

6sense



By Gabriella Bandeira

WRITTEN BY STUDENTS, FOR STUDENTS

inside



Life as a Vegetarian: Your Questions answered!



LGBTQ+ in Bollywood



Booksmart Review

6th Sense

6th Sense is proudly brought to you by the students of Clapton Girls' Sixth Form. All credit goes to the amazing students who contributed, from the incredibly thought-provoking articles to the detailed art pieces and photography.

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EDITOR'S NOTE:

Hi everyone!

The end of term is finally upon us - books, revision notes and flashcards aside, it's been one heck of a term. The whole sixth form has worked super hard during exam season (you should all be really proud!).

A special well done to the Year 13s as they've finished this year with astounding effort, your legacy will be remembered.

As for Year 12s, the future awaits!

This issue is packed full of interesting content: from articles on LGBTQ+ issues to information on how to improve our environment, there's isn't much that can't be said about this month's paper!

Happy reading!

Gabriella Bandeira

LGBTQ+ in Bollywood

Whilst LGBT+ relationships may still be misunderstood throughout the world, we should also recognise the efforts that are being made to ensure that they are visible in global media. One such film that does this is a recent Bollywood movie called 'Ek ladki ko dekha toh aisa laga' which tells the story of Sweetie Chaudhary's, a closet lesbians attempts to come out to her religious and traditional Punjabi family. Whilst Bollywood has previously portrayed gay relationships (satirically), this is a huge break through especially as the movie includes some of the industry's biggest names and is now available to an even wider audience on Netflix. With a real sense of empathy, this untraditional love story attempts to break down misunderstandings about being gay to show that love cannot be restrained by societal expectations and that sometimes just trying to understand someone can really help and support them.

Anisa Zaman



PRIDE 2019



PRIDE

understanding

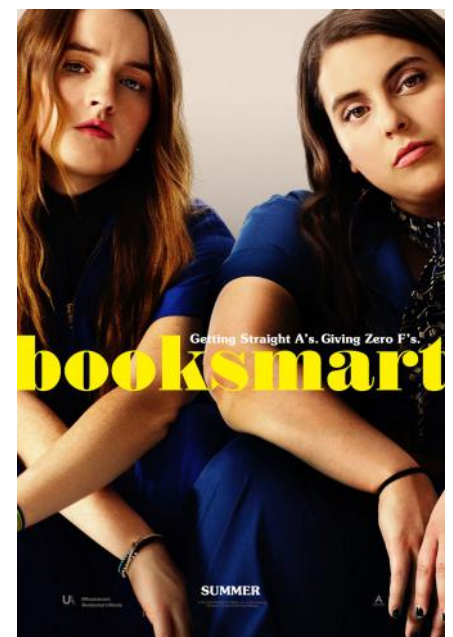
L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Trans-gender A person whose gender identity differs from their assigned sex at birth.	Transexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

BOOKSMART REVIEW

-By Maya JB

Booksmart is a rare coming-of-age movie that succeeds on every level. If you're looking for a light-hearted film with great humour, inclusivity, and a relatable plot, then look no further. It is a well known fact that school can create heaps of pressure on students, so how do we balance our education and social lives at the same time? Booksmart answers this question as it follows two over-achieving high school teenagers, Molly and Amy, as they seek to experience the lives of the 'cool' kids in one thrilling night. From an accidental drug trip to a horrifying cab ride with the principal, this movie is not afraid of giving an epic portrayal of teen life. Also... if you're in search of some LGBTQ representation that doesn't feel tacky and unrealistic, then please, grab your popcorn and enjoy this incredible representation

of different sexual orientations. My personal favourite thing about this specific representation, is that it never feels like Amy's sexuality is integral to her storyline, rather it is unusually presented as just a part of her and is treated as a non-issue. On top of that, instead of reducing any of the female characters to their sexuality, the director, Olivia Wilde, chooses to highlight the female lead's personalities; they are charismatic, charming, funny, loyal, and a whole host of other things. For a coming-of-age movie, Booksmart feels incredibly refreshing; it is an hour and forty five minutes of pure euphoria, and I promise you, it's time well spent.



Save our Environment!
Please make sure you recycle this.

FREEDOM IN COLOUR

By Kirah Rani-Bond

Although the event in June that we now know as the Pride Parade is deemed a celebratory and joyous event by most, the history of the parade has not always been so colourful..

The first riot that altered the treatment of the LGBT+ community broke out on June 28th 1969, at a gay club known as the Stonewall Inn. Not many people are aware that it was actually a black, trans woman by the name of Marsha P. Johnson, who was responsible for the Stonewall uprising. Johnson, a self-identified drag queen and prominent AIDs activist, had also co-founded the gay and transvestite advocacy organization S.T.A.R. (Street Transvestite Action Revolutionaries) and was a founding member of the Gay Liberation Front.

Located in downtown Manhattan, the club was regularly raided by the police, however, on the night of June 28th the customers decided to fight back. The protest that took place that night was integral to changing the treatment of LGBT+ people in the community. This small-scale protest highlighted the significant changes that needed to take place to make the American government and society more accepting of all people.

After the Stonewall riots, the first pride festival was organised in 1970, labelled the Christopher Street Liberation Day (CSLD), to commemorate the anniversary of the riots.

The Pride festival is now an annual event, celebrating and bringing together the LGBT+ (lesbian, gay bisexual, and trans) community.



Despite the upbeat nature of the Pride marches that we see today, it's important to remember in that the first march didn't include all of the decorations, music and colour we see now. Managing director, Chris Frederick, put it best, explaining that they "still call [it] a march to show [their] respects and commemorate the history of what these events started out as originally, we shouldn't forget the grim circumstances that brought us to today."

It was during the 1980s that many of the major cities in the U.S held a pride parade, and in the UK, the first parade was held on the 1st July 1972 (fittingly chosen as the nearest Saturday to the anniversary to the Stonewall riots) in London.

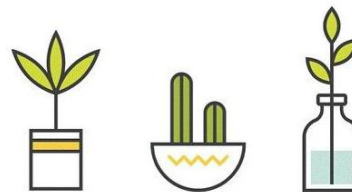
During pride there are several ways to celebrate the LGBTQ community such as, marching alongside other attendees, supporting behind the barriers, just dancing along to the festivities, visiting market stalls, (where you can buy LGBT+ flags) and being a part of the parade stages, where participants are dressed in drag costumes. You don't have to be extravagant to attend pride if that's not your particular style and can come in normal clothing, but if it is, feel free to be as fabulous as you want to be!

And finally, remember the importance of this event; to inspire change and emphasise the fact that it is more than ok to be different and to not only celebrate these differences but to embrace them.



11 WAYS TO REDUCE YOUR CARBON FOOT- PRINT THIS SUMMER

- Amirah Shaikh



Our climate is changing in a way that will soon be irreversible if we don't act now. Do your part as a citizen of this Earth and reduce your carbon footprint before it's too late.

1. Unplug Your Devices - unplug yourself from the digital world and try to appreciate this Earth. Go play some sports.
2. Drive Less and take the bus or walk - Whilst TFL isn't always reliable, it is certainly much better for your carbon footprint and for the planet's health. Or even just walk to places, experience London in a different way.
3. Stop Eating (or Eat Less) Meat - a lot of meat is unethically produced and full of chemicals.
4. Stop Fast fashion - buying new clothes is not always necessary. Appreciate what you have already and invest in more expensive clothes that last longer instead of consuming new clothes that are bad for the environment and also most probably contributing to unethical labour (Rana Plaza).
5. Get rid of plastic bags- get fabric ones! You can get them for free at open days or even buy them cheaply.
6. Have a plastic free day- be conscious of the plastic all around us, it's even in our toothpaste sometimes. Have you seen what happens to marine life?



7. Have a palm oil free day - watch Iceland's banned Christmas advert.

8. Plant a Garden - potatoes are extremely easy to grow and so are tomatoes, spring onions, lentils (especially mung daal), beans and even cucumbers.

9. Eat and shop local (and Organic) - help the environment and help our bodies. Commercial products are often full of processed ingredients or genetically modified. Transporting food from far away uses fossil fuels for fuel and for cooling to keep foods in transit from spoiling.

10. Line-Dry Your Clothes - make use of the sun instead of using a dryer and also save on electricity bills.

11. Research! Educate yourself and others on how to care for our planet before it's too late. Watch documentaries, go on marches, talk to people!

Collectively we need to reduce our carbon footprints for the better of the Earth. Carbon plays a significant role in climate change and its effects will soon be irreversible - act now because after all, there is no Planet B.

“It is still not too late to act. It will take a far-reaching vision, it will take courage, it will take fierce, fierce determination to act now, to lay the foundations where we may not know all the details about how to shape the ceiling. In other words, it will take cathedral thinking. I ask you to please wake up and make changes required possible.” Greta Thunberg

As a...

Vegetarian— By Gabriella Bndeira

As a vegetarian:

You asked, I answered!

Hi everyone, I wanted to do a little section this issue just to answer a few questions (asked by you!) on my life as a vegetarian. Here we go..



Recipes

When I make food, I usually make it in bulk, so never just one serving, since cooking everyday can be quite taxing. Some of my favourite recipes are pasta dishes, especially 1 pot ones. They're quick, nutritious, and most importantly: tasty. This includes lasagne since the sizes are really easy to change in recipes.

Also cheese is my best friend.

Others include stews; personally I find these super useful since you can literally put anything in... I mean anything: potatoes, leaks, carrots, onions, leftovers; you name it, I've probably put it in a stew. Mix and match! Break the food laws! I'm always discovering new combinations. The only thing that is a must when making a stew (for me) is the sauce/ base, and having some sort of protein. In terms of sauces, I'll link some below but my go to is tomato. Usually having some sort of twist with the seasoning. Protein sources range from Tesco's Quorn Bits to Linda McCartney's Onion and Rosemary sausages.

For the more adventurous, there's a vegetarian

style of a Brazilian dish called 'Feijoada'. It's super easy to make, to sum it up: rice, black beans, onions, and a source of protein (again link down below). In my case I use the Rosemary and Onion sausages, but Linda's Deep Dish Country Pies are never out of the question.

Honourable mentions:

P.S. Burgers are underestimated! I never tire of Linda McCartney's Mozzarella Burger. I've recently tried the Pulled Pork one too. It speaks for itself.

How long have you been a vegetarian?

About 2 or 3 years, time goes by!

Why did you decide to become a vegetarian?

Mine's a bit of a weird one, so bear with me...

So as many people do around Easter, I decided to give something up for lent, I decided that this thing this year was going to be meat.. As my Mum was already a pescatarian, this wasn't too hard at first. I continued to eat fish for a few months until I almost unconsciously gave it up. It was weird when I first realised that my meals didn't consist of any meat at all, but being a vegetarian wasn't hard to grow into whatsoever.



Raspberry (2 years old) Carrots (One month old)



Blueberries (2 years old)



Mint and Parsley (Four months parsley, three months mint)

Growing Your Own Plants

By Gabriella Bandeira

Hi everyone! I couldn't help making a quick little 'tip; and tricks' section for this issue on growing your own plants, I am new to this (!) but I've learned a few things that along the way that saved my plants (children) from disaster. Here goes!

Too much Water

If you've added too much water to your plants, don't fret, get a dry cloth and dry out the water. If you've really gone overboard (as I've often done) simply tip over the pot to drain some of the water out. For plants that aren't in pots, try to replace some of the wet soil with the surrounding dry ones, be careful that you don't rip the plants roots! This last method is hit or miss, so use it as a last resort. You can tell you've put in too much water if after a few days the top coat of soil on your plant is still wet.

Keep 'em Clean!

Dust is everywhere, I mean... Everywhere. When you clean your counters and things all the dust rises up and then falls back down again in the air, landing on the leaves of your pretty little plants. If left to thicken, this layer of dust builds up big time, and blocks that essential sunlight needed for growth. Get a tissue and wipe the dust off, a little effort goes a long way.

Cut away Old growth

Late winter is also time to prune your houseplants. They may have gotten leggy with the low winter light, but you also want to encourage new growth. If anything looks dry or dead, cut it as low as possible to make room for new shoots.

And remember, give them love!



Rosemary, Tomatoes and Strawberry leaves (All less than a month)

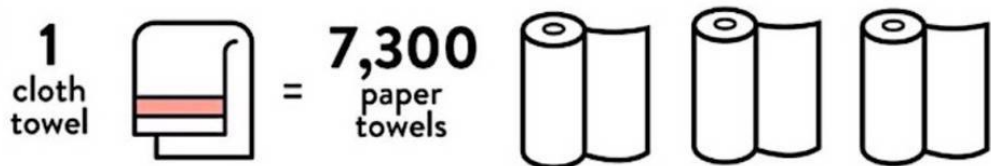
MEMES OF THE MONTH

He's been hiding what he did for two hours



EVERYDAY ITEMS THAT COULD 7 SINGLE-USE SWAPS AND THE TRASH YOU CAN SAVE IN ONE YEAR

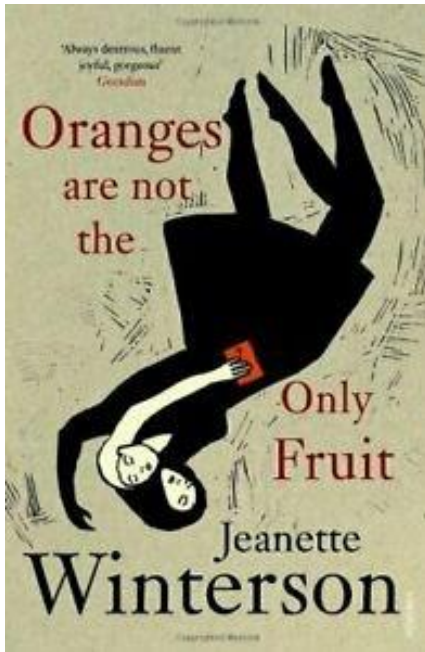
“THE PEOPLE WHO MAKE THE BIGGEST DIFFERENCE ARE THE ONES WHO DO THE LITTLE THINGS CONSISTENTLY.”



SAVE THE ENVIRONMENT

Books: In one sentence* - PRIDE edition

*(maybe more)

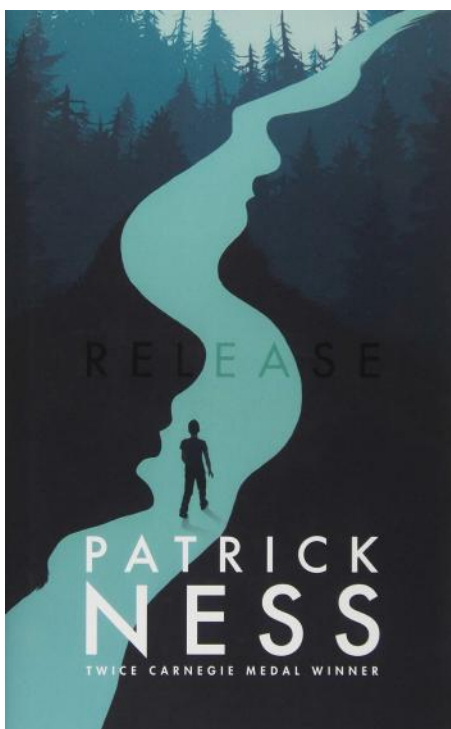
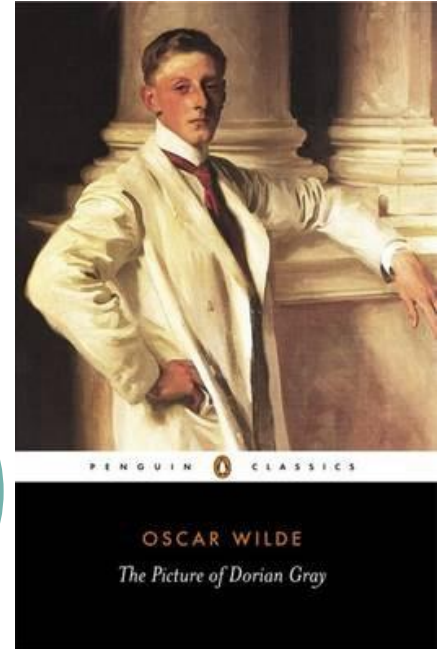


The mother of coming out novels, the absolute extreme ins and outs of being in the closet. Deeply emotional, hidden behind Winterson's carefully crafted dark humour. A favourite.

"She had never heard of mixed feelings."

Deeply littered in homosexual remarks, an interesting insight into what it was like to be gay and a novelist in the 1890s. A beautifully written work of fiction, shrouded in homosexual truth.

"Some subtle influence passed from him to me."

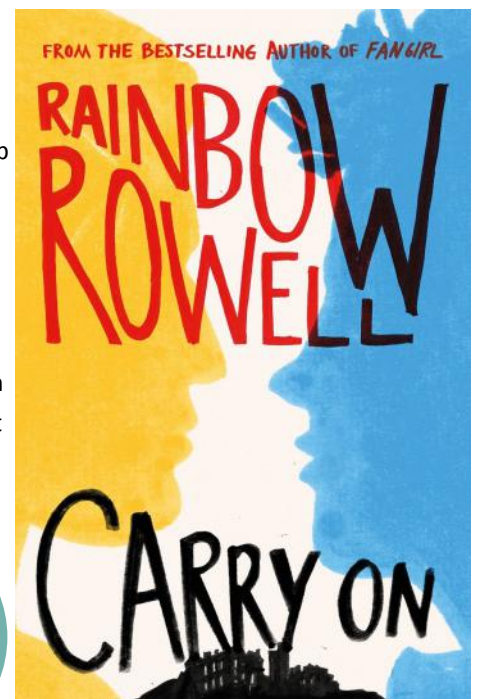


Stunning. The deeply enthralling story of protagonist Adams' struggle through youth, break up, and growing up in a strict religious home. Inspired by Virginia Woolf's Mrs Dalloway and Judy Bloom's Forever, this beautiful work of fiction comes out with a boom.

"Never pass up the chance to be kissing someone."

A budding friendship of love and disaster, this magical work by Rowell explores the relationship between the two main protagonists in a world where 'Simon Snow is the worst Chosen One who's ever been chosen.' It's as if a rom-com met Harry Potter; a light and enjoyable read.

"You were the sun, and I was crashing into you."



Psst- most of these books should be in the LRC, if not, just ask!

Support In Hackney



Lesbian? Gay? Bisexual? Trans? Queer?

Questioning your sexual or gender identity?

Aged 13 - 25?

Project Indigo is our LGBTQ youth group and counselling service for young LGBTQ people or for people who are questioning their sexual or gender identity. The service is free.

Our group gives you an opportunity to meet other young LGBTQ people in a supportive environment whilst having fun and making new friends.

We meet on Thursday evenings from 5.30pm to 7.30pm at Off Centre. If you would like to join the group, you're welcome to just come along, or you can get in contact with **Susy** by emailing indigo@family-action.org.uk.

Here are some of the things that people who come to the group have said about it:

"I was really scared to come the first time, as I didn't know what the people would be like and I'm not really out to my friends but everyone has been so welcoming and it has helped me loads so far."

"Hi, I'm someone in Indigo. It has been really helpful for me since I started to come to the Indigo project. It has helped me to be myself and to feel free to be who I am. It will be great to come and join the indigo group guys. Anything you are going through is the same as we are going through so come here and meet with us!"

"Project Indigo is a really awesome group. It has allowed me to explore and become the gender fluid I should have always been able to be."

"This group is a secure getaway from the outside world where you are surrounded by like minded individuals that you can empathise with and be your complete, found self."

Find out more

If you would like more information about our services please contact **Susy**.

Telephone: 020 8986 4016

Email: indigo@family-action.org.uk

Address: The Off Centre at Family Action, Unit 7, Textile Building, 2a Belsham Street E9 6NG (entrance on Belsham Street) - [Map & opening hours](#)