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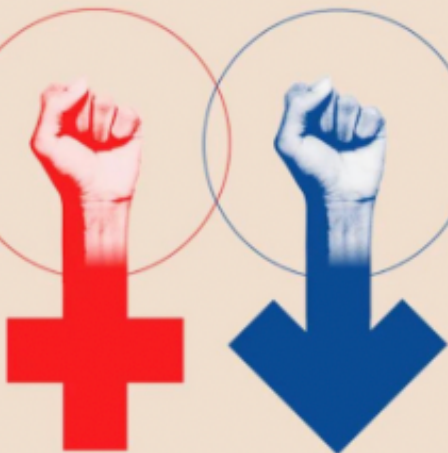
Student voice at Becket Keys

Issue 2 - FEB 2022

Valentine's Day - A Glorified Consumerist Nightmare?



#METOO



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#METOO - MORE THAN JUST A HASHTAG

BY AMELIE LADLOW

2017 - A year that shook the world

2017 was a defining year in British history. A royal engagement and a general election; as well as the tragedy of the Grenfell fire and the Manchester Arena bombing. But what about #metoo?

In 2017, the 'Me Too' hashtag went viral. But as we scroll aimlessly through our numerous social media accounts, what have we truly learnt?

A hashtag, however striking or formidable it may seem, may not always possess the authority to create a physical impact in the way that would seem ideal.

With each seemingly small Me Too hashtag representative of another victim of sexual abuse or harassment, we question how this could make enough of a difference.

What is the Me Too movement?

Survivor and activist Tarana Burke initially founded 'Me Too' in 2006 and aimed to create a community whose goal was to interrupt sexual violence. The movement had originated from an incredibly personal and raw place, with Burke herself revealing the trauma of her past.

Tarana Burke – founder of the Me Too movement

Tarana Burke expressed one particularly moving story which influenced her in her creation of the movement. During her time working as a youth worker, Burke had seen and heard some of the most heart-breaking stories. Burke recounts one particular story of a girl named 'Heaven' whom she had met at a youth camp. One day, Heaven asked if she could speak to Burke privately; however, as the young girl began to openly confess the trauma she was experiencing at home, Burke had to cut her off as she quite literally couldn't bear to listen to the horrors of her past and present reality. The striking similarities between Heaven's story and Burke's own personal story was haunting to the point of it being unbearable.

"I just watched her walk away from me, visibly struggling to recapture those secrets and tuck them back into their hiding place. I watched her put her "mask" back on her face and return to the world. And as I stood there, I couldn't even bring myself to whisper the words circling my mind and soul: "me too"." – Tarana Burke

Burke also believes there are similarities between Black Lives Matter and Me Too as both are about fighting against injustice. Both movements are predicated on undoing systems of oppression.

The influence of social media on Me Too

In a world so reliant and fixated on technology, we cannot disregard the influence of social media on society. Me Too has made a difference. This fact is unequivocal and indisputable. Despite Tarana Burke creating the movement back in 2006, it was a tweet by actress Alyssa Milano that instigated its overnight success. These two simple words have become a collective cry for millions of women, and some men, who are emotionally exhausted with the blatant abuse of power within the workplace and within society.

In 2018, a year after #metoo went viral, a study by the Pew Research Centre found that the hashtag was used more than 19 million times on Twitter alone. This equates to more than 55,000 uses of the hashtag per day. Almost four years after this study, the uses of #metoo are innumerable. It is however not just the hashtag itself that has enforced change, but the repercussions of this viral movement. The support and responses Milano received on Twitter sparked further conversations and provided other silenced individuals to take to Twitter, Facebook and Instagram to say “me too”.

The outpouring of support on social media also enabled a multitude of female celebrities including Gwyneth Paltrow, Angelina Jolie and Kate Beckinsale to join the movement and open up about being harassed by Harvey Weinstein and other authoritative figures in Hollywood. Social media is constantly ridiculed for being ‘shallow’; however it is moments like this that subvert the idea that social media is nothing more than a self-absorbed vanity project.

Following its social media uproar, protests for the movement began worldwide, with the #metoo survivors march in Los Angeles being led by Tarana Burke herself.

#MeToo has made a difference – but is it enough?

Whilst we cannot deny that the movement has had a significant impact socially, politically and legally with new sexual harassment protections put in place - countless individuals without the voice or platform to speak up are still suffering. #MeToo provided millions with the opportunity to gain online support, but the stories of those already in the spotlight is what truly grabbed the media’s attention. Burke believes that the movement does not discriminate. Survivors are viewed as one collective force and are not categorised into race, gender or sexual orientation. As valid as this appears to be, the hashtag and the movement does not have ability to support those who cannot speak up due to individual circumstances.

Following the movement, accusations resulting in arrests have been made. For survivors, seeking justice and actually recovering from trauma are two entirely different things. The past however cannot possibly be erased; therefore justice may be the only solution to atone for these crimes.

#MeToo has offered support – but it hasn't solved the global issue of sexual harassment and violence. Individuals are still suffering. Sexual harassment will continue. It will continue time and time again until we change the mindset of society. In the past, we have seen individuals and groups go to extraordinary lengths to fight for what they believe to be right. It leaves us questioning whether we will accept this disturbing reality – or does the conflict continue?

#metoo has made a difference. But #MeToo is not just a hashtag, a state of mind or an opinion. #MeToo is a movement.

For more information on #MeToo visit <https://metoomvmt.org>

Art Inspired by #MeToo

Amelie Ladlow

'The Wave'

On the front cover...



Caralena Peterson

"I like that this piece shows that we as women are all a collective force, just as the ocean is a large force made up of individual water drops."

— Caralena Peterson is a writer and artist in Washington, D.C.

'Body As Object'

"By hiding the dolls' faces, I hoped to highlight how the objectification of girls' bodies takes away their identities."

— Dora Guo is a high school student in Lincolnshire, Ill.



Dora Guo

'A Collection of Body Parts'



Alicia Tatone

"I was around 15 and a man approached me on the street, said he liked my shoes. I thanked him. He then began to list every other part of me he liked (legs, mouth, hair, everything), following me down the street as I tried to leave the conversation. First by politely excusing myself, then by breaking into a run."

"That was the first time I felt myself seen as nothing but a collection of body parts. It wasn't the last."

— Alicia Tatone is a graphic designer in Brooklyn, N.Y.

COP26 - HAS ANYTHING ACTUALLY HAPPENED?

BY HOLLY LARKIN

After the COP26 conference took place, many final goals and targets were agreed; but what were they?

On the 13th November 2021 the 'Glasgow Climate Pact' was published, with signatures from 197 countries- agreeing with this pact. Nations adopted the Glasgow Climate Pact hoping to turn the 2020s into a decade of 'climate action and support'.

The directions that will be taken to achieve this aim will include:

Emissions: It was decided that countries will meet later this year to approach further cuts to emissions of carbon dioxide. This is ultimately to keep temperature rises within their 1.5C goal.

Coal: For the first time ever at COP a plan has been put forward to reduce the amount of coal used to hopefully deflate the CO2 emissions; as coal is responsible for 40% of it.

Developing countries: This specific agreement pledged to increase money to help poorer countries cope with the effect of climate change. There was also a second pledge from richer countries to provide £72bn (\$100bn) a year, following this pledge a prospect of a 'trillion dollar' a year fund from 2025.

Fossil fuel subsidies: World leaders have agreed to completely phase out subsidies that artificially lower the price of oil, coal or natural gas; however no dates has been set.

US-China agreement: Due to being the world's biggest CO2 emitters, both countries have pledged to cooperate more over the next 10 years to cut down and switch to the use of cleaner energy.

Deforestation: Leaders from 100 countries have pledged to stop deforestation by 2030 due to containing 85% of the world's forests. This decision was based upon the fact that trees absorb CO2; making this pledge vital.

Methane: A scheme has been set and agreed to by 100 countries to cut down 30% of methane emissions by 2030 as its responsible for a third of human-generated warming. However China, India and Russia, the worlds 3 biggest emitters of methane, has joined this agreement but its hoped they will later.

Money: Financial organisations agreed to back 'clean' technology and direct the finance industry away from fossil fuel industries hoping to guide them to renewable ones.

Will countries meet their pledges?

Unfortunately, it hasn't been long enough to see the impact of these decisions fully yet and many counties will have to reach their commitments through their own policies; only the UK, Norway, France and New Zealand have legally committed to cutting down emissions.

LOVE HURTS, SO SCIENCE SAYS

BY JOSH BENAD-SMITH

As valentine's day approaches many are treated with gifts, affection and appreciation. However, along with the most romantic day of the year, it also becomes the loneliest. There is a saying which states that "Love Hurts", now this can be taken both metaphorically and literally. This article is going to discuss the latter and the physical impacts that heartbreak has on your body.

Although no injury is sustained, how come we feel pain when heartbroken?

Research shows that when reminiscing about losing your love, a large amount of activity is triggered in the brain, thus causing physical pain in addition to emotional distress. Forty people were analysed from New York City, all of whom felt "intensely rejected". Participants were told to look at old photos of friends, triggering positive thoughts, and photos of their exes, triggering negative ones. During this process their brains were scanned as they reported feelings of pain in their forearms. It was found that the same areas of the brain became active when participants felt either physical or emotional pain.

Heartbreak, although one emotion, seems to trigger many other emotions. It is almost addictive in the sense that these negative emotions still lead to us being compelled to go back over memories and old photos, making the feeling worse. Understanding why we feel, think and behave as we do is important. Many things happen in our brains when we are heartbroken, however there are three primary ways that have been found to impact us the most:

1. **Emotional Pain That Feels Physical**

Functional Magnetic Resonance Imaging (fMRI) scans of heartbroken people have revealed that heartbreak activates similar mechanisms in the brain to those activated when we experience physical pain. In some cases, emotional pain experienced was rated as “nearly unbearable”. On top of this, because physical pain rarely remains at high intensity for a long period of time, the pain of heartbreak can last months.

2. **Withdrawal Symptoms**

Other fMRI scans found that heartbreak activates the same areas in the brain that are activated when addicts are withdrawing from substances like cocaine and opioids. These withdrawals impact our ability to work, think and focus. Heartbreak must be looked at in the same terms as a recovering addict in the sense that we would not expect an addict to fully function at their job during withdrawal.

3. **Intrusive Thoughts**

It may be a mental image, a memory or some other cue. Each time a thought arises, it interrupts us, reminds us of emotional pain again, and triggers withdrawal symptoms. These intrusive thoughts can occur dozens of times an hour, setting us back significantly. Therefore, it shows how hard heartbreak is to overcome.

Overall, understanding challenges that people face when heartbreak occurs should allow us to deal and cope with it. We need to limit the number of times our lost love intrudes our minds, allowing for quicker recovery. It also raises the idea that more studies should be conducted to formulate better recovery methods for the important, yet ignored, tragedy of heartbreak.

OUR ENTERPRISING SIXTH-FORMERS

 @rubysbeautybarx



 @lashesbyrosief



 @millie.grace.art



THE LOVE GRACE CHARITY

**AN INTERVIEW WITH HANNAH O'CALLAGHAN BY HOLLY
LARKIN**

Grace Millane was only 22 when she was murdered by her Tinder date. The young adventurous Brit was on a backpacking tour for her gap year after just graduating from the University of Lincoln with a BA in Advertising and Marketing. The stay in Auckland, New Zealand was only meant to last two weeks; however it barely lasted two days. In her memory, Hannah O'Callaghan, Grace's cousin, has set up a charitable initiative to help women who have escaped violent living situations.

What is your charity about?

Love Grace is a charitable initiative that we set up in memory of Grace Millane who was murdered whilst backpacking in New Zealand in 2018. (We are hoping to become a charity this year). We are a group of family and friends. We collect new and lightly used handbags and fill with basic items that we take for granted: shampoo, conditioner, deodorant, toothpaste, toothbrush. We then cram as many luxury items in as we can, from make-up, body lotion, scarves, notebook, pens, facewipes, tissues etc. We give these bags to refuge services, hospitals and police stations so they can give to women who have escaped violent situations. Sometimes it is just put on their bed when they arrive in a safe house.

What are you hoping to achieve through your charity?

We aim to empower victims of domestic abuse, in memory of Grace Millane. Many of these women leave home with little notice, and few personal items.

They are very good at packing for their children but not themselves. We want to give them a gift to show that people care about them and they should believe in themselves as they matter. Each bag has all of the items from the basic list and then lots of other luxury items that we may take for granted.

We tie a tag onto each bag with a white ribbon, to show our support for the white ribbon charity – who aim to educate people on violence against women.

“What We Do”— White Ribbon UK

The logo is a flower Grace drew and her handwriting from a card to her mum. We have then written some information about Grace and what we are doing to remember her on the back, with the quote “Believe in yourself as you matter”.

We never thought we would hear from those who had received handbags but we quite often get messages of thanks. Some have never been allowed to wear make up, own a handbag or be in charge of their own money. Some have said it was their only personal possession at one time and it made them feel like someone cared and believed in them.

Grace loved a handbag, and we felt that it was a fitting tribute that brings a smile to someone’s face in her memory. We aimed to fill 50 bags, we have now filled over 10100 bags – we like to think of that as 10,100 smiles.

What would you need to achieve this?

We need any handbags and scarves that you no longer use that may be at the back of your wardrobe. Any toiletries that maybe you got as part of a 2 for 1 deal, gift sets you don’t use, make up that is unused but not your colour, or that you get free as part of a beauty box.

What time of year do your donations struggle the most?

We get quite a lot of donations before and after Christmas, as this is when people are clearing out and able to get extra items to donate. We struggled during Covid lockdowns as lots of our drop off points had to close or had restrictions in place. In the summer months we receive less, so we now have an Amazon wishlist (can be found on our website). We also collect hotel toiletries, so please pick them up whilst away and if you don't use them we would love them.

How can we help?

We would love you to think of us next time you clear out your wardrobe, or if you received a gift set for Christmas that you won't use, please donate to us.

Whilst we cannot accept monetary donations, we do have an Amazon wishlist, so you can see the items we need the most.

Can people organise a one time drop off zone for your gently used handbag donations?

Absolutely. We rely on the kindness of strangers who have set up drop off points around the world, and also those who run one off appeals. This allows us to get bags to more women in need, across a far wider area.

If you wish to donate to 'Love Grace' here's some things on their amazon wishlist:

- Deodorant (high priority)
- Shampoo + Conditioner (high priority)
- Hairclips
- Pouf bath sponge
- Wash cloth
- Body spray/fragrances
- Mascara + makeup
- Hairbrushes
- Soap
- Tissues
- Vaseline
- Hairbands

Please do **not** donate:

- Sharp items
- Sanitary products
- Pain killers
- Razors
- Contraceptives
- Alcohol
- Money
- Food
- Opened/damaged products

At Becket Keys we have organised a one time drop-off point to support Love Grace. We will be collecting donations from the **4th March**; Please send any donations to Reception.

If you wish to continue to support Love Grace in your own time, here are their drop-off points:

- * Club Kingswood, Clayhill Ln, Basildon, SS16 5JP
- * The Fox and Hounds Pub, Church Road, Ramsden Heath, CM11 1PW
- * Hemming Stores Too, Ramsden Bellhouse, Billericay, CM11 1RN
- * The Pyramid Centre, Heath Road, Grays, RM16 4XH
- * David Lloyd Southend, Snakes Lane, Southend-on-Sea, SS2 6XT
- * MRP Capron Solicitors, 68 Orsett Road, Grays, Essex, RM17 5EJ
- * Katie Vale Designs, Studio 18, Barleylands Craft Village, Billericay, CM11 2UD
- * Lincoln Student Union Reception, Brayford Wharf E, Lincoln LN6 7TS
- * The Barber Shop, 25 Commercial Row, Pembroke Dock, Pembrokeshire, SA72 6JN
- * First Site, Lewis Gardens, High Street, Colchester, Essex, CO1 1JH

IS ROMANCE DEAD?

HOW THE COVID-19 PANDEMIC HAS IMPACTED THE UK'S DIVORCE RATE

BY ELEANOR SAVINE

While the country spent much of 2020 speculating what was going on behind the scenes in 10 Downing Street, the spotlight was far away from what marital relationships looked like behind the rest of our locked-down front doors. Almost two years on from the beginning of the UK's first national lockdown, it is becoming clearer that coronavirus has not just negatively impacted our nation's health, but our love lives too. But how is it that our romantic lives have suffered so severely, and what evidence is there for this drastic decline?

The Office for National Statistics has recently released data suggesting that during 2020, 103,592 divorces were granted in England and Wales, which is a 4.5% decrease when compared to data from the previous year. However, this statistic can be deceiving, as it has become evident that this isn't reflective of the level of content that has been realistically experienced within marriages during this period. The point has been raised that while this decline is partially due to the effects felt by legal companies resulting from the repercussions of such a deadly pandemic, other personal and practical factors have come into play too. This dissatisfaction within marital relationships is highlighted by the fact that in the period of July to October 2020, as the country came out of the first national lockdown, the leading British law firm Stewarts logged a 122% increase in enquiries regarding divorce settlements. This actively demonstrates the practical and personal issues that have been faced which have contributed towards people's hesitation to file for divorce during the first lockdown itself.

To put this into perspective, a notable circumstance to consider is that hesitancy may have been caused by the uncertainty of how long the lockdown would go on for. This would determine how long an individual would be forced to live alongside their spouse, in an environment that would potentially be even more tense than previously if the prospect of divorce had been raised, so this provides clear reasoning for the sharp increase in divorce enquiries once people had regained more freedom through the relaxation of Covid restrictions later on in the year.

Various professionals and academics have contributed their research and hypotheses surrounding the matter of lockdown divorces. It has been suggested by psychotherapist, Noel Bell, that the pandemic has caused us to evaluate whether we're happy with who we're spending our lives with at a time when our existence seems so vulnerable. He says that "The pressures of the pandemic have reminded us all that life might be short and we are tasked to assess how, and with whom, we are spending our precious time."

Along with this, Glenn Sandström, a researcher of demographic history at Umeå University in Sweden, has explained that "The number of divorces has tended to increase without exception during economic downturns, at least since the Second World War." This is due to the fact that decreased income has the potential to cause disputes surrounding how to prioritise different types of consumption, adding to the pressures of the psychological strain caused by the challenge of making ends meet. As financial problems are a leading cause of marital strife at any given time, it is clear to see that the COVID-19 pandemic has catalysed these issues significantly. National lockdown resulted in nearly nine million people in the UK being furloughed in May 2020, meaning that they were only receiving 80% of their usual pay, and HMRC figures show that there were 820,000 fewer employees on company payrolls in November 2020 than in February 2020, prior to the beginning of the pandemic.

This can manifest as anxiety, anger, and frustration, ultimately making couples more susceptible to marital breakdown due to the impact that these emotions can have on behaviour, such as a higher likelihood of domestic violence taking place.

The cumulative effect of these varying circumstances therefore makes it unsurprising that the family lawyer, Georgina Chase, has reported that 30% of matrimonial enquires that she had received in this period had been from couples separating due to issues in their relationships being "exacerbated" during the lockdown, along with the fact that unreasonable behaviour was overall the most common given reason by those petitioning for divorce in both homosexual and heterosexual marriages in 2020. The vast range of difficulties experienced between romantic partners during the COVID-19 pandemic has brought to light the extent that the virus has impacted more than just our health. The findings that have already been unearthed raise the question of how social challenges such as this will continue to unfold in the years to come, leading us to ask ourselves that if the event of a pandemic can rock our world so much, what might future events have in store for us?

Produced by Amelie Ladlow and Isabel Gladding