more. How do you begin to even juggle it?

**BY JESS RAE**

**W**ho do you talk to when something becomes too hard to talk about, or if you have a question? The answer is it's all around you. Friends, family, teachers and the big one, the internet, have all the answers. The positive side to this is, you're not alone. Millions of teens go through the everyday struggles of life just as you may be. These may include: self-esteem issues, relationships and

cyber bullying. Therefore, there is no need to feel like you're the only one in a difficult situation and that no one can help you; there is always help.

## ***So, how is your self-esteem?***

Self-esteem is a term used in psychology to reflect a person's overall emotional evaluation

of his or her own worth. It is a judgement in which a person makes of themselves whether it is positive or negative. It is contrasted alongside an individual's confidence because the overall evaluation of one's self has a large effect on their confidence to perform their daily life activities; even more so for adolescents.



Through these teen years, young people encounter many challenges and problems both at home, school and in relationships. These challenges can impact their emotional and social health. If the impact is negative, it reduces their interest in regular activities and social inclusion. It causes stress, anxiety, low self-esteem and even depression. So having a healthy lifestyle with family, friends and partners means a greater and more positive self-esteem. But that's not all.

### **What about body image?**

Body image refers to a person's thoughts and feelings and the view and sexual

attractiveness of their own body. In relation to self-esteem, the way an individual views their physical appearance can affect their confidence and emotional state. By keeping healthy and fit it can dramatically alter the way you view yourself. For young people, a negative body image is more common as it can be forced upon by others or social media.

As we all know, Facebook and social networking has played a major role in everyone's lives. We can reconnect with old friends, make new friends, advertise, buy and sell goods, keep in touch with others and much more. Its impact is so great that it has become a huge factor in assisting with bullying. Everyday bullying is occur-

ring all around the world and is now more frequently occurring on the internet. What most teens don't know is that it is illegal and what you put on the internet can never be removed. Bullying can greatly affect your personal body image, particularly if others are poking fun at your physical appearance.

**Ultimately,** you are in control of your actions and no one else's. What you do, how you behave and what you say represents the person that you are and shapes you into who you are going to become. Being a teen is hard, but everyone goes through it. Just remember to be happy and be you and if you can, make the people around you happy too.

**Diva**





**THE PRO'S**

**Video**

**Game**





We've all heard it from our parents: "Get off the Xbox!" or "You're playing too much PlayStation!" Or "You're on the computer too much, you'll get square eyes!" I just really don't think they understand our thirst for technology these days.

BY JAMES PATHE

**B**ut what if I could tell your parents that video-games can be GOOD for you? Of course, our parents would still be using excuses like, "when I was your age I had to ride the bike to my friend's house to see if they were home!" or something like: "What happened to playing outside?" But even so, if things get too close to



hugging the awkwardness of the sun that us gamers feel, you could always pull the next few things I'm about to tell you, out of your sleeves and hopefully dodge a bit of a bullet.

Recent studies have shown that playing video games can actually **INCREASE** your imaginative skills. Technology is

becoming an increasing part of everyday lives and along with that, it is evolving at a rapid rate. And what evolves along with technology? Video Games of course! We already have headsets that we can put on that basically transport us into the game. The ideas just keep evolving and I'm pre-

dicting we will have something ten times better in the next 15 years. Some people claim that video games take away a child's power of imagination because games supply the mind with things and situations instead of encouraging the mind to develop scenarios on their own. They claim that these

games prevent them from having a healthy imagination. However, scientists have shown that even a few blocks of lego can stimulate a child's brain into becoming a wonderful playground of imaginary friends and amazing adventures.

Another big plus to playing video games regularly, is that they help you improve problem-solving skills. Although, playing any game can potentially help to improve problem-solving skills. However, studies indicate that playing video games have been shown to improve problem-solving skills tremendously. This is because the majorities of games on the market are based on problem solving and challenge the player to solve them. Just playing one game, a player may have to solve anywhere from one to a hundred or more different problems in different situations. This can help you overcome MAJOR obstacles in your own life just by simply knowing how to remain calm.

One final positive affect of playing video games is that they help you face your own consequences. Video Games

are based on 'cause and effect' mechanics. So if you make the wrong choice in a game, there is a big chance it can go downhill very fast. And of course, at the end of a bad choice, there is always the slap in the face, or the punishment. In a videogame, there is always a chance to redeem yourself. But in recent

So there we have it. I have shown that playing videogames is a lot more than just lounging around and enjoying digital entertainment. I have shown that even science supports playing video games and that it is actually quite healthy for your brain. So go ahead, beat that boss that keeps killing you and fight it for



**ANOTHER BIG PLUS TO PLAYING VIDEO GAMES REGULARLY, IS THAT THEY HELP YOU IMPROVE PROBLEM-SOLVING SKILLS. ALTHOUGH, PLAYING ANY GAME CAN POTENTIALLY HELP TO IMPROVE PROBLEM-SOLVING SKILLS.**

games, such as the 'Mass Effect' series, if one of your team members die, there is no bringing them back, they stay dead for good. This mechanic even continues into future games, thus giving those who play videogames a more positive outlook on the value of human and digital life.

hours on end until you beat him! Don't let anyone else tell you otherwise and if they do, show them this article, they're bound to start supporting your cause for playing video games. As our saying goes, we are not gamers because we have no lives; we are gamers because we choose to have many.



# WANT TO BE COOL

**I thought I was cool hanging out with the ‘cool kids’.**

**I thought hanging out with the popular kids would make me get noticed. I thought I was on my own.**

BY JULIAN VICK





**A** song about 'being cool,' what are the lyrics and what message does it send?

Have you ever heard the song "That's my cool"? It is a guy singing about how cool he thinks he is. He doesn't realise that he is losing the respect of his mates and family because of the way he is acting. He gets told in the song that he should stop the rapping about himself being cool and that he can't take it off because all he looks like is a fool.

### **WHY DO WE TRY TO BE COOL?**

I think that people who think they're cool try and act like that because they want everyone's attention, not really caring whether the attention is good or bad. I also think it is sad that someone actually has to try and be someone or something that they're not just to fit in with the popular kids. Some people even try to be cool because they want to steer attention away from something that they are trying to hide. For example, something that makes

## + BEING COOL

them upset or even angry. People who try to be cool most of the time, often have tragic home lives and believe that they are alone in their problems, therefore thinking that they have to try and fit in just to be noticed.

### WHAT DOES COOL MEAN?

To all the people that think they are using the word 'cool' right. The word cool actually means three things which have nothing to do with what someone does or how they act or who they are. Those three things are low temperature, showing no signs of friendliness at all, or someone that loses their temper and then regains control and laughs about it. Hmmm, which one are you? An ice cube, unfriendly or bad tempered?

### HOW DO YOU DECIDE WHO THE 'COOL' KIDS ARE?

The cool kids are normally the ones who are the loudest. Most kids who want attention will try and be a wise guy to the teacher or fellow class mates just to be laughed at, not with. Yes, that's



right, everyone is laughing at how silly you look not how funny you are. Also, people who would rather sit at the back of the class and talk to try to be annoying to the teacher to get attention are classed as cool kids. Kids who try to do stuff that others do

to try to fit in, are usually considered cool kids.

### MY STORY

**What I was doing, why I was doing it, what the results were?**

This is my story on trying to be one of those cool kids and trying to fit in.

Some of the things that I did, I'm still not proud of to this day. The things I had to do to try and fit in were wrong because I picked up a few bad habits such as smoking and skipping school. This resulted in a drop in my grades. I was being disrespectful to most people including my parents and breaking the law just to benefit my so called 'mates'. When I was getting caught doing illegal things by the police, my 'friends' wouldn't be punished; they were let off because I took the blame to try and fit in and to be accepted. 'Being cool' was also affecting my friendships and relationships and as a result, I lost a lot of respect from my class mates, teachers and also the people most important in my life -my family. After I finally woke up to myself and realised I was going nowhere in life, I tried to turn my life around. However, because of how many people I lost over time, it was hard and I had to get used to the fact that I was now alone. I had to fight this battle on my own and work my way back up by regaining peoples' trust and respect again.



## MY ADVICE

**My advice to all teenagers that are feeling alone and want to become 'cool' to help solve their problems,**

**DON'T! I'm telling you this because I did strive to become a cool kid and it got me nowhere; it actually dug me a big hole.**

**If you want to get noticed, do all the right things to get noticed by the people that will change your life for the better. If you are focussed at school and you get teased for that and then you decide to act differently so that you fit in, DON'T!**

**Just keep doing your thing because that's what's going to get you somewhere in life. The chances are that the people who are 'cool' and teasing you – you may just be their boss one day. Wouldn't that be a sweet victory?**

## MY CONSEQUENCES

The consequences I had to deal with after I finally woke up to myself were so bad that I did not think I was ever going to turn my life back around again. There was no trust between me and my parents or my friends. I had to build my life back up from the start and that was difficult because I had gained such a bad reputation. The biggest consequence I still have to deal with is the people I lost over time, many of whom I'll never have back in my life because of that one stupid decision, to try and be a 'cool kid'.

## WHAT HAVE I REALISED

I now realise how much life has to offer to you only if you are willing to take that big step forward. I realised that there are some people you meet in life that are going to get close to you and you will think they are your friends. But sometimes they are not; they are just interested in leading you down the wrong path. It is then up to you whether you grow up and be mature enough to admit you've made a mistake. We all make mistakes; it's a part of life.





# A letter to my little bro

## REST IN PEACE

BY REGIS PARATENE

*Hey Little brother, it's been so hard on me since you've been gone, I wish that God could have given me another chance just to see you. But you know how life is, sometimes people just throw their own life away. Maybe if I came back to New Zealand we could have just kicked back and just talked about what you were going through.*

*I know life can be hard at times bro, but sometimes we just have to stand up and face it. I still remember when we had our little argument and then the next day I came over*

*to your house to say I was really sorry. I'm so thankful you forgave me bro. I know for sure in my heart you will be waiting for me until the day I am able to see you again.*

*Not a day goes by that I don't think about the good memories we had. I still remember when we went into your mum at work in Burger King and the boss gave us free food! Then when I went to the toilet I came back and you had put toma-to sauce in my drink and you couldn't stop laughing. I still remember when our mate came up to us and*

*asked, "Are you brothers?" We just looked at each other and replied, "Yeah we are!" The smile on our faces was priceless as we walked off laughing, knowing that we weren't related.*

*Remember that time bro, when I moved over to Australia and you sent me a message on Facebook telling me that you wished we were real brothers? I'd wish that too bro... me and you, we would have been chilling like old times. I will let you go now my bro. I love you and I miss you little brother. FLY HIGH BRO!*

# SEX



THEN WHY  
THE BIGDEAL?

# PART OF LIFE?



Sex is just a normal part of life isn't it? So why is it such a big deal when we find out someone is sexually active? I guess they are questions no one will be able to answer. Today's society has created a concept of where having sex is probably the coolest thing you can do at a young age.

**BY ZAC BOTTRELL**



know people say, “sex is cool” and “sex is great” but do they really know what having sex should mean to them? When you have your first sexual experience you want it to be with someone that means something to you,

not to someone you have no emotional connection to at all. You’ll regret it for the rest of your life. I know I do.

### **Pornography... Why so influential?**

Pornography has changed so many people’s views and perspectives of life.

When people are introduced to pornography (particularly young males) they get in to the frame of mind that it is okay to treat women roughly and disrespectfully. Newsflash: NO, it isn’t! All women should be treated with respect and equality, not labelled



and branded as possessions or inferior to men, those days are over. Also, because of pornography people that haven't had a sexual experience are under the assumption that sex will be just like the clip they watched. What they will often find out at a later date is that sex is exaggerated in videos and magazines and it is nothing like it is portrayed in the media

### **Is sex like pornography?**

Sex is not like pornography. Many people around the globe that haven't had a sexual encounter but are sexually aroused, have the notion that sex is like pornography, isn't that what the movie American Pie was all about. They tend to have this thought due to the sexual acts they have seen or read about in magazines or online. But in reality, sex is nothing like pornography. In the sexual acts that are performed online, women are treated roughly and with little respect. In truth, if you were to actually treat a girl or woman like that in real life, you'd probably remain single and alone! Are we starting to treat

women aggressively due to watching pornography?

In videos and magazines women are getting treated with utter disrespect and are shown to be less than equal. Does this influence our actions towards women and are we treating women aggressively due to pornographic materi-

or a legend but when a girl has sex she is called names that are too brutal to mention? This is a question that will baffle some and it is difficult to answer. When guys share their sexual experiences or even mention that they have had sex to their group of friends, they are hailed as an absolute legend. But

## **IN VIDEOS AND MAGAZINES WOMEN ARE GETTING TREATED WITH UTTER DISRESPECT AND ARE SHOWN TO BE LESS THAN EQUAL.**

al? This goes back to the topic of how influential is pornography? People that haven't had sex and have watched pornography will go into their first sexual experience thinking that it's okay to force women around. Ever since electronic pornography was introduced in 1999, abuse against women has risen by 12.5 per cent. Does this fact speak for its self?

### **Why do people think sex is cool?**

Why is it when a guy has had sex he is seen as cool

when a girl mentions that she is sexually active, she is labelled disgusting or told she is an idiot.

Regardless of what side of the fence you sit on in this debate, sex is a normal part of life and each and every one of us has the right to make our own decisions. People should not be judged, called names and most importantly, females should not be frowned upon or mistreated during a sexual encounter just because you have seen this happen in a pornographic film.





# Volunteer & Travel

BY CRYSTAL KONDRATIEV

My name's Crystal and I would like to share my thoughts on youth volunteering overseas. Ever since I went on an amazing educational trip to Singapore with my high school, I have discovered what I am truly passionate about, and that is, helping people that are less fortunate than me. We got to spend some lovely time at a local children's home and we had the opportunity to get to know the children, it was life changing! It was such a happy, rewarding and heart touching moment in my life that I will cherish forever.

The reason why volunteering is so great is because you are helping someone who is worse off than you and they appreciate it immensely. Helping someone makes you feel like you've accomplished

something and knowing you have had a positive impact on someone's life in a good way. Youth volunteering is a fantastic way to make new friends, explore all areas of the world and experience and appreciate new cultures. Overseas volunteering also looks impressive on your resume. It's a great way to try to make a positive change for those who are less fortunate. Volunteering doesn't always mean gruelling physical work. Sometimes just sitting down and listening and talking to someone makes their day and makes them smile.

The top 3 places on my volunteering bucket list are Cambodia, Ethiopia and Vietnam. I'd like to help teach children so they can improve their education and life skills. These children are just like us and

they have the right to live a happy, long life. Many volunteering companies offer either weekly, monthly and yearly projects and they can vary on what topics they offer too. A list of possibilities are:

- Education
- Teaching English as a Second Language
- Health
- Human Services and Childcare
- Social Work
- Childcare
- Physical Labour
- Journalism
- Medical

My advice to you if you are passionate about giving back and want an adventure as well as an experience, do a volunteer abroad project – you won't regret it!

For more info check out <http://www.youthvolunteering.com.au/> and <http://www.realgap.com.au/>

# A Journey Through Marijuana



The joint in my mouth, smoke filling my lungs. This is awesome, like happiness has consumed me. How could anyone not like this or even frown upon it? The first time I smoked was with an old mate. I was 14 and smoking weed, the coolest kid out.

**W**e chopped our green happiness, a whole thirty dollars worth. We rolled the joints sur-

prisingly well for our first time, then took off into the night and began smoking euphoria wrapped in paper. Immediately the world

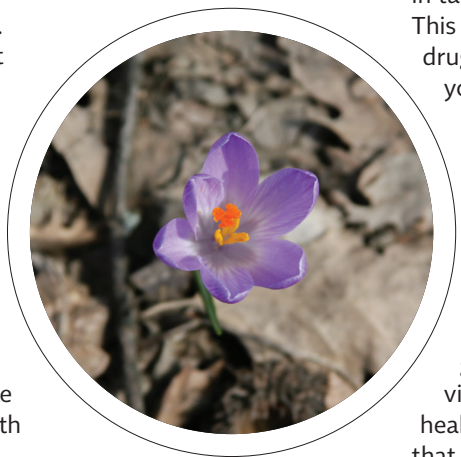
transformed around us. Everything was funny or interesting and the floor seemed to sink a little and we walked around sharing jokes that were so

much funnier. That was my initial experience with marijuana. That was how I opened the door to a new life, the drug life.

However, one year later I was to find that weed nearly destroyed my life. I began to smoke at every waking moment, in the morning, at lunch whether I was at school or not and at night. Although I was smoking, I would always dissuade others from following my example. As I did recognise that marijuana was having a very negative effect on my day to day life in many ways. I felt as though I had become an outcast of society, even when buying cloths and Xbox games, I would think, 'I don't belong here', it was like I was disconnected with reality.

Trying to learn at school was next to impossible. It's like having a foggy mind all the time. As hard as I was trying to see through the fog, it just wasn't happening. The thing that really stood out to me though was the change in my friends as well as me. Once we became addicted, we would do

everything we could to get as stoned. If we spilt the weed on the floor, we would get a tissue and put it over the nozzle of a vacuum cleaner, suck the weed onto the tissue and turn the vacuum off over the mixing bowl, proceed to pick out the gross bits and keep on smoking. When anyone tries to get as high as they can from what ever drug they've



got, it's a key indication that the drug is a problem for them.

The hardest thing with any drug is the road to recovery or trying to get off it. It's horrible, it would take four hours for me to fall asleep, which only added to the fog in my mind at school. I felt so alone and was consumed

by the thought, 'if I have more, it will all be better'. The only thing that was on my mind was weed. After a lot of attempts to quit, I had gained many strategies that I'm happy to share but hopefully you never need to use them. Now this is the hardest thing to do, you basically must disassociate with all of your friends who were involved in taking drugs with you. This is because having a drug basically waved in your face is only going to make you want it.

Not everyone will go to this length but it is beneficial for most. Finding new hobbies or re-engaging in old ones can be very good too. For me, video games are a far healthier form of escape that really helped overcome my urges. Along with disassociating with some friends, reconnecting with old ones can be great too. When I did this, it emphasised how much I was missing out; I wasn't enjoying life to its fullest. Marijuana has certainly been a roller coaster ride in my life but I'm proud to say, that I used to smoke dope.

## + LEARN

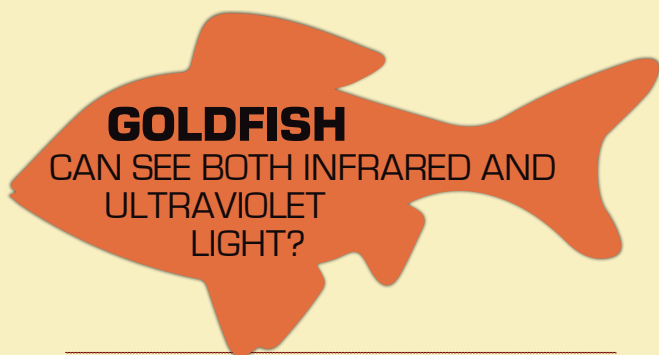


# DREAMT

IS THE ONLY WORD  
THAT ENDS IN 'MT?'

# 15

DID YOU KNOW  
**FACTS!**

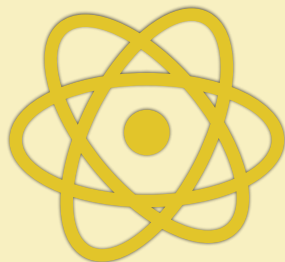


## GOLDFISH

CAN SEE BOTH INFRARED AND  
ULTRAVIOLET  
LIGHT?

THE FIRST LETTERS OF THE MONTHS  
**JULY THROUGH TO NOVEMBER** SPELL

# JASON



2 MILLION  
**HYDROGEN ATOMS**  
WOULD BE RE-  
QUIRED TO COVER A  
FULL STOP [.]?



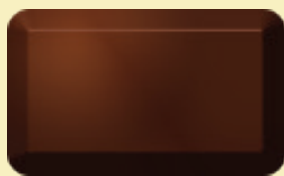
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**STOMACH**



# MONEY

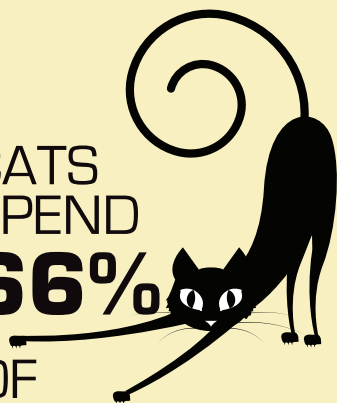
IS THE NUMBER ONE  
THING THAT COU-  
PLES ARGUE ABOUT

IF YOU TRY TO SAY  
THE ALPHABET WITH-  
OUT MOVING YOUR  
LIPS OR TONGUE  
**EVERY LETTER WILL  
SOUND THE SAME**



SWITZERLAND  
EATS THE MOST  
**CHOCOLATE**  
EQUATING TO 10  
KILOS PER PERSON  
PER YEAR

CATS  
SPEND  
**66%**  
OF  
THEIR  
LIFE ASLEEP



**MACADAMIA**  
NUTS ARE  
TOXIC TO DOGS

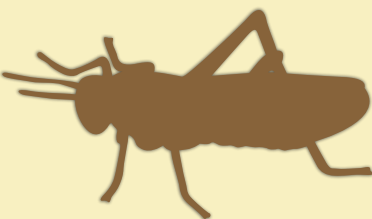


DID YOU  
KNOW  
THE LIT-  
TLE DOT  
AT THE  
TOP OF  
AN 'I' IS  
CALLED A  
**TITTLE**



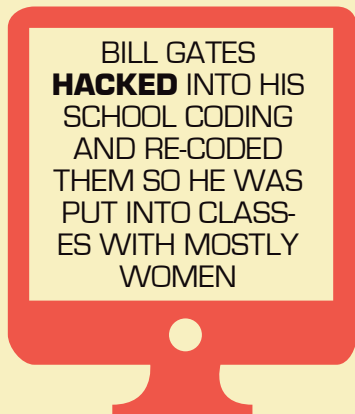
EACH TIME YOU  
SEE A FULL  
MOON YOU  
ALWAYS SEE THE  
**SAME SIDE**

A GRASSHOPPERS'  
**BLOOD**  
IS WHITE



IF BILL GATES  
DROPS A \$100  
DOLLAR NOTE ON  
THE GROUND, IT IS  
LITERALLY  
**NOT WORTH HIS  
TIME** TO PICK IT UP

BILL GATES  
**HACKED** INTO HIS  
SCHOOL CODING  
AND RE-CODED  
THEM SO HE WAS  
PUT INTO CLASS-  
ES WITH MOSTLY  
WOMEN







Our aim is to help local young people make real differences in the Hobson's Bay and Wyndham communities by increasing the amount of opportunities available to them to become actively involved.

## Proudly supporting Youth Foundations.

Since we opened, Altona, Point Cook and Laverton **Community Bank**<sup>®</sup> branches have contributed more than \$3.1 million back to local clubs, projects and community programs. It is a good story.

We are very proud of our association with the Youth Foundation and are inspired by the projects that are achieved. From hosting a car push fundraising event, publishing youth magazines, art projects, overseas study experiences to Singapore and leading many community youth programs. It is a good story.

Altona, Point Cook and Laverton **Community Bank**<sup>®</sup> branches have contributed over \$215,000 to the Youth

Foundation to date.

Why? Because, we know that for us to be successful, our customers and communities need to be successful first.

When you choose to bank with us, you're making a decision that benefits you and the local community.

Altona, Point Cook and Laverton **Community Bank**<sup>®</sup> branches are not just about money, we're about the good that money can bring.

And what could be bigger than that.

**Drop into your nearest branch at Altona - 9398 8922, Laverton - 9369 8455 or Point Cook - 9395 7724 to find out more.**



[bendigobank.com.au](http://bendigobank.com.au)

Altona, Point Cook and Laverton **Community Bank**<sup>®</sup> branches

