Artwork by Luc Schravesande

'BEING HUMAN: PAST, PRESENT AND FUTURE?'

D Block (Year 11) Academic Conference
Friday 28 September 2024

RUGBY SCHOOL

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6. Nicoleta Gutu (Avon Valley): In what ways does the internet affect young adults and how did it change society's perspective on education?
7. Thatcher Lai (Rugby School): How has the perception of time and gravity changed due to the theory of relativity?
8. Isabel Nelson (Rugby School): To what extent has the coronavirus pandemic impacted humanity?
9. Romina Razban (Holly Lodge): What can we learn about the discovery of the Cyrus Cylinder with regards to human rights and is it still relevant today?

10. Harnek Sahota (Rugby School): To what extent did fear motivate the drive to abolish slavery in the 19th Century
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1. Oliver Bose (Rugby School): How was the hole in the ozone hole tackled by world authorities?
2. Poppy Bower (Rugby School): To what extent will fast fashion affect the global economy and environment over the next decade?
3. Taissa Ferreria Martin (Holly Lodge): To what extent has clothing historically been used to denote status in society, is this still happening today and will it happen in the future.
4. Kristof Karolyi (Avon Valley): Is dystopian literature a prediction of where today's society is headed, or are we already there?
5. Ava Mousley (Rugby School): Are prisons a successful way to reduce crime?
6. Isaac Ngan (Rugby School): Why did China cede Hong Kong to Britian?
7. Ava Perry (Holly Lodge): How have the changing attitudes towards domestic violence targeting women impacted the western society within families and relationships?
8. Emilia Pitcher (Rugby School): Being Human, Past, Present and Future: Will Machine Learning and Artificial Intelligence Force People to Redefine their Ideas on What it Means to Be Human?
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11. Sammy Wakayu (Rugby School): Total Human Rights: Being Human: Past, Present and Future

CARROLL ROUTE

1. Byron Brett (Rugby School):
2. Saskia Cutts (Rugby School): To what extent does climate change effect atmospheric pressure?
3. Isla Greenway (Holly Lodge): Is being transgender a modern trend or is it simply one of the many ways in which we are human?
4. Archie Parker-Jones (Rugby School): What does Cricket tell us about being Human?
5. Ruby Romao (Avon Valley): How has the production of art been manipulated throughout history to influence the ideals of the public and where is it going?
6. Jennifer Rossiter (Avon Valley): Why Are Seances and Exorcisms Treated Differently in Religions from the Past, Present, and Future?
7. Milly Selby-Jerrold (Rugby School): Which Is the Most Effective Type of Renewable Energy: Wind or Solar?
8. Arya Sharma (Rugby School): How has war affected humans in the past?
9. Satvik Sonti (Rugby School): Essay Question: How do different diets, such as low -carb, high-protein, high-sugar and low-fat, affect students' academic performance?
10. Ellie Taylor (Holly Lodge): How have rights for women affected the education system and quality of life for women in Afghanistan?
11. Suki Chen (Rugby School): Discussing the impact of social media in shaping and exploiting human social behaviours

LAWRENCE SHERIFF ROUTE

1. Eryn Abbey (Holly Lodge): What is the impact of improvements in medical care on the lives of type 1 diabetics and what does the future hold?
2. Eesah Arif (Rugby School): What ethical dilemmas have been caused by the introduction of new medical techniques and what lessons can we learn from the past?
3. Will Bury (Rugby School): How does luck impact the way that humans are viewed to be moral or immoral?
4. Diya Dhokia (Rugby School): Animals: Friends or Food?
5. Skyla Diamond (Rugby School): How did British colonization lead to cultural loss, and what have been the lasting impacts on the identities and traditions of colonized societies?
6. Kit Howells (Rugby School): How did historical events of the 20th century affect the evolution and culture music in UK and US
7. Jessica Hubbock (Holly Lodge): Has the gradual raising of the school leaving age been successful in increasing social mobility in England since 1880?
8. Aurelia McGreevy (Rugby School): How has the phone hacking scandal effected people? And how will it affect them in the future?
9. Cassie Rodgers (Rugby School): Why do languages have shared words?
10. Nicole Tackie (Avon Valley) : DNA Mapping and the ethics involved.
11. Sam Taylor (Rugby School): To what extent have the advancements of drugs increased cheating in sport?

RUPERT BROOKE ROUTE

1. Lexi Bruns (Holly Lodge): To what extent has legislation over disability improved the lives of disabled people in the UK?
2. Bella Fieldhouse (Rugby School): What effect can appearance have on human behaviour?
3. Joe Jaggard (Rugby School): How does social media effect social interactions between teenagers?
4. Niyati Joshi (Rugby School): How have beauty standards shaped perceptions across Asia?
5. Monika Kongor (Holly Lodge): Has the traditional conflict between science and religion held back society and will there be a coming together in the future?
6. Isaac MacColl (Rugby School): How did/does/will money affect football as a played sport, on a professional level?
7. Florrie McKenna (Rugby School): What is the main factor that has influenced the growth of F1 in the past 2 decades?
8. Max Taberner (Rugby School): Where did Hitler take inspiration for the Aryan race, and how did this influence his leadership and the German people and what is its significance now?
9. Kohaku Saito-Durdey (Rugby School): Is it possible to live in a socialist world where the inequality is significant?
10. Fleur Topham (Rugby School): How has our appreciation of essentials in life changed over time, both in the old world and the modernised?
11. May Wu (Rugby School): Is a New Golden Age in Medicine About to Emerge?

1. Nandini Chand (Holly Lodge): To what extent can it be argued that human nature inherently differs from all other species? Has this always been the case?
2. Scarlett Hammon (Rugby School): Asses the problems Mars poses to humans
3. Diamond Kayode-Osunlana (Rugby School): Why Do Teenagers Care So Much About What People Think of Them?
4. Bertie Mayhew (Rugby School): What was Banking like in ancient civilisations and how has it developed since?
5. Billy Morrison (Rugby School): Should prosecuted criminals go to prison (in Britain)?
6. Francesca Odueyungbo (Holly Lodge): How does music reflect the progression of modern society?
7. Eva Passemard (Rugby School): Does rioting give humans an opportunity to express their true beliefs?
8. Phoebe Rogers (Rugby School): How has NATO effected the political state of Europe since its formation?
9. Thomas Yan (Rugby School): Economics-2
10. Preethika Yedla (Rugby School): How do the skills children gain through extra-curricular activities impact their approach to work in the future?
11. Charlie Walton (K): How does the Geneva Convention and Christian teachings address the possibility of achieving lasting peace among humans, and do they suggest that war and conflict are inevitable or preventable?

RUGBY SCHOOL

D BLOCK (YEAR 11) ACADEMIC CONFERENCE

'BEING HUMAN: PAST, PRESENT AND FUTURE?'

PROGRAMME

FRIDAY 27 SEPTEMBER 2024

TIME	EVENT	VENUE
08:30	**Arrival**	Collingwood Centre Foyer
09:00	**Welcome**	Collingwood Centre Hall
09:15	**Keynote 1** *Mr Ilia Kurgansky: 'What is the Point in Being Human?...'*	Collingwood Centre Hall
10:00	**Seminar session 1**	Various classrooms
10:45	**Break**	Collingwood Centre Café
11:15	**Seminar session 2**	Various classrooms
12:00	Lunch	
13:30	**Keynote 2** *Dr Steve Tibble: 'Being Human - The Crusader Criminal Crimewave Case Study'*	Collingwood Centre Hall
14:30	**Seminar session 3**	Various classrooms
15:15	**Seminar session 4**	Various classrooms
15:45	Thank you & depart	Collingwood Centre Hall

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KEYNOTE SPEAKERS

Key Note 1: Mr Ilia Kurgansky

Ilia Kurgansky is the Master in Charge of Things with Buttons and Senior Laptop Whisperer at Rugby School. He is also a Computer Science and Mathematics teacher. Ilia firmly believes that being a human is exhilaratingly fun and wouldn't have it any other way. He has previously worked at independent schools around the world, including South Korea and Berkshire. Ilia has an MSci in Theoretical Physics from Imperial College London, and a PGCE from Buckingham University.

Key Note 2: Dr Steve Tibble

Dr Steve Tibble is a graduate of Cambridge and London Universities, and is a research associate at Royal Holloway College, University of London. He is one of the foremost academics currently working in the field of the crusades. His latest books, *'Crusader Criminals'* (2024) and *'Templars - The Knights Who Made Britain'* (2023), have been published by Yale University Press to wide acclaim. Other recent publications have been similarly highly praised and include *'The Crusader Armies'* (Yale, 2018) and *'The Crusader Strategy'* (Yale, 2020, short-listed for the Duke of Wellington's Military History Prize). He is the author of the warfare and strategy chapters in both *'The Oxford Illustrated History of the Crusades'* and *'The Cambridge History of the Crusades'* (forthcoming, 2024).

RUGBY SCHOOL

D BLOCK CONFERENCE 'BEING HUMAN: PAST, PRESENT AND FUTURE?'

SEMINAR TIMETABLE

FRIDAY 27 SEPTEMBER 2024

	SEMINAR SESSION 1 10:00-10:45	SEMINAR SESSION 2 11:15-12:00	SEMINAR SESSION 3 14:30-15:15	SEMINAR SESSION 4 15:15-15:45
The Old Chapel Boomer Route	Hattie Thompson (B)	Maral Dehkharghani (HL)	Cee Butters (B)	Isaac Li, Oliver Tomasiak, Eleanor Battersby (SG)
	William Davies (SF)	Harvey Nix (T)	Imogen McLaughlin (S)	Toru Takanuki (M)
	Connie Wallis (AV)	Albert Xu (SHF)	Anu Johnson (AV)	Annabel James (Tu)
CC8 Butterfield Route	Geroge Bell (T)	Ellie Flemming (AV)	Bea Campbell-Johnston (RB)	Florence Wheeler (Tu)
	Lamis Elemam (HL)	Isabel Nelson (S)	Romina Razban (HL)	Nicoleta Gutu (AV)
	Libby Barber (B)	Thatcher Lai (SF)	Harnek Sahota (T)	
CC9 Caldecott Route	Ava Mousley (B)	Taissa Ferreria Martins (HL)	Poppy Bowyer (S)	Ava Perry (HL)
	Oliver Bose (T)	Isaac Ngan (SF)	Kristof Karolyi (AV)	Sammy Wakayu (W)
	Aryan Sevak (T)	Kayleigh Turner (AV)	Emilia Pitcher (Tu)	
CC10 Carroll Route	Arya Sharma (SF)	Archie Parker-Jones (T)	Isla Greenway (HL)	Jennifer Rossiter (AV)
	Ellie Taylor (HL)	Ruby Romao (AV)	Milly Selby-Jerrold (S)	Saskia Cutts (D)
	Suki Chen (S)	Satvik Sonti (T)	Byron Brett (T)	
CC10 Lawrence Sheriff Route	Will Bury (T)	Kit Howells (M)	Diya Dhokia (S)	Skyla Diamond (D)
	Eryn Abbey (HL)	Aurelia McGreevy (B)	Nicole Tackie (AV)	Cassie Rodgers (S)
	Sam Taylor (T)	Jessica Hubbock (HL)	Eesah Arif (SH)	
CC5 Rupert Brooke Route	Florrie McKenna (B)	Niyati Joshi (S)	Max Taberner (SH)	Joe Jaggard (T)
	Fleur Topham (S)	Bella Fieldhouse (Tu)	Kohaku Saito-Durdey (SHF)	Monika Kongor (HL)
	May Wu (G)	Isaac MacColl (M)	Lexie Bruns (HL)	
CCMR Webb Ellis Route	Thomas Yan (SHF)	Bertie Mayhew (K)	Scarlett Hammon (Tu)	Phoebe Rogers (B)
	Eva Passemard (S)	Preethika Yelda (S)	Billy Morrison (T)	Charlie Walton (K)
	Nandini Chand (HL)	Francesca Odueyungbo (HL)	Diamond Kayode-Osunlana (S)	

AV – Avon Valley School & Performing Arts College students
HL - Holly Lodge Girls' College students
SG – Skegness Grammar School

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BOOMER ROUTE

1 Cee Butters (Rugby School): How has human use of language evolved and how will it continue to in the future?

The language that we know and speak today has evolved for hundreds of thousands of years, it is a culmination of evolution and adaptation that has brought us to speak these words. Language is ever changing and growing, with 'slang' becoming increasingly popular and the sheer scale of social media which has led to the constant changes to our dialect. Language gives identity and with that comes linguistic, cultural and social differences that can be seen from country to country and within that community to community. We can see these differences on small scales; for example, accents vary as you move around the country, from the Liverpudlian scouse accent to the London east end cockney intonation. As language changes we see how it coincides with the principles of human evolution: variation, inheritance, selection and time (The University of Kansas Natural History Museum (2014)). This essay aims to explore the causes of changing language and evaluate how language will continue to adapt and evolve to suit society.

A study on 'American college slang' carried out by Connie Eble (1996) defines slang as 'a colloquial vocabulary that creates solidarity within a social group or affiliates speakers with a trend in society.' The societal objectives of denoting informality, expressing inventiveness or playfulness, and exhibiting irreverence or even the rejection of formal conventions are also frequently included in definitions of slang. This starts to build an image of how and why slang is used and evolves. Slang tends to evolve from experience, it becomes relevant through cultural or social references, usually because of social media which allows slang to spread. Slang can create a sense of exclusivity and can make a group of people unique and identifiable, like spoken languages. Here we can see how language makes us human; we have adapted language to suit us and have twisted it in order to use it to our advantage. Originally slang was created in the 18th century by criminals as a sort of anti-language used to exclude outsiders or secretly communicate. It was formerly known as Pedlar's French (which translates as thieves in Latin, further highlighting its original use between criminals) before it became more commonly known as slang in the 18th century.[1] We can gather that slang has similar intentions now, that it is still used for easiness of communication with other slang users and street slang used particularly in gangs can be used to baffle or confuse other gangs, almost acting as a secret language. Therefore, we can gather that slang evolves due to its constant use, it is always changing as it is imperative for it to evolve as it becomes more widely used.

Social media and technology play an incredibly important role in the evolution of language. Using data from Maine University (April 2023) the figures shown conclude that:
1. There are 4.8 billion social media users worldwide, representing 59.9% of the global population and 92.7% of all internet users.
2. There were 150 million new social media users between April 2022 and April 2023 – a 3.2% increase year-over-year.
3. The average time spent on social media daily is 2 hours and 24 minutes.

From these astonishing figures we can really see the huge scale that social media platforms operate at. The sheer scale of these numbers highlights how people rely on social media as part of their life. The figures state that on average 2 hours and 24 minutes is spent on social media each day. Social media is an example of how connected we are as a race, we continue to develop social medias to evolve to keep us linked. Humans operate with a 'mental dictionary' this is customary to the individual and is based on their individual experiences. Using evidence from a study carried out by Nichol Castro (November 2023) by monitoring the activity of the brains of 24 college students while they named photos, researchers were able to plot the temporal course of word retrieval. They discovered proof that participants made word choices 200 milliseconds after viewing the image. This evidence puts into perspective how quick the human brain processes information, because of the human brain's quick nature we can gather that through the use of social media language spreads and evolves at incredulously high rates and that through the continued use of social media that language will experience irrevocable effects through the spread of slang, the invention of new words and the change in meaning of others. Words are not introduced to our language completely developed or complete. Over time, a term's meaning changes, altering our comprehension and perception of it. A prime example of this is the term "nerd."[2] The word was originally used as a derogatory phrase to disparage those who were introverted around people, or outsiders. Today, being a nerd is synonymous with having

"reliable expertise," which is an important development in the information era. A portion of this shift can be attributed to the achievements of trailblazers like Bill Gates and Steve Jobs, whose businesses now employ billions of people and possess an unprecedented amount of data about our daily lives. This concludes that through social media and technology language evolves and spreads at a much higher capacity than if it weren't for these technologies.

Language has been evolving for thousands of years, it has been constantly changing since the first humans on Earth. There have been many theories suggested as to how language has developed scientifically, and language theorists have concluded that there are six main principles in which the sounds and phonetics are created. The first on is Bow-Wow which mimics the bark of a dog, this leads to the phonetic spelling of 'Bow Wow.' Secondly Ding-Dong which suggests that language, words and individual sounds are all connected through nature, certain sounds that are applied more frequently to phenomena, such as honking a car horn. The third theory, 'Pooh-Pooh' claims that language was created through spontaneous sounds such as 'ouch.' La-la is the fourth theory developed by theorists which suggests that language evolved from sounds early humans made through playing and singing. Ta-ta is a theory that believes that language was created from trying to use our mouths to create sounds to imitate physical gestures. Finally, Yo-He-Ho, this theory suggests that language is derived from the sounds that we make when we exert ourselves physically. From whatever theory we choose to believe, we still all communicate through language. As accents vary from place to place since people tend to live and communicate in different delineated communities[3] we can still understand each other. This also indicates how humans hone in on language, creating new words and phonetics based of their own experiences. Being human involves adapting and evolving not only ourselves but language to suit our needs.

Therefore, we can extrapolate that as society moves forward and perpetuates change language will also alter. As we can see from the data presented on social media and technology that there is such a huge void and potential for words to spread, for slang to jump from generation to generation as new words are created and existing words change in meaning. Accents create uniqueness in our country, as they keep on developing, the true language with its phonetics will not alter due to their core existence in our language. Our dialect has changed and will change, it is spoken today because as humans' communication is important and without language, we would not be the society and the world that we are today.

2 William Davies (Rugby School): Short form content and its effect on film

Short form content is defined by SEMrush (an American organization that deals with information and definitions on technological advancements) as being "any content that's easy to consume". This definition implies that short form content only has negative implications and that it is some sort of mental shortcut into a seemingly artificial happiness. However, not only is the belief that short form content cannot be beneficial for anyone false, but so is the belief that short form content is a modern invention. Short form content as most people may know it comes in the form of videos on Instagram, YouTube shorts and TikTok lasting from around fifteen to sixty seconds on average. This sort of short form content has been around since the early 2010s when Vine (a trend where people posted short, comedic videos on YouTube) became popular. However, short form content spans across a wider array of platforms other than just social media. Apps such as Facebook and twitter have been around since less than ten years after the dawn of the internet. Now despite not traditionally being known for having fifteen second entertainment videos, it does create an easier and shorter way of viewing content such as messages and news stories. Thus, showing that according to the definition given by SEMrush, these apps also count as short form content, so all older generations claiming they would never fall for the "content that's easy to consume", they most likely have.

There are many forms of physical media which have been around even longer such as tabloid newspapers. Tabloid newspapers contain gossip worthy and often exaggerated stories that are specifically designed for the average (and often below average) human mind. Writers of these Tabloid magazines are even given a limited vocabulary that they are permitted to use so that the article is accessible to all levels of intellectual prowess and reading skills. We can even trace short form content to the times of Shakespeare and his works, more specifically, his Sonnets. According to 'Google Arts and Culture', Sonnets must consist of three stanzas of four lines each and then a couplet (two lines) to end the poem, meaning the poem has only fourteen lines. Although now we do not consider poetry to be short form content at all, back in the 17th century, it could be considered a more accessible and simple way of reading Shakespeare's great works. At this point you may be questioning where to draw the line at what counts as short form content, poems and songs however I believe do not fall under this category because often they require a more thorough reading to understand their true meaning.

Now that we have distinguished roughly what counts as short form content, we must now move on to the more pressing matter of the physical complications that prolonged exposure to short form content can cause to ones brain. In our bodies we produce hormones, these can range from vital such as the fight or flight adrenaline response to the more positive emotional reactions which I will be talking about now. 'Dopamine' is a happiness hormone which is released from the Hypothalamus in the brain. It is released whenever we show interest in something but the amount released will vary depending on the stimulus represented before you. For example, if you are given a present, someone compliments you, or you are watching an intriguing film, your dopamine levels will be higher than when you are watching a fly on the wall. Apps such as Tiktok and Instagram are specifically designed for the sole purpose of giving you the highest amount of dopamine possible in as short a time as possible. These apps do this by creating a 'For You Page' which uses an algorithm to give you a constant feed of videos related to subjects that you find interesting. Tiktok is especially addictive in this sense because the constant feed of videos that are selected because you find them interesting can alter your perception of time which is why it is so easy to find yourself scrolling for hours on end without realising. An example of a typical Tiktok video nowadays may be a comedic skit. You are probably thinking, but surely that can't be too detrimental, what if I told you that it is usually accompanied by some Subway Surfers (a mobile game) game play, some sped up Family Guy clips (sped up because it is easier to get the dopamine hits), and maybe some 'satisfying play dough' video, all of this on one screen at once. Users will not notice how bad it is that they are consuming this type of content unless they take a proper step back and look at the multiple, dopamine grabbing screens in front of them. If you showed a video like this to a Victorian child, they would probably faint with the utter over stimulation. Dopamine is a drug. It is addictive, the more you take, the more you will need the next time. Dopamine addiction is by far the most prominent addiction in the western world, far surpassing the likes of alcohol and nicotine, partly because it is so accessible to all ages.

Now you may be wondering why having a dopamine addiction is so bad. According to the Brown University school of public health, a study investigating the impact of social media carried out in Thailand across thirteen different companies found that workers that spent more time on social media, struggled more with mindfulness (being in the present moment and clearing one's mind). This could be the reason that so many kids nowadays are being diagnosed with mental issues such as depression and anxiety. It's not because the modern generation are weaker than previously, it is because the overstimulation in our environments from a very young age can decrease our ability to clear our minds and simply stop worrying. The National Library of Medicine (an official US government website) states the link between drug use and decreased IQ and cognitive abilities. Although Tiktok and Instagram are not exactly marijuana or crack-cocaine, they still have the same dopamine producing effect, just in smaller doses, so although the short form content will not be as fast to deteriorate your brain as hard drugs, it is very possible that it will have the same intelligence decreasing effect over a longer period of time.

Another problem with short form content is that it is now affecting other forms of media and art which have been around for much longer such as novels, television, poetry, theatre and movies. I will be focusing on film because it is a subject which I have a lot of interest and love for. I will start by saying that by no means has film completely died; there are plenty of modern masterpieces that have come out in just the last five years: The Irishman, The Dune Saga, Once Upon A Time In Hollywood, and Oppenheimer. However, I also believe there are some films which have come out recently which have been overlooked because of problems related to dopamine addiction. Martin Scorsese's most recent film Killers of the Flower Moon was received well by critics, however, it hardly managed to reach an audience because of its runtime which exceeds three hours. In the past, Scorsese has made multiple epics over three hours long including Casino, the Wolf of Wall Street and the Irishman, the latter of the two being the only three hour films released in the 2010s aside from Avengers Endgame. Films nowadays have subtly changed so that they are better suited for the average person's decreased attention span. Directors nowadays must meticulously choose each frame to regain the attention of viewers much more than they did thirty years ago. They must also capture the emotion of a character and display it effectively to the audience in a much shorter timeframe. The scenes are shorter, the cuts between takes are more frequent, the story must move faster. All of these factors make film making incredibly difficult and require almost genius writing and storytelling which is why successful directors such as Christopher Nolan and Dennis Villeneuve have IQs upwards of 150 which is close to Einstein's level of genius. The reason that some older films remain popular today is that due to the skill of their directors. Martin Scorsese's films remain popular because of their 'trailer-esque' storytelling which keeps us gripped the whole way through, Tarantino's electric dialogue manages to get us hooked into a conversation between two characters even if it has no effect on the story itself. Francis Ford Coppola's Godfather trilogy is a timeless piece of art which captivates the epic story of Michael Corleone which is arguably the single greatest character arc in fiction. The reason is it still seen by all who watch it as one of the greatest films ever is not just because of its story or characters but because of its ingenious cinematography which uses different types of takes to best display the story to the audience, even if it is subconsciously. For example, the first film of the trilogy ends with a shot where Kay (Michael's wife) watches her husband discuss his malevolent and violent business with his associates through a semi closed door, it feels like we are watching from the perspective of Kay and we feel her anxieties of her husband becoming distant and changing for the worse as he falls deeper into his life of crime. This shot perfectly summarises Michael's character development and tells the audience a lot about the nature of him and Kay's relationship's deterioration without giving us a longer and possibly boring explanation. Even if the watcher doesn't take time to think this, there is still a subconscious message that saves boring dialogue, therefore shortening the film making it accessible to people of all attention spans even today. This clever use of cinematography is why the Godfather, and some other classic films remains to this day, one of the most popular films across many age demographics so its reputation remains untouched by the younger generations claiming it not to be as good as it is thought to be.

In conclusion, although short form content is something which has been around for a lot longer than most people think, it is only in the last five or so years where it has spiralled out of control and is now really affecting our brains. If we do not pace ourselves with the amount of content we are exposed to then we will only increase our level of dopamine addiction and our reliance on it in greater amounts for our happiness. We have already seen a slight change in industries such as movies which are now designed to hold our attention now that our attention spans are

shorter. Crucially, this is something which now is out of our control, and we most definitely will not be able to prevent the world from going down this path. We will continue to spend time on our screens all throughout our younger years, then only in our older age, after we have lost the gift of youth will we realise how much time we will have wasted indoors trapped inside our phones watching garbage content dripping with artificial dopamine when we could have been out experiencing the earth for all its more subtle and gentle beauty.

3 Marai Dehkarghani (Holly Lodge): Has the western diet contributed to the decline of children's hygiene maintenance, and will this pose a future threat?

Dental caries, also known as tooth decay or cavities, is a common issue affecting both children and adults. It is becoming more prevalent in some developing nations due to the increasing consumption of unhealthy foods commonly found in Western diets. Tooth decay is caused by bacteria in the plaque on your teeth, sweet foods and drinks, and a lack of oral hygiene.1 There is a marked increase in the prevalence of dental caries. If remedies are not initiated, there could be a serious negative impact upon the future oral health.2

Dental hygiene, refers to the practices employed to uphold the health of teeth and gums. This includes regular brushing, flossing, and other routines aimed at eliminating plaque and bacteria, which as a result, decreases the chances of getting a gum disease or tooth decay. It is crucial to prioritize these habits to ensure optimal oral health and prevent dental problems in the future (Moynihan, 1995). The Western diet, characterized by high sugar intake, processed foods, and acidic beverages, has a significant effect on dental disease, particularly dental caries and erosion. The frequent consumption of free sugars and dietary acids contributes to the demineralization of enamel and increases the risk of developing dental caries.
(Moynihan and Petersen, 2004). Additionally, the Western diet often lacks sufficient fruits, vegetables, and non-starch polysaccharides, which are associated with better oral health outcomes. These dietary choices foster an environment conducive to the proliferation of cariogenic bacteria in the oral cavity, which metabolize sugars and produce acids that erode tooth enamel.

Consequently, this decline in children's dental hygiene maintenance is alarming and warrants further investigation Moreover, the consumption patterns associated with the Western diet are often accompanied by a lack of education regarding proper oral hygiene practices (Moynihan and Petersen, 2004). Many children indulge in sugary treats without sufficient understanding or reinforcement of effective dental care routines such as regular brushing and flossing.

This lack of awareness is exacerbated by marketing strategies that promote unhealthy food options while neglecting nutritional education. As a result, children may not develop adequate habits for maintaining their dental health, leading to increased instances of cavities and gum disease (Moynihan and Petersen,2004). If current trends persist without intervention, there is a substantial risk that these factors will pose a future threat not only to individual health but also to public health systems at large. Increased rates of dental issues can lead to significant healthcare costs and diminished quality of life for affected individuals (Moynihan, 1995). Thus, addressing the implications of the Western diet on children's dental hygiene through comprehensive educational programs and policy changes is essential to mitigate this looming crisis.

There is a significant relationship between dietary sugars intake and dental caries levels in children, with both the total amount of sugars consumed and the frequency of sugary food intake being associated with caries development. Studies indicate that higher sugar consumption, particularly in-between meals, correlates with increased caries increment, even when controlling for fluoride use and oral hygiene practices (Moynihan and Petersen, 2004). Overall, both the amount and frequency of sugar intake are important factors influencing dental caries in children (Moynihan, 1995).

Dietary factors associated with dental erosion in children include frequent consumption of acidic foods and beverages, such as citrus fruits, soft drinks, vinegar, and sports drinks (Moynihan, 1995). Studies have shown that the frequency of intake is a more critical determinant of erosion than the total amount consumed. Additionally, eating disorders and gastro-oesophageal reflux can also contribute to dental erosion due to intrinsic acids. Suggested solutions to prevent dental erosion include limiting the intake and frequency of acidic foods and beverages to reduce exposure to erosive agents. Promoting the consumption of non-acidic, nutrient-rich foods, such as fruits and vegetables, can help protect dental health. Additionally, ensuring adequate fluoride exposure through toothpaste

and water, along with educating individuals about proper oral hygiene practices, is essential for prevention (Moynihan and Petersen, 2004).

Dental caries prevalence in children has shown significant variation over time. In recent studies, high rates of caries have been reported, with over 50% of children aged 5-9 in the U.S. having cavities, and similar trends observed in other countries, indicating a concerning increase in dental caries compared to previous decades. For instance, a longitudinal study in Mexico showed a 20% increase in caries prevalence in just 18 months, highlighting a reversal of previous declines in dental health(Moynihan,1995).

Over the years the lack of access to systematic oral health care , preventive programs and socioeconomic disparities and inadequate dental care access has exacerbated the prevalence of dental caries in lower class populations throughout 1800s -1900s. The overall lack of public health infrastructure further hinders effective prevention and treatment efforts (Moynihan, 1995).

To minimize dental disease in children, it is crucial to implement strategies that include reducing the consumption of free sugars to a maximum of 10% of energy intake and limiting sugary snacks and drinks to no more than four times per day (Moynihan, 1995). Promoting regular dental check-ups, effective oral hygiene practices such as brushing with fluoride toothpaste, and ensuring adequate fluoride exposure through community programs are also essential. Furthermore, educating parents and caregivers about the importance of nutrition and its impact on oral health can significantly contribute to preventing dental diseases in children (Moynihan, 1995). Fluoride exposure significantly impacts dental caries prevention by enhancing the resistance of teeth to demineralization and promoting remineralization of enamel after acid attacks (Moynihan and Petersen, 2004). It incorporates into the enamel structure, forming a more stable fluorapatite that is less susceptible to acid damage. Regular exposure to fluoride through drinking water, toothpaste, and other dental products has been shown to reduce caries incidence by 20 to 40%, contributing to the decline of dental caries in populations with widespread fluoride use.

In the past , patients would carved dentures from bone or ivory to replace their old teeth as it would give a natural appearance, now healthcare has evolved significantly to help prevent dental caries through the introduction of public health initiatives such as water fluoridation, the use of topical fluoride treatments, and the promotion of oral health education programs. Advances in dental technology, including the development of dental sealants and improved diagnostic tools, have also enhanced preventive care. Furthermore, increased awareness of dietary impacts on oral health and the establishment of regular dental check-ups have contributed to better prevention strategies compared to the past (Moynihan and Petersen, 2004).

Dental professionals can help by providing education on the importance of nutrition and its impact on oral health, emphasizing the role of a balanced diet in preventing dental diseases. They should also promote regular dental check-ups and preventive care, such as fluoride treatments and sealants, to protect against caries and erosion. Additionally, dental professionals can collaborate with other health professionals to create comprehensive health programs that address dietary habits and oral hygiene practices in the community (Moynihan and Petersen, 2004).

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"Good governance never depends upon laws, but upon the personal qualities of those who govern. Government machinery is always subordinate to the will of those who administer that machinery. Therefore, the most important element of government is the method of choosing leaders." – Frank Herbert.

Leaders, throughout history, have influenced society, sometimes for good, sometimes for evil. They possess qualities that make them persuasive figures, and how they use these traits can have both positive and negative consequences. Whether leaders rely on charisma, wealth, or fear, people often follow them, trusting in their ability to guide nations or groups. This leads to the question: how do leaders influence society so easily, and why is their authority accepted, sometimes even resulting in dictatorship? This paper examines the various ways in which leaders influence society, illustrating these points with both historical and contemporary examples.

Historical Examples of Leadership Influence

Historically, leaders have used their positions to either manipulate or inspire those they govern. Their methods of influence can vary greatly, with factors such as social status, wealth, or their vision for their people being key contributors. When leaders are given power, the effects can be significant, and in some cases, their authority has led to dictatorships.

Monarchy, as an example, is defined as "a political system where power is vested in one person and usually passed on through lines of inheritance" (Schiel, 2005). In such a system, supreme power is often concentrated in a single figure, and that figure can use various methods, such as wealth, fear, propaganda, or charisma, to maintain control and influence over the people.

The Pharaohs of Egypt

The Pharaohs of ancient Egypt, seen as divine rulers, represented the gods on earth. Their leadership was deeply rooted in the belief that they had been chosen by the gods to bring prosperity and well-being to their people. Pharaoh Amenhotep III (1388–1351 BCE) is one example of a leader whose authority brought stability and success to Egypt. His leadership helped the nation achieve economic growth and spiritual harmony, while his status as a god-king meant that his people did not question his authority. This reliance on the divine nature of the ruler demonstrates how belief systems can be a powerful tool in influencing societies.

The Greek City-States

In contrast to the Egyptian monarchy, the Greek city-states experimented with different forms of governance, including monarchy, democracy, oligarchy, and tyranny. Athenian democracy, in particular, gave power to the people. Derived from the Greek words "demos" (people) and "kratos" (rule), democracy allowed citizens to play a more active role in their government. This shift in power dynamics challenged the previously dominant oligarchic systems, in which a wealthy few controlled society. Oligarchs often used their wealth to maintain control, suppressing the masses. As von Reden (1997) explains, "the materialistic value of money typically influences social dynamics and status," enabling oligarchs to manipulate political landscapes through economic power. Wealth became a key tool for leaders in controlling and influencing the direction of society.

Contemporary Examples of Leadership Influence

Leaders today, as in the past, use their qualities and influence to shape societies, often to serve their own agendas. Whether through charisma, propaganda, or fear, modern leaders continue to impact the world in both positive and negative ways.

Adolf Hitler and Charisma

Adolf Hitler is a clear example of how charisma can be used to manipulate and control a population. According to Emil Klein, Hitler "gave off such charisma that people believed whatever he said" (Rees). His powerful public speaking and commanding stage presence allowed him to build a strong connection with the German people. By 1927, Hitler had made 455 public appearances and reached an estimated 4.5 million people. His use of propaganda, combined with his personal magnetism, allowed him to craft an appealing narrative of a revitalised and powerful Germany, which resonated with the masses. As SkillsYouNeed notes, "charismatic people often make others want what they want and unite them in a common cause" ("Charisma and Being Charismatic | SkillsYouNeed"). However, Hitler's leadership, based on exclusion and hatred, led to one of the most destructive periods in modern history, demonstrating how charisma can be wielded for dangerous ends.

Nelson Mandela and Leadership for Peace

In contrast to Hitler, Nelson Mandela stands as a leader who used his qualities for the greater good. His personal charisma, optimism, and dedication to equality and justice inspired millions, both within South Africa and internationally. After his release from prison in 1990, Mandela's message was one of peace, reconciliation, and democracy. In his famous speech at Cape Town City Hall, he stated, "I greet you all in the name of peace, democracy, and freedom for all" (Mandela, 1990). His leadership qualities, including his unwavering hope and determination, helped to bring about the end of apartheid and unite a fractured nation. Mandela's influence highlights how leaders can use their power to inspire positive social change.

Donald Trump and Manipulation Through Fear

Donald Trump offers a modern example of how fear can be used to manipulate and influence society. Before entering politics, Trump was a businessman and television personality, well-versed in capturing the public's attention. His rhetoric during his 2016 presidential campaign was marked by fearmongering, portraying a bleak future unless drastic measures were taken. Trump was adept at using platforms like X (formerly Twitter) to rally his followers, amassing 2.89 million followers and spreading his message of a nation under threat. According to Roussos (2016), "Trump's ability to manipulate the perception of threat played a significant role in his election victory." His use of fear to galvanise support among voters, particularly those who felt disenfranchised, showcases how leaders can exploit societal anxieties to further their own power.

Religious Influence and Theocracy
In theocratic systems, leaders often claim divine authority, using religion to maintain control and influence over their followers. For example, in Iran, the Supreme Leader Ayatollah Ali Khamenei holds ultimate power, with the belief that his leadership is divinely ordained. In such systems, the merging of religious authority and political power allows leaders to shape societal beliefs and maintain their grip on power. Religious figures such as the Pope or the Dalai Lama also command immense influence, though often with different goals and values compared to political rulers.

Conclusion

In conclusion, leadership qualities have a profound impact on society, shaping both historical and contemporary contexts. As Frank Herbert suggested, governance often depends more on the personal qualities of leaders than on

the laws themselves. Leaders, whether using charisma, wealth, or fear, can manipulate or inspire the people they govern. Historical examples like the Egyptian pharaohs and the oligarchs of ancient Greece show how power and belief can influence society. Modern figures such as Adolf Hitler, Nelson Mandela, and Donald Trump illustrate how leaders continue to wield influence for both good and ill. Ultimately, the qualities of a leader play a critical role in shaping the direction of societies, with lasting consequences. **And what could we do to protect ourselves from the whims of those in power?**

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5 Imogen McLaughlan (Rugby School): How has evolution of cosmetics and the rise of new media influenced the feminine beauty ideal and women's expectations of themselves?

Over centuries the idea of what constitutes female beauty has constantly changed. This is called the feminine beauty ideal, which according to Wikipedia is 'a specific set of beauty standards regarding traits that are ingrained in women throughout their lives and from a young age to increase their perceived physical attractiveness.' Beauty standards demonstrably change over time, for example, in current times the western beauty standard is for women to be thin with a flat stomach, a slimmer face with full lips and high cheekbones. However, from around 1500 to the early 1900's a voluptuous figure was deemed attractive and signified wealth and good health. We also know that beauty standards vary over country and culture; for example, in western countries it is desirable to have tanned skin, and this is enhanced through the use of tanning products and services. This contrasts to Eastern countries where paler skin is preferred as it is associated with wealth, indicating an elevated job status such that you may work indoors. This paler skin complexion is also sometimes achieved through specially developed skin-lightening products. There are several factors which influence the evolution of beauty standards including the increased exposure of cosmetics (make-up and cosmetic treatments) in magazines targeted at women as well as the rise of social media as a channel to sell and market beauty products.

Cosmetic coverage was developed for the first time 5,000 years ago in ancient Egypt, where the Egyptians would apply green paint and black eyeliner (made from kohl) around their eyes, believing that this would bring them closer to the Gods by warding off evil spirits, which they thought could enter them through their eyes. It was the higher class of Egyptian who wore eyeliner and was very much an indicator of social status. Black eye kohl was worn by both men and women in Egypt, which contrasts to today's stereotype of makeup being primarily for women. The significance of makeup in this religious context illustrates how cosmetic application was not always intended to alter and enhance someone's appearance: instead, it served a spiritual purpose. Makeup was largely used in this religious context until the Victorian era when women began to use cosmetics to improve their appearance: women would tweeze their eyebrows, use castor oil on their eyelashes and use rice powder on their nose. Use of cosmetics in this way was frowned upon at the time as it was associated with actresses, prostitutes and generally the lower class – a significant departure from the first known social uses of make-up. At this time, natural human beauty was encouraged and the desire to change ones' appearance deemed vain and distasteful.

The first major revolution in cosmetics took place in the early 1900's when 'make up' as we know it became socially accepted. In 1914 a polish-born man named 'Max Factor' working in the theatrical makeup industry popularised modern makeup. His brand and products revolutionised beauty because his products didn't crack or cake, making them perfect for motion pictures. Exposure of his products through film made his products highly sought after, and earned him many famous clients, for whom he created iconic custom looks. This publicity allowed the brand to coin the phrase 'makeup' after his son suggested a new name to help brand the product; before, these products were widely referred to as cosmetics, and 'makeup' was thought of as a derogatory term which was not used in polite conversation. In the 1920's Max Factor created a line of products which was available to the public. The advertisement for his Crème Puff product (shown below) promoted a flawless finish, which reinforced the message of using makeup to achieve a 'perfect' look. The availability of Max Factor products saw widespread use of make up by women and the Max Factor look became the accepted look of beauty perfection at the time. Through film and advertising, a cultural move had occurred where women pursuing an improved appearance was no longer a sign of vanity and instead was viewed as a natural human instinct to be supported.

Shortly after, in 1932, Max Factor created the Beauty Micrometer, a device for measuring the female face to highlight any imperfections requiring correction. This was intended for use in the movie industry, as it helped Factor to understand the female face better and it defined very specific standards as the 'ideal' for example, the forehead and nose should be the same height, and that the eyes should be separated by 1 width of an eye. If the wearer had disproportionate measurements or imperfections, makeup would be applied to this area to correct them. Although the original concept of the Micrometer was designed for on screen consistency, it enforced strict standards on the actresses and therefore played a role in influencing the public perception of beauty. Make up use became commonplace in Western societies as women attempted to imitate the look of on-screen stars.

As the industrialisation of the cosmetics industry continued, the late 20th century saw fashion and beauty magazines become a significant channel for both advertising for the cosmetic sector and providing information for the consumer. In addition, global fashion shows became the norm, giving consumers the opportunity to see fashion and makeup on display. Models in fashion shows often shared a specific look, predominately white, tall, thin yet still curvy, tanned, and with a long, bouncy hair style. A notable example of this is the Victoria's Secret Angels fashion shows, which showcased this recognisable 'look'. This created an aspirational image for women to attain and helped to create a new universal idea of beauty. A clinical psychologist says that 'the Victoria's Secret Angels were perceived as the gold standard of what beauty was supposed to be' (Yip). However, this standard was unrealistic and extremely unattainable – 'It created an impossible aesthetic ideal that less than one percent of women can match.' (Pausic). This issue became more problematic when the brand developed it's 'Pink' line, targeted at pre-teen and teenage girls. It had the potential to damage self-esteem of both the consumers and the models: the young girls were living in a society where they felt compelled to live up to these ideals, and 'the end result can be at a minimum disheartening and, in some cases, psychologically damaging' clinical psychologist Dr Beth Pausic says. This was harmful to many of the models: they had constant weigh-ins to ensure they stayed the 'ideal' size. Dr Pausic adds 'there are documented reports of extreme dieting and workout routines, plastic surgery, and hair extensions to enhance their facial features'. The projection of the perfect image through advertising and the use of models has led to physical and psychological damage for both the models involved and the consumers.

In the early 2000's a further revolution in shopping and communication occurred with the rise of new social media. The online tools began as a platform for friends to socialise, but over time rapidly became a place of experimentation and advertising. Through social media many new makeup artists emerged and quickly gained a large platform, displaying to viewers new makeup tricks and methods. As more influencers have gained large followings on platforms such as Instagram and TikTok, editing and retouch apps - for example Facetune - have become more popular among these influencers. These apps allow users to digitally enhance their features, radically changing their appearance. While influencers use these apps to align themselves with the beauty standards, and

transform their look, they reinforce these unrealistic ideals, making viewers compare themselves to an unattainable image. This is particularly problematic as the younger generation of teenagers and pre-teens are now becoming the prime social media users, who are vulnerable to these influences. With so many young social media users, they are being exposed to these beauty standards at an increasingly younger age, making them feel pressured to comply with these standards. A study (Journal of Ritual Studies, Nancy Ann Rudd) shows women who are now older consumers (aged 50-60) began using cosmetics at the age of 15, while women who are now in their 20s began at age 14.5 and now adolescents are beginning to use cosmetics at age 12.5. Social media platforms are directly influencing children to begin cosmetic use earlier and create expectations of appearance. A recent example of cosmetic use among adolescents involves skincare, where a rise in popularity online has led to many children buying products intended for mature skin, where dermatologist Elizabeth Hughes says it could cause skin problems such as allergies.

The cosmetic industry and media have worked together to shape the beauty standards that we know, influencing how they have changed over the years. While the development of cosmetics and media have given women the opportunity to express themselves, they have also created an unrealistic ideal that women feel pressured to follow. The development of cosmetics has emphasised traits such as flawless skin and symmetrical features, which have become seen as essential elements of beauty.

Although makeup usage began with women enhancing features, it has evolved into a method of completely changing the way one looks to follow the current trends. Some women find this empowering – for example, a study compared women's self-perception without makeup and with it professionally applied, and it concludes that when wearing makeup women 'considered themselves more feminine, healthier, and with higher self-esteem than without makeup.' (Anchieta 2021). However, the pressure for a constantly perfect appearance can add stress to an already busy lifestyle where women attempt to juggle professional and family responsibilities. This pressure is worsened by the prevalence of advertising and marketing for cosmetics – the ideal woman with perfect makeup is omnipresent in our society, and women perceive this as a social expectation. For example, a study by Dellinger and Williams (1997) states that 'some women spoke of their use of makeup as necessary to gain credibility and as a way to bolster their confidence at work'.

In conclusion, it is clear that the feminine beauty ideal is constantly evolving and is heavily influenced by cosmetics companies and media. Makeup began as religious practice, evolved to be a way of imitating film stars and for women has now become a standard method of presenting their 'best' appearance - a human instinct is for people to present the best version of themselves. Growth in film, magazines and social media has increasingly meant that there is a 'standard' to which women feel compelled to conform. In a recent study, women expressed that the reasons that they wore make up is because they are expected to: "One-third of women (35%) say societal expectations influence their decision to wear makeup either a great deal or a fair amount. Women under 34 are about twice as likely as older women to say their makeup choices are shaped at least a fair amount by social expectations (44% vs. 24%)". (Orth) Whilst once considered negatively and as a sign of vanity, makeup usage is now a core expectation of women in society. Whilst the use of new makeup has allowed many women to feel confident in themselves and is therefore empowering, it has also created expectations of all women to conform with the current beauty ideal. This pressure can contribute towards psychological problems and self-esteem issues for women; therefore, consideration should be given to marketing methods towards young girls to prevent this problem from worsening and creating even further unrealistic expectations.

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6 Harvey Nix (Rugby School): How has fishing in the North Sea impacted the local populations and the economy of the UK?

In 2008 the North Sea houting was declared extinct. There was no sizable population remaining. This was a result of overfishing in the North Sea. The only remaining North Sea houting were discovered in the Vida River. In 2014 the population consisted of only 3,500 adults and in 2019 4,000 adults. This caused the species to be researched and documented by the Danish Natural Agency. The most recent set of tests conducted in 2023 showed that the species was very closely related to the European Whitefish. This led to the Houting to be treated as extinct and the modern population is classed as European Whitefish. This may not have been the extinction level event that many believed it was, but it has shown how easily fish can be hunted to the believed brink of extinction and humanity still will do nothing. The continuation of current restrictions and fishing will lead to the extinction of many of the North Sea's species and will leave it in an irreversible state. The current attitude towards fishing needs to come to end after many hundreds of years if we are to sustain the beauties of our seas. We need a fresh modern approach if we are to continue fishing while restoring the wonders of the ocean. In this paper I will discuss the impacts of the current climate of fishing upon the North Sea and the political situation that has led to this environment. I will also discuss the potential future of the industry and the steps that should be taken to support the ecosystems within the North Sea. This is crucial for the economy of the UK fisheries and the habitats of these extraordinary aquatic animals, and all the coral.

While researching for this paper I studied many different reports from the marine management organisation. This is an extremely clear and concise document that is released annually on the state of Britain's fishing industry and all the recorded landings of British vessels and any landings in British ports throughout the examined time period. These reports were invaluable as they provide unmistakable evidence of the condition of the fishing industry and can be easily accessed of the internet on the governments websites. These reports also record the price of the overall landings and have many useful statistics and figures that have provided me with reliable information to provide an unbiased and analytical paper.

The tradition of fishing is one of the oldest traditions. The oldest set of fishing hooks was discovered in a cave in Okinawa, Japan. These date back 23,000 years and are the first signs of humans using more advanced maritime technology than previously thought. The fishing industry also is rooted in English history, the boats of Britain have been "fishing in Icelandic waters since the 14th century and have operated in the Grand Banks cod fishery off the coast of Newfoundland since the 17th century" (UK Fisheries brief history). The number of Cod caught in 2021 according to the marine management organisation was 12,000 tonnes in live weight. This pales in comparison to the 8 million Cod that British Sea Fishing estimates were taken between 1647 and 1750 in Grand Banks. The once thriving Grand Banks has now been reduced, due to the quantity of fish removed from the waters in the latter half of the 20th century. Having 8 million tonnes taken in just 15 years. This history of constantly expanding the number of fish caught and enlarging the fishing operations has led to a gradual decline in their populations over the last 500 years. In the past the need to survive lead for people to make fishing easier for the benefit of humanity but it has reached a point it is now damaging the ecosystems to a point where they may never recover to what they once were.
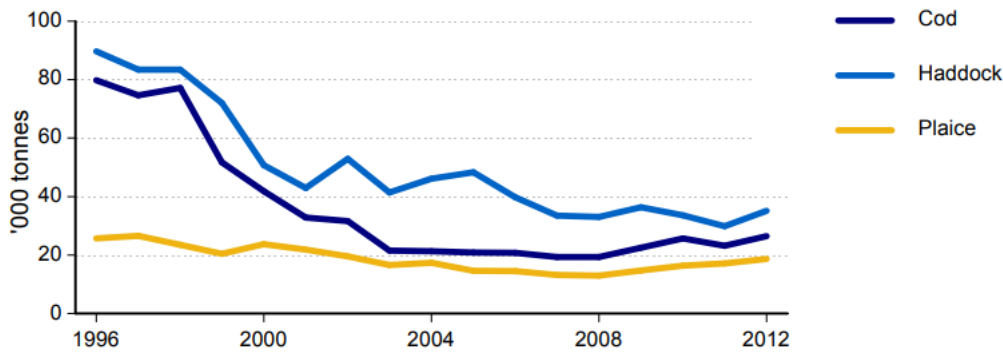
As this graph shows the number of fish caught in thousand tonnes has been greatly reduced from 1996 to 2012. This shows how the in the past the number of thousand tonnes has slowly decreased for each demersal species. They also appear to be rising towards the end of 2012 and this pattern continues to modern day.
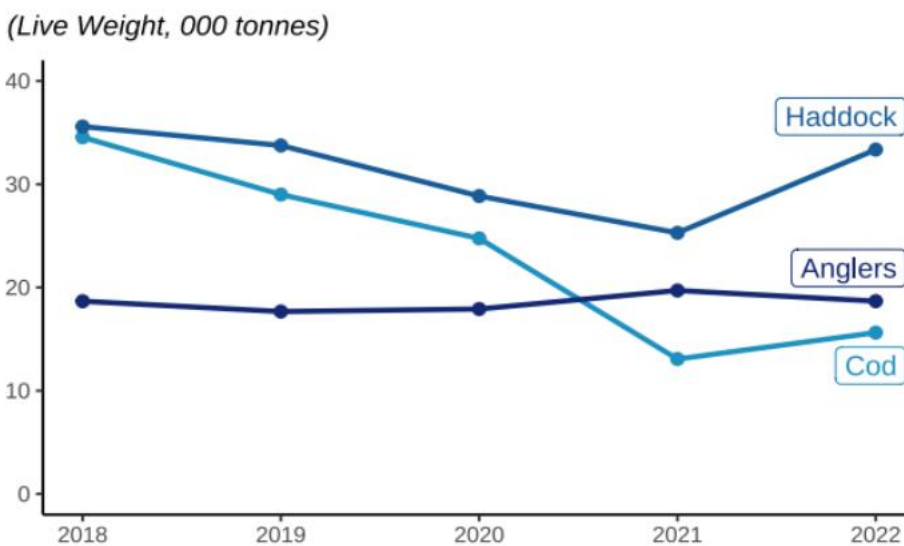
This graph shows that although the numbers appeared to rise in 2012 from 2018 and onwards it is below 40 thousand tonnes. This shows that the original 2012 graph does not continue to rise and remains steady displaying that since 1996 to 2022 the UK has caught, 112 thousand tonnes less of Cod and Haddock. This shows that the past quantitis of fish had already begun to fall as restrictions began to come into effect. It also shows how the industries view to fishing has already begun to change.

The current state of the North Sea can be attributed to the capitalist mindset that has influenced all the countries that border this great sea. The current political state of the world has caused many to search the globe for ways to create revenue or for a new industry due to the capitalist mindset. This can be shown by one of Forbes most recent studies on LinkedIn shows this, it states "Roughly 85% of 1,000 U.S. professionals polled in a recent LinkedIn survey say they are thinking about changing jobs this year. ". This is a great display of the current state of the world and the climate that forces workers to find ways to make money from every corner of the earth. It is a truly terrifying world if those who make their money from the farming of the aquatic populations in the North Sea have been forced to catch so many fish that it is impossible for the numbers to recover in a lifetime. According to the Wikipedia page on the 'Fish of the North Sea' there are 4 species are Critically Endangered and 8 vulnerable species. If we are to continue are current habits, there will be more species that are lost to the plague of humanities existence. Humans have hunted 869 species to extinction according to the Springbrook Nature Centre. This shows the violent and

dangerous nature of the human population that has caused much harm to the natural world and damaged many environments to the point where they can never be restored. This also shows how many populations have been hunted to extinction and humanity has still not stopped this violent nature. The current rate of fishing cannot continue without causing significant harm to the oceans and it would greatly impact the remaining fisheries and the whole fishing industry. As well as impacting the country and the already increasing price of food and cost of living crisis.

In the future the UK needs to control the amount of fishing. The current capitalist mindset used for the slow extinction of the fish is now being proved to be unsustainable. The future of fishing relies on sustainability and a change in the mindset of those who fish. The number of fish in live weight that has been brought in has steadily been declining since 1996. But the value has increased by over 20 million. This displays that even though the weight of fish is declining, the price in 2022 for the weight of fish is still significantly greater than before in 2012. Though the industry has not been as reliable as before, the government's report on fishing and fisheries in 2022 states that there are a lot less fishers on UK vessels. The number of fishers on the vessels has fallen from just under 20,000 in 1996 to around just over 10,000 in 2022 according to the 2022 government sea fisheries statistics. This is a huge fall of almost half of fishers over the last 26 years. If this trend continues by 2050 there will be less than 5,000 fishers on UK ships. This would be a huge blow for the economy due to the millions fishing produces, but it would allow the ecosystems to grow. The current rate is shocking because in the 1970s and 1980s there was always more than 20,000 fishers employed according to UK fisheries statistics. This is extremely worrying as fishing has always been a part of the British economy and impacted several towns and cities greatly as they require fishing to remain as they are. The future of fishing in the North Sea is uncertain, as more animals face extinction and global warming continues. According to an article by The Guardian only 45% of fish are being sustainably fished. If this number does not increase to 100% in the next 20 years, the UK will share responsibility for the loss of marine life and the impacts it has on the environment. The loss of sustainable fishing in the nearby oceans will impact negatively as fish consumption will need to be lowered or risk flying refrigerated fish from overseas causing greater damage through climate change. This shows that change needs to be implemented fast before unrepairable damage is caused and the wonders of the oceans are lost forever.

In conclusion to this paper, I have discussed the impact that the fishing in the North Sea has impacted the local economies and the marine life. I have shown how many centuries of the capitalist mindset has led to many species being so close to extinction in the upcoming decades. The loss of many jobs and fisheries cannot be stopped until the promotion of sustainable fishing and the eternity of the UK fishing industry being sustainable as to not negatively impact our oceans. This is exemplified by the many sources including the governments yearly reports that show the decline in jobs and fisheries.

However, the price of the fish has remained the same if not gaining value. This shows how inflation and rising costs has caused the industry to ruin itself. The need to fish sustainably will only ever be implemented entirely when it will not cost the fishing industry. The only way for the government to stop this unmaintainable rate of fishing is to bring in more policies for sustainable fishing. The cost of living and running costs has affected the industry deeply and it will require lots of financial support before the UK is ready to leave behind this centuries old damaging tradition. If action is to be taken it needs to be soon and with clear goals and strategies if sustainability is to ever be achieved.

In his novel "1984", George Orwell stated that "of pain, you could wish only one thing: that it should stop. Nothing in the world was so bad as physical pain." The Cambridge Dictionary defines pain as "a feeling of physical suffering caused by injury or illness, or emotional suffering." However, pain's significance extends beyond this simple definition. This sensation impacts on every single human being's life, and so it is worth considering how humans have thought about and dealt with pain throughout history when considering what it means to be human.

Where there is no written record, the evidence we have for the existence of pain is in humans' desire to relieve it. Archaeologists have discovered that trepanning had been used since 6000BC to relieve pain, where a hole was drilled into the skull. From the medieval period, pain was seen as a punishment from God, but people still drove to find cures to make pain easier to bear.

Unfortunately, encountering pain countless times within a lifetime, and sometimes even within a day, is inevitable. However, thanks to the advancement of medicine and scientific technology, panicking is not necessarily of the essence, and medical conditions or illnesses can easily be cured, or at least, treated. The advancement of medical treatment is an ongoing process, and every year, new medicines and treatment methods are discovered to ensure treatment and recovery is faster and less painful. However, surgery may be necessary if other treatment fails. An essential part of undergoing surgery is to receive anaesthetic – medications to induce a loss of sensation of pain. Whilst local anaesthetic is used to numb a specific area of the body, general anaesthetic is necessary to induce complete unconsciousness during a major surgery or procedure. Although very safe to administer under monitored conditions, anaesthetic was not widely available until the late 1800s.

Prior to the development of anaesthesia, surgery was excruciating, and many patients would rather die than undergo surgery. The quest for anaesthetics that could induce pain relief and unconsciousness began centuries before the discovery of the first general anaesthetic in 1846. During the 2nd Century, Chinese Physician HuaTuo used a formula he developed called mafeisan by mixing alcohol with herbal extracts to anaesthetise patients during long and complex surgeries. In the 13th Century, Arab surgeon Ibn-al-Quff described patients inhaling drugs including cannabis, opium, and mandrake from anaesthetic sponges to induce anaesthesia. In the late 18th century, Japanese surgeon Seishu Hanaoka anaesthetised patients with medicinal herbs and in 1804, successfully removed a breast tumour from a Japanese woman under general anaesthetic alongside over 150 Japanese breast cancer patients, yet this news remained in Japan.

Meanwhile, in 1812, Frances Burney underwent a mastectomy to remove a breast tumour without anaesthetic. In an account, Burney described the surgery as the "most torturing pain," as her screams penetrated the air whilst the surgeon made incisions in her breast, "cutting through veins, arteries, flesh and nerves." This account illustrates the suffering patients endured without anaesthetic and how fortunate we are to access quality healthcare.

During the 18th/19th century, chemical applications in medicine led to a profusion of anaesthetic advancements, and three main contestants were involved – diethyl ether, nitrous oxide, and chloroform. In 1799, British chemist Humphry Davy identified nitrous oxide as a possible anaesthetic, but many were sceptical of the effectiveness and safety of anaesthetic drugs, so it was only adopted several decades later, when surgeons finally realised its potential. However, a public demonstration of a tooth extraction on a patient unaffected by nitrous oxide's influence severely damaged its reputation. In 1842, American doctor Crawford Long discovered the anaesthetic properties of ether and successfully performed a procedure on an etherised patient. It was formulated centuries prior and became used recreationally, where many didn't feel pain after experiencing injuries. In 1846, American dentist William Morton administered ether to a patient and successfully removed a neck tumour. Although ether possesses many properties of a general anaesthetic, it brought very unpleasant side effects. Ether was an extremely volatile and flammable substance, and inhaling it was very unpleasant. Meanwhile in 1847, Scottish obstetrician James Simpson discovered a safer alternative – chloroform. After conducting testing on himself and colleagues, chloroform was frequently administered during childbirth, and after Queen Victoria was administered chloroform in 1853 when giving birth to

her eighth child, it became widely used in surgeries and pain relief during childbirth, and it was believed to be side-effect free, although we now know that it is harmful and carcinogenic.

Nowadays, anaesthesiologists employ local, regional, inhalational and intravenous anaesthetics to induce anaesthesia. Whilst local and regional anaesthetics inhibit nerve transmission to lead to loss of sensation, during major surgeries, general anaesthetics employ different agents to induce complete unconsciousness, analgesia, amnesia and muscle paralysis. Inhalational agents can include sevoflurane and isoflurane, whereas intravenous agents can include etomidate, propofol and barbiturates.

Whilst surgical pain management and general pain relief is arguably far better understood than it once was, another big problem remains. Mental pain and illnesses are of significant concern. The World Health Organisation predicts that 970 million people suffer from mental illnesses worldwide, including 280 million people suffering from depression.

During the Medieval period, mental wellbeing was extremely important as it was seen as a way to take care of your soul in a time when religion was central to life. Mental pain was regarded so seriously that it could be seen as demonic possession. Soldiers, for example, would cope with mental illnesses such as PTSD by undergoing specific rituals that would help them heal the invisible and drive off ghosts that caused disease. Alongside trepanning, one of these treatments to cure ill mental health was bloodletting. It was believed that the imbalance of the four humours could cause a mental illness alongside physical illnesses, and so there was an understanding in the holistic nature of mental and physical pain. Performing rituals was one of the most prevalent methods for treating mental illness and this lasted for millennia until the earliest of modern practices that began developing in the 17th century. Though it is arguable that many of us today still have our own rituals when it comes to mental wellbeing.

During WWI, many soldiers died from mental illnesses including PTSD and depression. As a result of the immediacy of such a huge number of people suffering, in the 1920s and 1930s, the first modern clinical trials for relieving mental pain began. Many different methods for treating mental illnesses were developed, called "heroic therapies." Some of these posed serious physical health consequences such as substantial weight gain and even death.

Therapies included Insulin coma therapy, chemical shock therapy and most infamously, lobotomy. These treatments were developed in the 1940s and 1950s as they became more mainstream, being applied to housewives and "naughty children" out of a sheer desire to help people who were truly seen as experiencing mental anguish. However, people became increasingly aware that the available treatments for their mentally bombarded relatives were more damaging. As a result, the first anti-depressants were being developed during the 1950s as a safer alternative to lobotomy.

In 1959, the first Mental Health Act was passed, which stated that hospital entry should be based on medical reasons rather than legal ones. Over time, mental health treatments continued to evolve into the 21st century treatments and therapies that treat the illness as part of the overall person, with developing understanding that mental pain and the physical body are related.

Despite so many advancements and innovations, the development of humans' understanding of pain and its treatment will never end. With many previously dangerous conditions and deemed dangerous treatments now under our belts, we are only embarking on this venturous journey of scientific discovery and heights. Whilst the past was stuck in the abyss of the unknown, we dive into the abyss and seek out the future. With the past few chapters potentially closed, thousands await, and yet, who knows what human endeavour will bring us? Although immense challenges and incomprehensible obstacles lie before us, scientists, medical professionals and many others are already in the process of fighting some of medicine's deadliest diseases, including Alzheimer's, heart disease and cancer. Looking at the future that lies before us, medical treatments are likely to continue evolving and enable us to experience less pain in our every day lives. To be human means it is impossible to avoid pain. But it is also means to be a part of a species which is constantly striving towards making that experience of being human easier and more enjoyable.

8 Toru Takanuki (Rugby School): To what extent did the development of aviation to the safety of flying?

Introduction

The industry of aviation has been seeing a great growth of the technologies, involving the automations of in various parts of flying. The word automation is defined in the dictionary[1] as the use of machines and computers that can operate without needing human controls. Examples of automations could be seen in the flight deck such as the autopilot function which keeps the aircraft at a stable condition during flight without the crew's input. Although the rate of an incident involving commercial aircrafts have always been quite low, but has the development of these automated functions contribute to the overall safety of commercial aviation?

History of automation and flight

Now I would like to talk about the past of automations in aviation. The first ever automation in flying was introduced way before than most people think, which was in 1912 by Sperry Corporation,[2] where the gyroscopic heading indicator and altitude indicator would be connected to the hydraulically operated elevators and rudders. This allowed the aircraft to fly straight and level at a compass course without the attention of the pilot reducing their workloads. Later in 1930, the British research establishment named Royal Aircraft Establishment developed an autopilot called the pilot's assister, which used a pneumatically spun gyroscope to move the flight controls as needed.[3] Later the autopilot technology was developed further to involve radio-navigation aids which allowed flying in the night or even in harsh weather. This technology was the implemented on the first ever commercial jet, de Havilland DH.106 Comet, as well most commercial jets that were produced later.[4] Although early autopilots required some slight adjustments from the pilot, modern autopilots do not require almost no input from the crew since the accuracy had been significantly improved. Although autopilot is a well-known feature, few may know that it has replaced a crew called the flight engineer. Flight engineer was a third crew in the cockpit who would monitor and plan during the flight. Almost all commercial jets used to have this crew on board but since the late 1960's when the Boeing 737-100 was introduced with the elimination of the flight engineer.[5] This was possible due to the more advanced technology this aircraft had in terms of self-monitoring capabilities and how this aircraft was comparably small and was used mainly for short haul routes which takes shorter time. But in terms of larger aircraft, the aircraft from the same manufacturer, Boeing's 767 and 757 series was the first long haul airliner which would not require a flight engineer even on a flight over 6 hours. Later in the 1990's, Boeing would continue to develop the first fly by wire aircraft called the Boeing 777 series.[6] Fly-By-Wire systems are computer-regulated aircraft flight control systems that are semi-automatic, which replaces the previous mechanical flight control with an electronic interface.[7] When the pilot inputs the flight controls through the control column, those movements are then converted into an electronical signal which are sent and interpreted by the aircraft's Flight Control Computers which calculates how much each control column should be moved, hence adjusting actuators that move flight control surfaces. This computer could also monitor during the flight and adjust automatically if needed. The technology of Fly-By-Wire did not only provide advantages to the crew, but also to the maintenance crew on the ground. Like a bicycle's brake wires, airliners used to have a physical wire which were connected between the control column and the control surface. Many who own the bicycle may know that the brake wires need some adjustment once in a while, but the same applies for the airliners with similar mechanisms. This meant that elimination of physical cables from the aircraft's flight control had contributed to reduction of necessary maintenances leading to more accurate and reliable conditioning of the aircraft. These days, the technology is advanced to a level a computer on board could complete a flight from take-off to landing since computers are very efficient at processing numbers such as acceleration and radio signals measuring the altitude, which these information could be used by the computer to effectively control a plane at a landing, and in the recent years the computers are also getting better at processing visual information, giving them a hypothetical eyes which they may rely on visual information more intensively.

Present days and statistics of flights

Now in the present days, there are more numbers of commercial flights than ever before, with a forecast of about forty million flights in total to be performed this year in 2024. With large numbers of planes in the air, could it affect the overall safety? 20 years ago, in 2004 where there were 23.8 million flights performed in a year, nineteen commercial flights have crashed with the probability of about 0.0000008%, whereas in 2024 so far there has been six

incidents in commercial aviation making the probability of 0.00000015%.[8] These statistics show how air travel have become safer in the recent years, but is this because of the larger numbers of flights overall? Or is this because of the efforts made by the manufacturers and crews? Statistic shows that at least four out of nineteen incidents that occurred in 2004 was caused by human error, whereas in 2024 it is speculated that at least 2 of 6 incidents were caused by human error as well. This means that at least 21% of the incidents in 2004 were caused by human factor whereas in 2024 so far, the percentage of incidents caused by human factor has risen to 66%. This also means that there are less incidents that have occurred due to the mechanical non-human factors, showing how the advancement in technology and higher precision in manufacturing have contributed to higher safety in commercial aviation. But could this rise in incidents caused by human error be a sign of crews being too dependent on the automations? The majority of causes of incidents related to crew's error is the fact that some pilots were not up to date or were not fully understanding the functions of the automations, leading to undesired aircraft conditions. Sometimes the incident is also caused by the malfunction of some of these automations. The famous example could be the early failures and incidents caused by the on-board correction system Manoeuvring Characteristics Augmentation System[9] installed on the Boeing 737 MAX series. This case proved how state of the art technologies and automations could be deadly if they were not functioning as desired. This case caused the question of if we should be dependent on the software side of the mechanism, and if we were too reliant on the system side. It is said that in the commercial aviation industry where the crew will be responsible for the lives of those on board, it is best to be in the sweet spot between fully manual and being fully automatic. This sense of harmony between the crew and the computer could enhance the performance and efficiency of the flight, although on some occasions either the human or the computer may be too dominant and cause the other side to be weak in a way. Future of commercial aviation is said to be accelerating more quickly in the next decades, up to a point where just one crew may only occupy the flight deck. From the last one hundred years to the next one hundred years, we have seen an exponential increase in both the passenger numbers and evolution of software on board. With decrease in numbers of crew members and increase in dependence to the computers. The computers have given us the ability to be more efficient and stable, although the trust between us and the computer is still not firm enough to be reliant on them.

The future of humans and flight

The future is unpredictable, just like anything. An example of unpredicted event which shook the aviation industry may be the outbreak of COVID-19 virus in the early 2020's. This caused many airliners to be grounded at their nest, while the cargo aviation was reaching their breaking point due to exponential growth of medical supply demand as well as the travel restrictions. This crisis had caused major manufacturers' projects to be halted or even cancelled like the Japanese Mitsubishi industry's Mitsubishi Spacejet programme which was scrapped in the early 2023 even though they have already conducted multiple successful test flights before the pandemic.[10] But on the other hand, flying industry had regained its engine and running-up for further growth in the mid 2020's, many developments of next generation aircrafts have resumed. On the major brands' side, Boeing has just conducted their first certification test flight for their latest Boeing 777X series.[11] More ambitious project could be noted such as the American start-up Boom's Boom Overture programme of bringing back the supersonic airliners back into the sky.[12] This programme introduces many features that has never been used in civil aviation, such as the Augmented Reality Vision System for the crews which potentially enhance their situational awareness and passenger safety. Now onto the human side of the matter, some people may be reluctant to ride a fully automated flight. Many would choose to trust the human pilot more than the non-human pilot – which this is a very reasonable point because of the development of automations up to this day. Although statistics have shown that recent developments in aviation involved improvements to the mechanical side of the aircraft rather than the flight deck itself since there happens to be that more of the incidents that has occurred is due to the human error. So, the fact is that humans tend to make mistakes more than the machines, which is a normal thing although when it comes to being responsible for hundreds of lives may not be a just reason. This mental factor may take decades to resolve this sense of distrust between humans and the computer, although people are sometimes unconscious that many major functions in a flight is done by the computer not the pilot.

Conclusion

Many statistics have showed signs of aviation industry becoming safer than ever before, where development of automations has contributed to more reliable and efficient performance that no human could have ever done. Although in an infrequent case some incident may occur due to us humans being too reliant on them, or that we were being dominated by the automations and believing in what was said to be the fact when it was not. The

commercial jet's cockpit begun with three men on board, each monitoring the conditions around the aircraft. Then it became two men, with both trusting the computer of what it says just like how those men trusted the third man. These bond between the crew and the computer had become strong, but trusting too much have caused issues, some grave that caused them to perish. I think that automation is a groundbreaking function which have significantly reduced the fatigues and possible errors caused by the crew, contributing to the safer commercial aviation, but I think that we also need to be more cautious in terms of how we should get along with the automations, as the shadows of humans gradually fade from the flight deck.

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9 Hattie Thompson (Rugby School): How has immigration to the United States of America over the last 200 years impacted the country's culture?

The American historian Oscar Handlin stated *'once I thought to write a history of the immigrants in America. Then I discovered that the immigrants were American history'*. The United States of America ('USA') is an ever changing and evolving country that has been moulded significantly by waves of immigration throughout its history. When discussing 'culture' during this essay I am referring to the language, custom and social behaviour of the body of people in the USA. For many people, culture is the definition of being human and of course culture changes through the years. The USA as a country was formed and developed predominantly in the last 200 years. Its culture, enriched by immigration, has been the cornerstone for many generations of people from the past and will continue to suffice as a means of identity into the future.

Throughout this academic paper I will discuss and evaluate the impact that immigrants have had on the USA. The countries and cultures I will evaluate immigration from are Ireland, Italy and South America (more specifically Mexico and Colombia). The reasons that I have chosen these countries are because in my opinion they have had the biggest impact on the USA and its culture. The 'Italian- American' communities are one of the largest and most identifiable in the USA; similar to those with Irish heritage. I have also chosen Mexico as the largest source of immigration to the USA, and also from Colombia in South America. The way that I will evaluate the question is by looking at how much this immigration and the culture it has brought, is evident now and how much it has changed the demographic of America over the last 200 years. The resources that I have predominantly used to research this question are government sites (eg. UK parliament regarding Ireland emigration), national heritage sites(eg. Emerald Heritage), academic papers, census data and encyclopaedias (eg. Brittanica). As you can see my research has been varied and wide to ensure that I have reliable data and can cover different perspectives. The following three sections each discuss the cultural impacts of the previously mentioned countries.

Immigration from Ireland has been one of the biggest and most influential waves of immigration in American history. From 1820 it is estimated over 6 million people emigrated to the USA. Of all immigrants between 1851 and 1860, 81% were Irish. The main push factor of immigration to the USA was the Great Famine of Ireland (more commonly known as the Irish potato famine). In the 1800's 1/3 of Ireland's population were dependant on locally produced food but it had been destroyed by potato disease. This disease had impacts across the whole country and re-occurred for several years. 1,000,000 people died leading to mass emigration to the USA to escape starvation. They were attracted by the plentiful supplies of food, a more secure lifestyle, religious freedom and land ownership. Migration to the USA declined during World War 1 and then peaked again from 1921-1923, when a large amount of females emigrated which is now a key area of Ireland's demographic in America. The largest number of Irish immigrants settled on the East Coast. An 1890 census showed that there were 190,000 Irish people living in New York City, 260,000 living in Boston and 124,000 in Illinois predominantly around Chicago. Their impact continues today as shown by ongoing celebration of Irish traditions and holidays in America. For example, in Chicago on St Patrick's day (a commemoration of St Patrick and the introduction of Christianity in Ireland) the city dyes their river green to honour the holiday; in New York, St Patrick's day is commemorated with a march through the city. Irish Americans have been large contributors to American labour movements and have improved children's rights and working conditions. The impact that this country has had on the USA is substantial, including the introduction of festivals, holidays as many Americans are proud of their Irish heritage and keen to keep links and celebrate its culture as introduced into the USA.

Another country that has impacted the USA substantially is Italy. Immigration from Italy started early in the nineteenth century and by 1870 there were around 25,000 Italian immigrants in the USA and between 1880 and 1924 there were more than 4 million Italian immigrants in the USA. The majority of these Italians were from southern Italy and Sicily. The main push factor for this was rural poverty plus overpopulation and frequent natural disasters providing an extra incentive to go to America. There were many pull factors encouraging immigration to the USA including access to food, employment and also a great schooling system. In 1900 the illiteracy rate in Southern Italy was 70% (ten times higher than the rate in England at the time). Also, in Italy the soil was frequently poor and yielded little while malnutrition and disease were widespread. The Italian impact on America cannot be

understated. From the 1800s when they first arrived, Italian immigrants helped provide labour for American factories and mines. Italy's impact on culture is still incredibly significant. Italian heritage month is in October to show the significance of the Italian American community. Possibly the most significant impact is food. Italians have brought one of the most diverse and delicious cuisines to America including pizza, pasta, meatballs and many more. In 2023 there were 59,754 Italian restaurant businesses in the US, a 3.8% increase from 2022. The Italian language continues to be widely used; it is estimated that more than 17 million people in the US speak Italian making it one of the most spoken languages in the country with some phrases becoming part of everyday usage, for example "diva".

Italian Americans make up a significant part of the population. The major cities with the biggest Italian populations are New York (a population of 2,330,336 Italian Americans), Philadelphia, Boston and Chicago. However, the state of Connecticut has the highest percentage of Italian speakers at 16.1%. Also, the birth of motion picture coincided with the immigration of millions of Italians to America. Today, many of the biggest stars are of Italian heritage including Robert De Niro, Leonardo Di Caprio, Madonna and lady Gaga. Less positively, the Mafia and organised crime has also had an impact on culture, for example romanticizing Al Capone (a gangster in the 1920s) and lasting even to today (television programme "The Sopranos"). The story of immigration from Italy has been turned into films and plays showing the lasting and significant impact this country has had on the USA. It will continue to be one of the largest cultures in the USA as they are already the fifth largest ethnic group. Whilst Italy is only a small country, it has impacted the culture of the USA significantly through the introduction of food, music, language and traditions.

South America has been one of the largest sources for immigration to the USA. In this paper I will predominantly focus on Mexico and Colombia. The main waves of immigration from Mexico began in the middle of the 20th century and continue today. Mexican immigrants have a complex and interesting position in the US legal system and public opinion. The immigration law has ebbed and flowed for countless years. The Mexican immigrants now make up a significant portion of the US population and have been one of the most influential groups, although this mass immigration does come with its own problems: there are more than 11 million unauthorised immigrants in America. Many believe that this group keep wages low, but others believe they benefit the economy by working on low wages. There were many reasons why the Mexicans began to emigrate to America. The economy in the USA was booming after the Second World War leading to an expansion of the service labour market and therefore job availability. The main push factor was, and continues to be, crime rates in Mexico. In 1940, the homicide rate was 67.042 per 100,000 people. In the 1980s saw many Mexican criminal groups and drug traffickers, leading to mass crime across Mexico. This mass migration to the USA also had a very large impact on Mexico. The countryside had a shortage of workers and therefore the economy decreased. Certain villages have lost 2/3 of their inhabitants and it is estimated that 10,000 people try to smuggle themselves across the border every week into the USA. The Mexican migration waves had also had a very large impact on the USA and their culture. A recent census shows the states speaking predominantly Spanish: In New Mexico 28.74% of people speak Spanish, in Texas 27% and in California 25.80%. This impact of Mexican migration adds to the growing Latin American community and recent studies assesses that 25% of the population is of Latin American origin. Food culture within the USA has been strongly influenced by Mexican immigration, particularly on the west coast and in the southern states. It has also seen the emergence of new food themes such as "Tex-Mex", a mixture of food culture. There is also the impact of religion from Mexico, a strongly Catholic country. As a result of the original settlers in America, seeking religious freedom, the country was originally protestant and as migration has increased so have the Catholic communities in the USA.
 Another country from South America that has impacted America's culture significantly is Colombia. Since 2018 the number of people leaving Colombia has increased for example, more than 500,000 people left Colombia in 2022. Many Colombians have entered through the US Mexico border. President Biden's administration ordered that there would be a family reunification parole for certain individuals from Colombia, El Salvador, Guatemala and Honduras. Colombians are the seventh largest population of Hispanic origin, now totalling 2% of the population. From 2000-2021 the population has increased 183% from 500,000 to 1.4 million. The population of Colombians born in the USA has also increased from 380,000 to 820,000. Colombians are mainly living in Miami, New Jersey and New York. According to the 2000 census, just in the city of New York, those of Colombian origin totalled 84,404 people. The main reason so many emigrated is because of the violence and crime in Colombia. In 1948 a civil war called 'La Violencia' divided the country into two. A revolutionary organisation emerged, which became very powerful by doing assassinations, kidnappings and illegal drug trading. The crime rates, particularly linked to illegal drugs, Colombia are also very high, for murder with firearms, Colombia is ranked 2nd, their homicide rate is 24 per day

placing them at 3rd and the murder rate per million is 332.85 which is 10th. This means large numbers of the Colombian population fleeing from this dangerous environment, leading to so many waves of immigration to the USA. With the help of the USA, Colombia has transformed itself over the last 25 years, signing a peace accord with the revolutionary arms of Colombia in 2016. Similar to the impact of immigration from Mexico, Colombia's deep and enriching culture has been celebrated by the USA, shown by its food, traditions into the general South American culture which is so key now within the culture of the USA.

Beginning in the 19th century, the early growth and development of the USA was facilitated by immigration from Italy and Ireland, which provided a workforce for the growing economy and at the same time, rooted their food, heritage and traditions particularly in the states of the USA. The 20th century saw mass immigration from South America, notably Mexico and Colombia, where the impact on culture was initially focused on the southern neighbouring states in the USA and west coast. This has now spread across more of the states and will no doubt continue as the numbers of migrants from South America continue to rise. Culture does not stand still, and it will be interesting to evaluate the future development of culture in the USA with continued immigration, from South America and possibly other parts of the world.

Whilst I have only focused on 4 countries to evaluate impact on the culture of the USA, there are of course many more countries that have contributed to this rich culture such as Vietnam, China, India and European countries such as Germany and the Scandinavian countries.

To conclude, immigration to America has definitely shaped its culture and traditions with lasting effect. In my view, the USA's culture only exists as a sum of its immigrant parts. It would be hard to state what USA culture is without referencing the different heritages that its people bring to the country and have done for 200 years. Each wave of immigration has brought in and established its culture such as food, language and religious traditions.

All research found at below links:

Irish Emigration to America | National Museum of Ireland

: The great famine - UK Parliament

Emerald Heritage | Where Did the Irish Settle in America? (emerald-heritage.com)

Irish | Immigration and Relocation in U.S. History | Classroom Materials at the Library of Congress | Library of Congress

European Migration: What Do We Know? - Centre for Economic Policy Research (Great Britain) - Google Books

A Proclamation on Irish-American Heritage Month, 2022 | The White House

Destination America . When did they come? | PBS

Digital History (uh.edu)

Italian Population by State 2024 (worldpopulationreview.com)

What Sets Italian Americans Off From Other Immigrants? | The National Endowment for the Humanities (neh.gov)

ITALIANS IN HOLLYWOOD — Google Arts & Culture

Italian Spoken Locations in the USA - UTS (universal-translation-services.com)

The Lasting Impact of Italian Immigration on American Culture - IDC (italiandualcitizenship.net)

Italian Restaurants in the US - Number of Businesses

Case study: Mexico and the USA - Causes and impacts relating to forced and voluntary migration - Higher Geography Revision - BBC Bitesize

Mexican | Immigration and Relocation in U.S. History | Classroom Materials at the Library of Congress | Library of Congress

Criminal Violence in Mexico | Global Conflict Tracker (cfr.org)

 Homicide rate in Mexico - Human Progress

CHAPTER SIX Causes of Migration from Mexico to the United States from United States and Mexico: Ties That Bind, Issues That Divide on JSTOR

push_and_pull_factors.pdf (gvsu.edu)

CensusScope -- Percent Speaking Spanish, 2000Colombians in the U.S. | Data on Latinos | Pew Research Center

Article: Colombian Immigrants in the United States | migrationpolicy.org

Colombia vs United Kingdom Crime Stats Compared (nationmaster.com)

: "B7a32b9fe29d4037600e6dbdd315aa74" in "Colombian Immigration In the United States" | Manifold @CUNY (manifoldapp.org)

U.S. Relations With Colombia - United States Department of State

10 Connie Wallis (Avon Valley): How can the concept of utilitarianism be sued to evaluate problems in the modern world?

Utilitarianism is an ideology that was first created by academics, most notably Jeremy Bentham. Bentham has been considered by many to be the father of modern utilitarianism (Johnson, 2024). His ideas were furthered by John Stuart Mill, who believed that the pursuit of pleasure and the avoidance of pain are the only motives in human behaviour and that utilitarianism has the ultimate appeal in all ethical questions (Japanwala, 2023). Bentham's original works had to be edited by publishers even 30 years after he had written them due to his scepticism and irreligious commentary (Johnson, 2024), which highlights how radical they were to contemporary readers. The theory of utilitarianism does not account for any human emotions or opinions except for objective pleasure; it is a tool for people to use when making decisions that can affect a greater number of people. For example, a well-known problem that involves utilitarianism is the trolley problem because it allows the person involved to assess their decisions using the technique; they could save multiple people from dying by purposely killing another or leave the trolley to take its set course of action. To choose the first option would mean that the adjudicator aligns themselves with the beliefs of utilitarianism, as the decision will negatively affect the least number of people. The ideology wouldn't judge the situation qualitatively but by assessing the quantitative effects. It considers every person in a problem that is being rectified as equal; it does not place anyone's life above others regardless of their political or religious affiliations. This is a reason why systems such as authorities or governments use the technique of utilitarianism; it removes the possibility of bias when judges or officials have to make decisions that can change members of the public's lives. Some people may argue that utilitarianism is not a suitable ideology for people in power to hold because it is very hard to use as personal bias and cultural norms can influence how the ideology is interpreted.

The principle of the lesser of two evils must also be mentioned when discussing utilitarianism, as it is one that many believers of the theory also use. First mentioned by the ancient philosopher Aristotle, the principle is used to describe a situation where a person is faced with two options that they deem to be 'evil' and will choose the one that will result in the lesser evil decision if given power by the people. This principle is often used when determining who to vote for in political elections; this is called 'lesser evil voting' (Chomsky and Halle, 2022). A person who uses this when making political votes must not view their decision as an expression of their moral judgment in retaliation against candidates who do not reflect their beliefs (Chomsky and Halle, 2022). Aristotle, one of the most famous philosophers of all time, mentions a version of this principle in *Nicomachean Ethics*; he suggests that when two vices are unfavourable, one should tend towards the one that is less erroneous (Dougherty, 2019, p. 22). The principle is often linked with utilitarianism as it also judges two options by which is the most good they can do or the worst evil. The contrasting belief to utilitarianism is called deontology: the duty to ethics and morals. This is the belief that many people will automatically hold, as it is the one that is most similar to human decision-making as it takes into account every detail of a situation, including feelings, beliefs, and religions. Most people are naturally inclined to look out for themselves and the people around them when faced with decisions; they aren't likely to think about the greater effects of their actions or resolutions. This is another reason why utilitarianism is often seen as a lesser ideology; many people don't understand why they should use it.

There are many contexts in which utilitarianism could be applied to evaluations of problems in the twenty-first century, from many different systems and scales. The theory could be used when discussing wars and conflicts or when judging medical issues, as these circumstances both can have effects on the greater public's wellbeing and health. An instance where a utilitarian would use their beliefs in a warfare setting is when they could have to make decisions about a group of soldiers; they would have to choose whether to send them into a dangerous environment for the betterment of society and the conflict. A utilitarian would enlist their beliefs in this context by gauging whether using the soldiers to defeat an enemy would benefit more people than not, if the wins would outweigh the losses if they won the war. For example, if they had to choose whether to sacrifice 10 soldiers to certain death to gain a significant advantage that would save 100 people, they would choose to do so because it is for the 'greater good'. The ideology can be applied by doctors or surgeons when they have to make decisions for patients who don't have the capacity to make their own choices. If a utilitarian doctor cannot know whether the patient would want to have a procedure done, they would choose to do whatever gives the patient the best outcome and quality of life afterwards. They would likely not take into account their religion or beliefs unless it was expressed by the patient, as

utilitarianism does not believe that religion is more important than human lives. A doctor could also make conclusions about organ donations; a utilitarian would have no problem taking organs from 5 brain-dead people with no brain activity and a very low chance of surviving, to save 1 person in dire need of organs. Dr James Orbinski is a world-renowned humanitarian and physician who had to use his utilitarian beliefs in real-life situations while aiding medically in third-world countries such as Rwanda. Orbinski was called to aid in Kigali, Rwanda, during their civil war in 1994; he later calls that time of his life both his undoing and most transformative moment (Gibson, 2023). He was faced with mind-altering decisions that he had to make for the innocent people in the conflict. The language barrier between Orbinski and his patients meant that he was forced to make verdicts about their health with no input from them, which necessitated him to use his humanitarian and utilitarian beliefs in order to give them the best outcome after the war. He also had to choose which patients were worth saving and which to sacrifice for the good of others; he ended his experience in Kigali as one of the only doctors left (Gibson, 2023), which meant that towards the end of the civil war there were not enough doctors to save every brutally injured victim that he encountered.

In conclusion, utilitarianism can be used in the modern world by decision-makers, but it may upset people as it goes against natural human emotions and rationality. Humanitarians may find themselves using the ideology for the greater good in life-or-death situations, as both principles are used in decisions when they want to benefit humans in the best way possible, even if it involves choosing the lesser evil.

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11 Albert Xu (Rugby School): How does social media influence the way we perceive ourselves and others?

In today's world, the expansive reach of social media deeply impacts how individuals perceive themselves and others. With popular platforms such as Instagram, TikTok, and Snapchat, users are constantly bombarded with edited images and videos, sometimes making them compare themselves with others and feel like they need to look or act a certain way to fit in, striving them to align their appearance and lifestyle with those of their peers or influencers. Furthermore, the likes and comments on these platforms add pressure, intensifying these feelings, pushing them to adjust their presentation and behaviour to gain approval. However, this is not always a bad thing, as some influencers create many motivating videos that might urge the viewers to become a better version of themselves, such as learning how to consume a healthier diet. As a result though, social media changes how we see ourselves and affects our relationships with others, creating a world where it can feel like your value depends on how popular you are online. This makes it important to think about how social media is affecting the way we behave and see ourselves.

Social media has significantly changed how individuals communicate and see themselves and others. The sheer volume of information shared on social media has created an environment where users constantly compare themselves to others' carefully chosen posts, often twisting and blurring their self-image. People also spend time checking and correcting false information they see online, as shown in a study about how much misinformation affects behaviour. Moreover, viewing biased information profoundly affects the way you view an individual or a group of people, such as celebrities, politicians, and even a country. Overall, social media helps people connect conveniently but also changes how we see ourselves and interact with others.

A significant consequence of social media usage is its underestimated impact on individuals' self-esteem, especially among teenagers like us. The constant exposure to polished presentations can lead to negative comparisons and make teenagers feel worse about who they are, and even leading to psychological distress such as depression. Studies show that using short-video apps can hurt teens' sense of self, making them feel confused about their identity. When teens get deeply involved in these platforms, they might lose sense with their true selves and feel unnatural. It is important to be careful because too much focus on social media can harm how teens see themselves.

On the positive side, social media can boost creativity, especially when people engage with artistic content, which can help them improve and feel better about themselves. Many people also choose to share their holiday experiences and spectacular views of landmarks, which encourage people to travel with peers or family to certain places and discover the beauty of our world.

In addition, people who prioritise online interactions over authentic connections may find it difficult to have face-to-face conversations over time. With social media becoming more and more central to daily life, it increasingly affects the elements of personal relationships, blurring the lines between virtual interactions and real-world connections. Long-time engagements in such digital environments can influence individuals' perceptions of themselves and others, causing a shift in self-image that often relies on curated online personalities. Consequently, the way individuals communicate in person may also be altered, and they could become less meaningful if talking online seems more appealing. Most individuals do not show their true selves online, and friendships made in the virtual world are hard to sustain and can easily collapse. As a result, the close link between social media and how we see ourselves raises important questions about the quality of our relationships in a digital world.

A popular content that many young people choose to contain on their social media posts is alcohol and cigarettes. The impact is incredible; research shows that exposure to alcohol-related content on social media is deeply associated with increased alcohol consumption. Additionally, 'the study, led by researchers at the University of

Glasgow, found that teens who were on social media for more than two hours a day, were more than two and half times more likely to smoke cigarettes and more than three times more likely to use e-cigarettes, when compared to those who used social media for 1 to less than 30 minutes a day.'

Social media influencers also have a great impact on the users' choice of purchasing. Nowadays, many brand and business owners collaborate with famous influencers to draw a wider audience to their company. When influencers feature a brand in their content, its reputation, popularity, and market awareness enhance depending on the number of followers they have, creating a surge in sales. These influencers are obviously paid well to give good comments on those products being advertised, and some of them might not be exactly true. This could be fairly dangerous as the followers, influenced by the aspirational lifestyles these influencers showcase, are likely to purchase the products to feel connected to them. This trend remarkably boosts the sales of advertised products. 'According to The 2024 Influencer Marketing Report, almost half of all consumers (49%) make purchases at least once a month because of influencer posts; and almost all consumers (86%) make a purchase inspired by an influencer at least once a year.' Consequently, the power of social media influencers in marketing reflects how deeply social media can shape our perceptions and decisions.

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Annabel James: WHAT DOES CONFLICT BETWEEN SIENCE AND RELIGION TELL US ABOUT BEING HUMAN?

There has always been conflict between religion and science since scientists started to make more discoveries about the world. However some more reformed religions or branches of religions believe that religion is the reasoning behind the facts. For example, in philosophy and theology we were taught about the boiling a kettle analogy. Where boiling a kettle uses electricity or gas to heat up water to its boiling point at 100.c; but you are boiling the kettle because you wanted to make a cup of tea for you and your friend because you both were thirsty. In a scientist's point of view the earth was form by the big bang, and for example Christians believe that the earth was made by God in his image to bring light and happiness. The conflict of religion and science help us to understand others and humanity, the thoughts and feelings of others will help to show difference between the human population. The difference between us is one of the true meanings of being human.

Aristotle, Galileo Galilei, Isaac newton, albert Einstein, Rosalind Franklin: these are some of the names of the greatest scientists of all time and have influence the modern world in so many ways with their scientific discoveries. One scientist that caused some of the most controversy in the Christian eye was Galileo Galilei.

In the past people had believed that earth was the centre, and all the planets orbited around it because God created things that way. One of Galileo's many discoveries were that the plantes in the solar system didn't orbit around the earth and around the sun instead, this challenged the idea that the heavens revolved around the earth. For this Galileo was banned from the roman catholic church for teaching and defending his discovery of the solar system orbit. The church did not rectify its error, and the pope john Paul demanded Galileo to admit to his lies, this eventually led to his house arrest for 8 years before his death in 1642. This example of Galileo's discoveries being turned down by the church because of what was in their bible scriptures shock the religious and scientific communities. Discoveries like Galileo are some that started to make more liberal branches of religions. This portrays the idea of being human because it shows how one person can change the entire thinking of a whole community and change the opinions of lots of members. This also shows how being human also may mean discrediting others' ideas in the thought of your own as the church shone Galileo, he discovers one of the most influential discoveries to this day.

Another notable example of since and religions conflicts is Charles Darwin, this theory of evolution changed the story of genesis and that the earth and human were created in 6 days. It also proved that the earth was not 6,000 years old but has expanded over 13.8 billion years. Charles Darwin himself converted from Christianity to atheism from the early years of his life till he died. He had thought about God and the reasons behind people beliefs for much of his life. However, he was considered "a devil's chaplain"- a phrase which he gave himself. Darwin also called himself and 'agnostic' a term given to him by his friend Thomas Henry Huxley, this meant that he did not dismiss the idea of the existence on non-existent god. This shows the idea of being human because being human means to be evolved and have the brain complexity and ability to have created the society that we have today. It also shows the influence a person can have and how in Philosophy and Theology we are still learning about Charles Darwin and the impact that he had on the Christian religion.

The stone henge was assumed to be built in the neolithic and bronze age which is shocking because science has shown that the stones used where from 15 miles down the hill; this is significant because they would in theory have not had the technology enough to transport the 20 tons stones to the top of the hill. Due to the stone henge being created 3,600 to 5,000 years ago there is not much of a way of knowing exactly why it was created. The stones were put to align with the movements of the sun which must have needed to use some science to be able to track the sun and its movements, and therefore the sun is made based off the solstices. The stone henge was used to create the neolithic calendar because the people how created the stone henge where mainly farmer, herders and pastoralists so the changing of season would mean a great significance to this. With the stone henge being created so long ago a

majority if not all people back then would have and believe in a religion so their discoveries about the sun's cycles where so impactful to the modern world.

There is not always conflict between science and religion one fitting example is rugby school where we have chapel services every other day. Aswell as a major part of the academic curriculum for the first three years of the school is science, the assistant Chaplin is a biology teacher and whilst being a devout Christian understands that the world works with science and religion gives reason.

Religion is assumed to have been around for longer than it has been documented stretching across the world with all its diverse types. Some like Greek mythology has died out. Due to religion being around longer than science the scriptures and other things that have been written are scientifically impossible. This however is what makes religion so amazing to a majority. In Greek mythology Athena was born by appearing from Zeus' head; this in modern days sounds impossible however for the Greeks and many other religions believe that anything is possible for their god/ gods.

The Arabic scholars about 1000 years ago discovered the numbers 1-9 which is one of the greatest discoveries and is used so much in mathematical and scientific equations. Even though Islam and Abrahamic is one of the strictest religions and the Islamic and Arabic scholars have made some of the most astonishing discoveries for science and the modern world which goes against all their religious practices.

To conclude I think that science and religion can coexist because religion gives reason to facts. In the 21st century however there are more scientific facts being discovered disproving religious scriptures. Religion is based in beliefs and faith which can be hard to base your life around when there are scientific facts which can be seen and proven, which may be why the amount of atheism is increasing increasingly now adays than ever before. The conflict between science and religion shows being human because it is the complexity of our brains that we can experience the faith of a higher being/beings and the relevancy that many have built their lives around the idea of something with out proof. It also shows being human because of the emotions that it can stir up in some people and how passionately they feel about their beliefs whether there is physical proof or not. This whole essay just shows how different the population of the earth is from one another and how everyone is different and there has never been and will never be and exact copy of anyone in their entire lives; identical twins may feel differently, however. There is so much to appreciate about the modern world and how humanity and everything has evolved from the thoughts of demigods and mystical beasts to the discovery of gravity.

BUTTERFIELD ROUTE

1 Libby Barber (Rugby School): Why and how has the role of religion in Britain changed in the post-World War era?

The primatologist Frans de Waal defines religion as "the shared reverence for the supernatural, sacred or spiritual as well as the symbols, rituals and worship associated with it."[1] Any investigation of world history sees religious beliefs and rituals present in societies across the world from the earliest times. A study led by Roger Trigg of Oxford University looked at religion in twenty different countries and found that humans are naturally lead to believe in Gods and the afterlife.[2] Dean Hamer in his book, The God Gene, goes even further and suggests that religious belief is "at least in part, hardwired into our genes. Spirituality is one of our basic human inheritances"[3] These findings are reflected in the massive part that religion plays in human life globally. Today 85% of the world population identifies with a religion. However, as the world advances technologically, religion is compromised and non-religious rates increase, particularly in high income and western countries. 2001 data released by *Barrett et al.*[4] showed how non-religious rates varied by country and with the UK having a high non-religious rate of 11.6% whereas the lower income country of Colombia had a low rate of 1.1%. This paper will look at why academics consider religious beliefs to be part of human nature before looking at how religious beliefs have changed in the UK since the second world war. Finally, I will consider some of the reasons why this change has taken place in the UK.

Before we examine more detailed statistics, it is useful to understand what we mean by the term, religious. To be religious you must have a belief in a God. This could be from the many Hindu deities to the Lord and one God that Christians believe in. Already, the various religions differentiate in their own Gods, Christianity being a monotheistic religion and Hinduism being polytheistic. The validation of a belief in God has been argued by philosophers for thousands of years. The *Cosmological argument* put forward by Thomas Aquinas is one simple argument that argues for the existence of a God. It consists of the idea that because there was once nothing in the Universe and now there is, a non-physical thing must have created what we know as our universe today. This non-physical creator being God. God must be the only creator because he is the only one able to truly be omnipotent and omniscient.[5] An Oxford study, that set out to discover where religious beliefs were learnt from, questioned children on who would know the unknown objects inside of a closed box. Children who were aged less than four believed that only their mother and God would be aware of the objects. However, the children aged above four tended to believe that only God would know the objects in the box. Upon reflection, this shows that at the age of four, children start to believe that their mothers are not omniscient or omnipotent and that it is just God who can be these things. [6]Dean Hamer's book revealed the discovery of a specific gene that controls a protein used in brain signalling chemicals associated with people who exhibit a high degree of spiritual behaviour. Hamer make a clear distinction between the God Gene which he identifies as predisposing us to spirituality and religion which is not transmitted only be genes but also by "memes; self-replicating units of culture, ideas that are passed on from one individual to another through writing, speech, ritual and imitation"[7]

This concept of a gene for spirituality working with ritual acting within small communities is a compelling argument. Humans need to be part of a community. In modern society people often pay for memberships to exclusive social groups and invites to exclusive parties to cement a sense of belonging. Religion offers this community for free. The 2011 study at Oxford University stated that "highly developed countries were less likely to hold religious beliefs than

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[1] BBC, How and why did religion evolve
[2] Telegraph article – Oxford University study. Belief in God is part of human nature. Tim Ross 12 May 2011

[3]Dean Hamer, The God Gene. Anchor Books. New York 2004 P6
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[5] Richard Dawkins, The God delusion. Black swan. London 2016 P100
[6] Telegraph article – Oxford University study. Belief in God is part of human nature. Tim Ross 12 May 2011
[7] Dean Hamer, The God Gene. Anchor Books. New York 2004 P13

those living a more rural way of life". [8]. People living in high income countries are highly connected through social media and technology. They can maintain links to others who live far away, and they have access to an enormous variety of entertainment. People living in rural areas in developing countries have very low levels of consumption and are poorly connected to others living further away. They own close to nothing of their own. Therefore, to feel like they are part of something bigger than their small and simple way of their life, they turn to religion. Not only does this enable individuals to feel that sense of belonging but it strengthens the community as everyone shares the ties that are a part of religion.

Following the start of the first world war there was a temporary increase in church attendance. The same effect was not seen during World War two. In fact, the church faced it's biggest loss in membership by one million people specifically in '*1939 – 1942*' says *Oxford academic* from the book *Periodizing Secularization.*[9] WW2 had an undercurrent of declining Protestantism the whole time and so by the late fifties it was clear that church going was in decline. Although 45% of the population went to Church occasionally 50% of parents were still sending their children weekly to Sunday school. [10]. Attitudes to religion have changed enormously over the 70+ years since the end of the war. In 1981 57% of Britons considered themselves to be religious but by 2022 only 32% still considered themselves to be religious according to a study by Kings College London. [11] It would be easy to think that this is because younger people no longer believe in God or attend church but interestingly the study identified that "69% of the pre-war generation said they were a religious person in 1981- a figure that dropped to 46% by 2022.[12] Britain is not unusual in seeing a drop in the number of people who consider themselves to be religious. All western nations have seen a decline, but the UK is particularly bad when it comes to religious attendance with only 11% of people saying the attend religious services weekly compared to 29% in the US and 27% in Italy.[13]However whilst the number of Christians has been reducing in the UK, all other religions have increased their numbers in the UK. Census numbers show that the numbers of followers of Buddhism and Islan increased by 70% between 2001 and 2011. [14] Constituency data published on the *House of Commons Library* in *2024* it is noted that '*46% of people identified as being Christian, 38% said they had no religion. 6% identified as Muslim, and 2% identified as Hindu. Around 2% identified as Buddhist, Sikh, Jewish or of another religion.*' Perhaps the most startling statistic is that 38% of the British population does not identify with any religion.[15]

Looking at the constituency data it is obvious that it is not that the role of religion has just reduced in the UK but rather that it has changed. In my opinion there are three main reasons for this change. Firstly, that the immigration has brought many people of different religions to the UK and these people have established places of worship that also provide a place of cultural belonging for them so far away from their homes. Secondly that society has become more urban and technologically connected which reduces the need that people have for the church. Thirdly that the successful establishment of the welfare state and a robust system of law and order has removed the need for the role that the church used to play in the support of the poor and sick.

Data from the Office for National Statistics shows that in 1951 only 1 out of 20 in England and Wales had been born outside of the UK but by 2011 3 out of 20 people had been born overseas. [16] Immigrants to the UK have not settled evenly across the country but mainly in urban areas. 38% of England's immigrants live in London. [17]This has seen a

[8] Telegraph article – Oxford University study. Belief in God is part of human nature. Tim Ross 12 May 2011
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growth in mosques, synagogues and temples which provide both a place for weekly or daily worship but also a place for these communities to come together to celebrate festivals and rites of passage. They also often provide cultural or language teaching. In the same way that one hundred years ago the Sunday schools provided basic education for children, today mosques teach Arabic and synagogues teach Hebrew. The 2021 census identified London as Britain's most religious city.[18]

Communication and transport have also improved dramatically since the war with the result that many people now move further from their families to find work. Once you leave the place you were born you are free to live life as you want to. Once you may have gone to church every week with your parents but once you are at university or have moved to a new town then you are less likely to go and eventually you get out of the habit of attending. Social media also means you do not need this community since you are quickly able to find others like you using technology and can feel a sense of community that way.

Finally, the big change that came after the war was the introduction of the Welfare state with free healthcare for all and benefits system that helped the old and sick. These were roles that the Church of England has often provided before the war, and it may be that people had continued to go to church in order to be sure that if ever they fell on hard times the church would be there to help. Help from the church is no longer required in wealthy and increasingly urban Britain.

To conclude on a final idea, Dr Justin Barratt from the University of Oxford states 'religion is less likely to thrive in populations living in cities in developed nations where there is already a strong social support network.' This is born out in modern day Britain where a strong welfare state provided benefits and support for struggling citizens. The state has replaced the role of the church for many British people. It might be easy to think that religion will never recover its importance, but Richard Dawkins in The God Delusion identifies that many people turn to religion for consolation in times of disaster or illness. [19]. As long as Britain remains prosperous, I think religion will be unimportant to most people in the UK but if at any point we have another war or natural disaster of pandemic perhaps then people will return to the church for comfort and a sense of community. After all, if Dean Hamer is correct, we all carry "The God Gene", some of the population is genetically designed to believe in God.

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[18] Guardian article, Robert Booth and Michael Goodies Jan 30th, 2023
[19] Richars Dawkins, The God delusion, Black Swan LONDON 2016

The question that I have chosen to explore and hopefully pose some potential answers to is "What are the risks and potential benefits of ChatGPT on education?". I think that the growing power of AI is leading to more and more cases where ChatGPT can be implemented to further benefit humans. I am going to research ways in which this technology can be used for educational purposes and move away from recent, negative views. A lot of Secondary schools are currently suffering due to the misuse of this technology, but I think that, with the right steps, ChatGPT can be morphed into the perfect tool for collecting research and making the whole education system smoother. This paper should highlight the positive impacts that ChatGPT can have and also some of the potential risks due to misuse.

To collect my research for this paper I first created a plan of what topics that I would address and the angle that I would come at them from. I then moved to google and used primarily google scholar and Jstor to access scholarly articles. These are more trustworthy and reliable, and I have cited any that I used at the end of the paper. I ensured that I checked each article and made sure it was relevant to the point I was making. I also used some websites I found online which I checked by looking at how recently they were updated or produced, the credibility of the website and the detail in the work itself. I then used the information from these articles to help me produce my paper.

ChatGPT is already impacting schools across the UK and currently, the effect is primarily negative. ChatGPT was launched in November 2022 by a company called OpenAI. The current and most developed model is GPT-4 which is an advanced language model. These are "a type of neural network that has been trained on lots and lots of text" (Heaven, paragraph 3). This effectively means that the system has searched through and 'learnt from' millions of examples of texts and answers from humans. It then processes and stores this information so that when it receives a text input, it tries to provide an answer using human language with the idea being that you wouldn't be able to tell that it is generated by AI. Some of the potential risks with this with education have appeared through students asking the system to write an article for them and then trying to submit this as their own work. GPT-4 is meant to "produce text that appears to be credible, but in many cases the information it provides is made up" (Trust, 6). Nearly all of the information is also plagiarised which is illegal and can lead to disqualification from end of year exams or graded pieces of work. Teachers are often able to tell when AI has been used by recognising that the style of writing is different from the student's normal style. All of this culminates together to provide a reason as to why ChatGPT should not be used to write whole essays, even though it is an attractive way for students to produce what appears to them to be a developed article faster and more easily than if they had written it themselves.

Another risk of ChatGPT centres around cyber security and the possibility of people accidentally giving away personal information. ChatGPT is constantly learning so takes in every bit of information that it can access. Therefore, OpenAI keeps a permanent record of every input which can lead to potential issues and the accidental spreading of personal data. This can be especially bad if you accidentally input personal information about someone else as that can be viewed as illegal and can cause potential issues with law enforcement. These suggest hesitance around the use of ChatGPT in education but that is mainly coming from people who haven't learnt or don't know enough about the system.

There are also numerous potential possible uses for ChatGPT within education. One main area is the usage of ChatGPT in assisting students' work. A study conducted by Sarah Levine in July 2024 shows that "participating students treated ChatGPT as a stand-in for a teacher, peer, or range of existing online sources" (Levine, Conclusion). This evidences that on many occasions, ChatGPT can serve a good purpose and help pupils complete their work to a higher quality without simply doing it for them. When used as a tool for assistance, the use of AI allows people to find help such as they would with a teacher or peer. I know this may counter with my previous point about ChatGPT being wrong, however, the system is constantly learning and developing, meaning that in the future this technique will grow to be increasingly effective.

Another use of ChatGPT for students is using it to collect research and aid in planning. A common issue for some pupils is that they struggle with technology and finding credible, reliable articles which can put them off doing their

work. If used correctly, ChatGPT can serve as a sort of simplified web browser and present this research to the user in a more understandable and digestible way.

One more possibility for the use of ChatGPT is as a more fun and engaging tool for writing. Some pupils may struggle creatively both in writing and project ideas. AI such as ChatGPT can give prompts which can then be taken on and modified by the student. There is "potential of human-AI collaboration in the writing process" (Dr, María-Isabel de Vicente-Yagüe-Jara, 8) in terms of letting students form ideas through their inputs and discussions with ChatGPT, and then taking those ideas and morphing them into a piece of writing. This is developing both creative writing skills and the ability to get the desired outcome out of ChatGPT, which may seem insignificant but is becoming more and more applicable as AI begins to play a bigger role in the workplace.

ChatGPT also can benefit teachers and teaching methods. AI can in theory "Provide support with teaching, including writing course syllabi, lesson plans, classroom rules and policies, learning objectives, directions for learning activities, discussion prompts, plans for substitute teachers, mini-lecture presentation scripts, and tips for classroom management" (Trust, 4). ChatGPT can be such a powerful tool for aiding and simplifying processes as stated above. These are everyday tasks that teachers have to carry out which take time and draw them away from other aspects of their job which are often more important, such as individual pupil development and helping people who are struggling. Teachers around the UK are conducting strikes due to poor pay and conditions, and Ai presents a possibility for helping improve these conditions and make life easier for teachers. The AI technology behind ChatGPT is also very promising for helping teachers to create their own systems for feedback and grading. ChatGPT can be used to help "where students seek immediate feedback on rough drafts." (Steiss, Conclusion). This can make everyone's life easier because the student can get almost immediate feedback, so they don't lose any ideas during the usual lengthy period of time for the teacher to mark and return their work. Teachers who work with multiple different years, especially during exam periods, would find this helpful as it would give them more time to focus on the classes with upcoming exams but still help others. ChatGPT and AI in general could also be used for major public exams such as GCSEs for marking and providing feedback. ChatGPT can be used to "complete the final scoring processes" (Richardson, 40) which can ease up and smooth marking systems, which ultimately may lead to pupils receiving their results quicker. Therefore, ChatGPT can and could have so many positive impacts on how teachers teach and should be used to benefit and assist education.

Teachers are having to learn how to detect the use of AI. There are websites and apps such as 'Turnitin' which use AI to detect plagiarism. This, until recent times, has been very effective and can provide a solid idea whether or not the work belongs to the student. However, as ChatGPT develops and improves, these AI checkers will need to improve as well and will always be playing a game of 'catch-up'. This means that teachers have to turn to other methods of checking with the main one being assessing the knowledge of the essay that the student has. Teachers need to meet with students and ask them questions about the essay to see if they know what they have talked about and understand the topic. This can negatively impact the time that teachers have and force them to spend more time working. However, by using these prevention methods, it should discourage the abuse of ChatGPT and encourage the idea of using it as a research tool.

ChatGPT is such a powerful tool that, if used incorrectly, has the potential to ruin education systems. Students who misuse and abuse the power of ChatGPT have the potential to cheat themselves to obtaining high grades without learning. ChatGPT also poses threats with sharing of personal information which can lead to legal issues. However, ChatGPT can also be used to improve education. AI can provide teachers with assistance in planning lessons and other admin tasks that take time and cause unnecessary stress, which could ultimately lead to the teacher being forced to spend less time focusing on individual development. However, using ChatGPT for feedback and assistance can allow them to focus on the learning of their pupils. One way they can help is by teaching the students about how to use ChatGPT effectively as a research tool. Many children may struggle to find and understand information when at home without aid and this is where they can turn to AI as a temporary replacement of a teacher. This can allow them to complete more work to a higher standard and if they lack ideas, they can use ChatGPT for prompts.

ChatGPT, in my opinion, has the power and potential to either improve or destroy the education system. I think that the trajectory that schools are on is promising and there just needs to be more awareness about the potential

benefits of ChatGPT. I believe that I have answered my title question within this article and if I had to give a view, I would say that there are more potential benefits. As both AI and the education system develop, I expect that we will see more connection between the two and education levels as a result will hopefully improve within the next twenty years.

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3 Bea Campbell-Johnstone (Rugby School): Was the Georgian Court and Royal Influence

I chose the question 'Was the Georgian court and Royal Influence, the Georgians equivalent to social media and influencers of today?'. I was interested by the Georgian culture and history as it resonates with a key part of my family history, which I have been fascinated by from a young age. My intrigue only increased when I began watching 'Bridgerton', 'The Great' and often found myself engrossed in a movie based in the Georgian period, such as 'Emma' or 'Little Women'. After watching 'Bridgerton', I would regularly find myself talking to my mum about how amazing the dresses and accessories that the women of court wore were, yet to discover there is a little more to those pieces other than being an addition to an outfit. When being asked to think of a question based on 'Humans; Past, Present and Future', this idea sprung to mind. As a teenage girl, I often find that we are being told the recent evils of social media; the unrealistic standards that influencers project onto those platforms or the hot gossip and fake news that gets thrown around, yet often isn't true. However, could it be that this isn't a recent problem of our generation, and one established centuries ago, but with class, in the places you would least expect?

When going about choosing my question I knew I wanted my topic to resonate around fashion and influence. I wanted this, due to the fact of me being a creative person, I knew I would find this task more engaging by being visually engaged, rather than facts and figures. Being able to conclude based on what I saw supported with what I read, instead of purely reading. This has made this much more interesting and engaging for me to research, instead of it being a chore. By the end of this essay, I hope to have proven that the recent 'evils' that come with social media, aren't recent, and are instead a secret pleasure of the Georgians. I collected my information from a range of sources. Ranging from a jewellery website blog 'Lillicoco' to a CAS Resource PDF from Kensington Palaces biggest ever exhibition 'Crown to Couture', as well as books, such as 'Style and Society- Dressing the Georgians'. This allowed me to gain a range of information past the depths of Wikipedia and google. When I started thinking about writing my paper, I first decided which more specific topics I wanted to investigate within my question, so when looking for resources and information, I knew exactly what I needed. Once I had collected my information, I grouped it into the different subsections of my essay making it easier to structure my paragraphs, and citate. The subsections I chose to investigate were: "The similarities to social media and the court", "How Royals weren't necessarily the most influential people, much like now" and finally "How much the Georgian culture has influenced are society today?".

Firstly, I want to prove that there were similarities between social media and the court. Most would think that comparing a new technology and an extended royal household is absurd. However, once I had started researching, it seemed recent online concepts such as "GRWM's" aren't as new as they once seemed. In Georgian England, women would take up to six hours to prepare for court events. Almost identical to the preparations that celebrities posted before the Met Gala this year. This was called 'Toilet' and as the Crown to Couture stated, 'It was common for women to invite guest to watch them get ready' (14). The women of court watched their fellows, have their hair, makeup and garments done. This is evidence that the new craze of 'videos that have taken over TikTok' (Fortune), isn't a recent occurrence and actually a regular engagement in the dressing rooms of women of court. These women used it as an opportunity to grow their social networks, but most importantly to engage in social and political gossip. This again shows a direct correlation to social media. Small creators will use this same situation to gain a following and further their influence. Influencers can be regularly 'Getting Ready' while discussing their opinions on a current political or social issue. For example, Spencer Barbosa, an influencer and feminist, uses her videos to talk about normalising stereotypes and insecurities. But more recently, during the US election her opinions and more importantly the abortion bill. Unlike the Georgians, women now have a bigger voice and more equality. However, social media gives voices all women to discuss these current problems, like the Georgians and their toilet sessions. Sadly, outside of these meetings women were expected to remain ' the submissive sex, largely confined to the domestic realm' (The Secret Language Of The Georgians – Lillicoco). These Toilet sessions, they allowed these often-intelligent women to voice their opinions, to avoid the whispers running around court that their husbands had lost control of their wives.

Other similarities can be found between social media and the Royal Court. The Georgian court and social media can both destroy or make a person's image. Today these people tend to be, actors, singers and people of fashion. However, the Georgian court saw the creation of 'celebrity culture', unlike today these 'celebrities' weren't household names, like politicians or an explorer, but notorious names of the royal court. There new found dominance amount the 'growing class of the literate Britons' (Crown to Couture CAS Resource) all thanks to the upcoming of the printing press. This made life either easier or much harder for the women of court, due to the vicious gossip in court it could either ruin or make a lady's life. If a false rumour were to be placed in a paper, that could lead to her exclusion from court and her chance of finding a husband made very slim. This is today's equivalent of being 'cancelled'. For many full-time influencers this can destroy their livelihood. If something they, 'tweeted' or did maybe 5 years ago or more recently, was to be found and people disagreed with what had been said, people will cancel them. Due to it being their only source of income, they start to struggle and eventually have to find a job not on social media and out of the public eye. However, social media can also transform a persons life, just from one viral video, creating a platform for them to grow, make money and secure brand deals. This was the equivalent for Georgians, for instance in Bridgerton even though it is fiction, being named the 'Diamond of the season' made you the most desirable for the bachelors, just from one sentence stated by the queen. This shows how in the Georgian era and still now one comment made on social media or in the court can change a person's life, for the good or for the worse.

Finally, you can compare the Georgian court to social media, through the creation of fashion trends. It has been proven in both eras that society, will get as close as they can to a celebrity or royalty. In recent years this can be proven with Kate Middleton and Cath Kidston. She dressed Prince George in Cath Kidston tank top and shorts for Christmas, and they flew off the shelves quickly selling out. This can be compared to the craze of fans in the court. Women would use fans to communicate with other women and suitors, using a secret language. Once this craze had trickled down into the lower class, they started using fans. Most fans were made of ivory and gold; however, they were made out a range of materials to make accessible to all women. Today we can be held responsible for doing this too, if we can't afford the real deal, we look for knock offs or similar items, just so we can have something in common with people we look up to. While Queen Charlotte was still in rule, she insisted that wide skirts were still worn at court events, even though narrow, long dresses were now in fashion and wide skirts ceased to be. This shows that even the Queen did not have the most influence over court, and as soon as she died the court went straight into what was fashionable, set by more influential people in the court. This shows that people trends were still set by royalty and kept in fashion thanks to the royals whether the people agreed or not.

In conclusion, my research has shown there are many similarities to the Court and social media. This also shows the need for humans of all ages and eras to search and gain the approval of others. This is part of natural human instinct to search for others approval or to fit in, like a herd mentality. This can be proven through the creation of trends, the delicacy around what is and is not acceptable and the concepts behind them are the similar dangers and advantages that the court and social media share. I believe that through my research I have proven that the concepts within social media are not a recent discovery and have been in our everyday lives much before the creation of iPhones. I have thoroughly enjoyed researching this topic and have learnt so much from my discoveries.

4 Lamis Elemam (Holy Lodge): What is the impact of the discovery of oil on the lives of ordinary people in the Arabian Peninsula. How will this change as the world moves away from oil due to climate change?

Within this essay I will be discussing how the discovery of oil changed the lives of ordinary people on the Arabian Peninsula compared to how it was in the past and how I see it in the future.

How was Life in the Arabian Peninsula before the discovery?

There are lots of countries in the Arabian Peninsula that discovered a mass amount of oil that has benefited the global economy but today I will be mostly talking about Saudi Arabia. Before oil was discovered and successfully exploited, Saudi Arabia was a poor land.In the 19th century, the territory of modern-day Saudi Arabia had a population of just over 2 million.Despite the fact that the first king Abd Al-Aziz's power increased after the unification of the country, he still struggled to provide for the country and its economy .Bpb.de a German organisation found that the gulf region especially Saudi Arabia was one of the poorest areas worldwide with its economy based on Pearl division and tourism revenue from observant Muslims' pilgrimages to the holy city of Mecca.The percentage of poverty then started to increase during the early 1930s due to the collapse of the Pearl industry and the Great depression.The royal borough of Kensington and Chelsea found that during the 1800s, in the Middle East muslim societies had a hierarchy of types of jobs.For an example those who worked in religious circles such as teachers in education were seen to have a very noble job.Furthermore for most people their homes were built of brick as it was much cheaper compared to stone which was only used by the small percentage of wealthy families.The very poor lived in the outer limits of the cities with a very unsanitary living condition consisting of a home built from mud-brick.In order to survive the unprivileged in Saudi Arabia mostly produced what they needed for themselves.Their diet was very unbalanced and penurious with bread being the stable food with a side of a limited range of vegetables if in season.

During the petroleum discovery:

March 3rd 1938, an oil well in Dammam owned by the USA was drilled into what would soon be identified as the largest source of petroleum in the world.This discovery was gonna radically change the physical, human, and political geography of the Arabian Peninsula and the rest of the world.After the discovery, the countries leaders knew this could fix the country and secure a future with less poverty.Along with the cordial ties with the Muslim world, saudi Arabia had benefited from a partnership with the United States and other European nations over the twentieth century after the discovery.The country was shielded from international scrutiny and the demand for democracy that swept the globe following the end of the Cold war by its oil reserves and economic prosperity.With the additional knowledge that there would be no external pressure to alter its political, religious, or social programs, the rest of the world was ready to accept Saudi Arabia as it was no matter how different it was.Cambridge University Press- A History of Saudi Arabia, Second Edition specify that as long as there was no disruption to the flow of oil, investment possibilities, and military contracts or else the union would break. However would every individual benefit from this?On February 8,1936, the drilling of 'Dammam Well No.2' commenced.Saudipedia.com indicates that it established a flow of 335 barrels per day, increasing to then 13,840 barrels per day.Within a few months, Dammam was building strong infrastructure dotted with wells, pipelines, refineries, and ports. Currently, National

Geographic discovered that 92% of Saudis budget is based on oil, which is proved by the country being one of the largest producers and exporters of oil in the world.

Present time in Saudi Arabia:

Did every individual benefit from this?Well, although most of the outcomes of oil has been strengthening particularly through the wealth it has generated for the country being used to fund public works projects such as schools, hospitals, roads, constantly sharing out the profits made to Saudi families, bridges, improving the lives of many citizens.A book called 'Saudi Arabia on the edge:The uncertain future of an American ally' demonstrates this by narrating how during the discovery of oil and the increase of wealth to the country, King Abd al-Aziz was known for always handing out the new welfare to the citizens.However, there has also been some difficulty such as an increase in unemployment and many underemployment among the highly educated workforce.There's a misconception that everyone benefited from the petroleum discovery but currently The Borgen project found that up to 13,6% of citizens in Saudi Arabia live in poverty in the year of 2021 so this demonstrates how not everyone has.On the other hand, the discovery of oil has improved the appearance and lifestyle of Saudi Arabia.It was estimated by Gulfnews that up to 300 millionaires will come by live here the end of the year.This country has a significant number of millionaires, and it's economy is heavy dictated by the petroleum industry.In 2024 the export volume of oil was recorded to be 7.48 barrels per day.The oil consumption is that heavily that a full tank of petrol only costs 75 riyadh coming up to nearly 15 great british pounds.

Future in Saudi Arabia:

In April of 2016,the government created a new innovative project called Vision 2030 which aims to achieve the goal of increased diversification economically, socially and culturally. This project also discusses plans to reduce Saudi Arabia's reliance on oil as the largest economic asset as due to environmental reasons, the world has started to turn electrical meaning there will be a less demand for oil.Instead the country plans to invest in other industries that will generate more jobs for unemployed saudis.If this project is successful then the countries poverty rates will decrease due to a less percentage of unemployed individuals.It will also work to improve the effectiveness and response of the government, unlocking opportunities for growth and investment, opening Saudi Arabia to the world, building and launching platforms for future growth, and increasing their citizens' quality of life.

To my conclusion, I think that the discovery of oil positively impacted the lives of ordinary people for the majority in the Arabian peninsula as it opened a lot of new opportunities and radically changed the physical, human, and political geography of the Arabian Peninsula.However due to this powerful discovery it has led to an exposure to conflict.at the same time as both Iran and Saudi Arabia are focusing on lowering their dependency on oil, their rivalry within the energy quarter is using them to preserve what the Iranian oil minister has defined as an 'unwritten warfare' between the two international locations over oil production and export.At least for the moment, Tehran and Riyadh each choose to face up to an oil output cap, even at the cost of preserving low oil charges and revenues. Saudi Arabia has taken extra steps to slow Iran's efforts to growth its oil exports

[Oil Discovered in Saudi Arabia (nationalgeographic.org)](#) !

[The Arabian Gulf prior to the "oil era" | The Gulf Cooperation Council States (GCC) | bpb.de](#) !

https://assets.cambridge.org/97805217/47547/frontmatter/9780521747547_frontmatter.pdf

Leighton and the Middle East (rbkc.gov.uk) !

https://saudipedia.com/en/article/1051/economy-and-business/energy-and-natural-resources/oil-discovery-in-the-kingdomhttps://saudipedia.com/en/article/1051/economy-and-business/energy-and-natural-resources/oil-discovery-in-the-kingdom!

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Saudi Arabia has largest number of millionaires in Middle East | Kuwait – Gulf News

Top 15 Facts about Poverty in Saudi Arabia - The Borgen Project

5 Ellie Flemming (Avon Valley): How has women's football been able to overcome barriers since 1920?

Nowadays, the support and development of women in sports and football has grown massively; however, just over 103 years ago women were banned from the sport due to a concern for safety. This essay seeks to outline the barriers that have faced women's football since the 1920s as well as highlighting the steps that have been taken to overcome them

Prior to the banning of women's football, a large spike in growth and viewership led to a remarkable Boxing Day in 1920 when 53,000 fans packed Goodison Park to watch an English football team at their best (Shelley,2005)[20]. `Despite this momentum towards extraordinary growth, the FA enforced that women playing football on any FA associated grounds was to be stopped, and they were barred from all grounds. The FA's Consultative Committee stated complaints had been made as to women playing football(Wrack,2022)[21], attempting to justify the vicious and unforgiving outlawing of women's football associations. Unsurprisingly, the players were furious with the FA's ruthless ban and players for the Dick Kerr Ladies F.C. suggested the FA "was just jealous because they were getting bigger crowds"(Wrack, 2022)[22] than the men's teams were at the time.

To overcome this, some teams decided to play on through the ban with the start of the English Ladies Football Association (ELFA) this was seen as a direct response to the FA in argument to the recent banning of women's football. A total of 58 affiliated clubs joined this association(Taylor, 2021)[23] and 23 of those teams played in the English Ladies' Football Association Challenge Cup in the spring of 1922 and Stoke Ladies reigned victorious on 24 June 1922(Brennan,2022)[24]. As such, this barrier to women's progression and participation in football remained in place.

47 years later as a result of increased interest after the 1966 World Cup, the English Women's FA was formed in 1969(Wikipedia,2024)[25]. Women's football teams began to develop and the FA soon lifted the ban in January 1970(BBC Sport,2024)[26]. This allowed women's football to begin again. However, the men's football teams had grown extremely skillful during the banned years as the women's teams aimed to overcome the barriers they faced to get to an equivalent standard to men's football.

Despite such setbacks, women's football began to grow traction in the early 2000s and continued to grow with the UEFA Women's Euros 2005. With 15 matches attracting a total of 118,403 people with an average of of 7,894 per

[20] http://news.bbc.co.uk/sport1/hi/football/women/4603149.stm - Alexandar Shelley - BBC SPORT - June 2005

[21] https://www.theguardian.com/football/2022/jun/13/how-the-fa-banned-womens-football-in-1921-and-tried-to-justify-it - Wrack Suzanne - June 2022 - The Guardian

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[24] http://donmouth.co.uk/womens_football/stoke_ladies.html - 4 July 2022 - Brennan,Patrick

[25] https://en.wikipedia.org/wiki/Women%27s_association_football - 13 August 2024 - Wikipedia

[26] https://www.bbc.co.uk/sport/football/59475956 - 4 December 2024 - BBC SPORT

match, where Germany become victorious(Wikipedia,2024)[27]. Yet the attendance pales in comparison to the Men's euros in 2004 with an overall attendance of 1,160,802 total, an average of 37,445 per match(Wikipedia,2024)[28], showing an evidential difference in support. The women's game had lost a lot of support since the ban in 1921 and had a lot of growing to become close to the men's.

Outside of European competitions, the FA Women's Premier League National Division was formed in 1991. From 1991 until 2010, the National Division functioned as the top league in English Women's Football(Wikipedia,2023)[29]. This changed after just 22 years and the league came to an end in 2013 to be replaced by the WSL as number 1 in England.

In March 2010, 3 years before becoming the number 1 league, the WSL (Women's Super League) was formed featuring twelve fully professional teams(Wikipedia,2024)[30]. The first season began in 2011 and consisted of just 8 teams playing. The women's league continued to grow for the next decade and in 2021 the league began to inspire young girls all across the country, proving to be a step towards overcoming the previous barriers.

As the teams grew onwards, in the 21/22 WSL season the highest attendance was 20,241 where Manchester United beat Tottenham 3 goals to 1 (Wikipedia,2024)[31]. Proving that the women's game was able to quickly grow and inspire thousands when comparing the average attendance at the 2005 Euros. Chelsea were eventually crowned champions winning their 5th title (Wikipedia,2024)[32].

In the 22/23 season, 132 matches were played in total and the highest attendance was 47,367 spectators (Wikipedia,2024)[33], doubling the previous season's record, setting a new record in WSL history (Wikipedia,2024)[34] and proving how fast the women's game can grow. Chelsea were once again victorious and gained their 6th WSL title. (Wikipedia,2024)[35]

In the 2022 Women's Euros, England had a record-breaking triumph on home turf (UEFA Women's EURO,2022)[36] and reigned victorious over all 16 teams competing. Their final game came on 31st July 2022 against Germany where the game ended 1-1 at the end of the first 90 minutes and Chloe Kelly came through with an immense goal in the 110th minute, just 10 minutes before the final whistle, which sent England into glee. Mass amounts of supporters

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[28] https://en.wikipedia.org/wiki/UEFA_Euro_2004 - Wikipedia - 28 July 2024

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came to support their teams with a total attendance of 87,192 at Wembley Stadium (UEFA,2024)[37]. A new record for women's Euros competitions.

Then came the 23/24 season where teams became more competitive than ever before with the winners being decided by goal difference where Chelsea were determined as winners over Manchester City. The overall attendance to these games was 971,977 which was a 41 percent increase from 2022-23 (689,297)(The FA,2024)[38], obliterating previous WSL records.

In the face of growing attendance to women's football matches, barriers in the media remained: many women's teams and leagues continued not to be televised due to men's games being given priority. This changed, however, in September 2019. The app FA Player was released in September 2019 and marked a new dawn for women's football in England(N3xt Sports,2022)[39] where you could watch live matches, highlights, exclusive interviews with players and much more, bringing more remote viewership to the women's sport. Sky Sports also began to work with the women's teams showing a few matches a season of the last 2 years in the WSL.

Nottingham Forest, an inspiring women's team, has been developing over the past 10 years and aims to be able to reach high in the women's leagues. Previously, the women's team struggled against teams within the high leagues like Manchester City, losing 8-0. Now they are in the FA Women's National League North and Nottingham Forest Women will become a full-time professional football club at the start of the 2025/26 season (Nottingham Forest Club News,2024)[40] and will only thrive and develop. As for their 2024/25 season, they are currently unbeaten winning all three opening games and currently being 3rd due to goal difference with Rugby Borough being top with a goal difference of 16 to forests 15 goal difference.

From the aforementioned discussion ,it can be concluded that growth in women's football will continue; indeed, it seems that this growth would be difficult to stop. They will continue to inspire millions of girls, teenagers and women who have now become involved in the sport, meaning there are still many generations of women's footballers to come and the game does not have an end in sight.

As for Nottingham Forest Women, with their aims set to become fully professional, the women's game is developing extremely quickly and only needs investment to be able to reach an impeccable standard of football for millions to strive for.

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In today's society, the internet has become an essential aspect of our everyday lives. With just a few clicks, we are able to access a vast amount of information in a matter of seconds. Devices such as mobile phones, tablets, computers, and more have drastically changed the way people work and communicate with each other. But how has this evolved over the past few years? What are the effects of always being able to access so many different sources of information that we never knew existed? And what are the outcomes of the excessive use of the internet that has been proven to have adverse effects on our development and social skills? The web is considered without doubt to be one of the most astonishing achievements mankind has ever accomplished. But is it possible we are overlooking the negative issues due to its incredible assistance it has granted our community? And if so, why do these problems still happen and why are we not doing anything to stop them?

Undoubtedly, our society wasn't always immersed in the colossal world of technology; the world used to seem like a much bigger place with the lack of communication. Yet today, we are able to contact anyone from anywhere across the globe. However, the web didn't miraculously appear, and if it had, could we have avoided miscommunicated events? For instance, in WW1, it is said that the assassination of Archduke Franz Ferdinand triggered an outbreak of misinterpreted remarks between the major powers; a complex web of alliances and the failure to effectively communicate intentions led to a rapid escalation of conflict, ultimately resulting in a global war. According to this impactful event and countless other similar incidents, it is undeniable that a fast and simple mechanism for communicating at all times was necessary to avoid bigger complications. However, this has not really seemed to have changed much as conflicts still occur all the time and there hasn't been a year of peace, which suggests conflict is caused by the human issue of not accepting non-violence and harmony around the globe (United Nations, 2024).

Initially, the internet wasn't created too long ago, but somehow it has spread massively across the world in just three decades (Belderbos 2023). Before the internet, people interacted face to face, made phone calls through only a house phone, or wrote handwritten letters, which now seems exceptionally old-fashioned. Nevertheless, in the modern world, this might seem laborious and time-consuming since messages, emails, and even video-chats now exist, saving a lot of time and making it convenient for people with less flexible schedules.

Due to individuals having the luxury of accessing any type of information, it has been forgotten that not even 40 years ago, knowledge was complicated to find and low-paid people weren't always able to access it.

Additionally, families with a low income weren't always able to afford education for their children. In contrast, young adults in current society often neglect the opportunity to get an education since everyone has the right to attend school freely (at least in the UK). In conclusion, the internet has massively changed society's perspective on education, making it seem like a basic and common service, therefore leading many to overlook the power of knowledge.

Initially, teenagers use the internet for other purposes, such as spending most of their time scrolling through social media, gaming, and spending hours watching things that entertain them. Despite this being something that provides comfort, it doesn't necessarily help develop their social skills and mental health.

As Gianluca Quaglio noted, "Around 88% of 15 to 24-year-olds use social media, 80% on a daily basis" (Quaglio 2019), which already indicates the lack of real-life interactions and the severity of social isolation. As a matter of fact, the internet has reduced people's social skills and continues to raise concerns about people's privacy as well as the remaining high rates of cyberbullying at 42% and possibly many more that haven't been reported. It was added that the emotional impact of cyberbullying is the same as that of real-life bullying; however, school has an end while

online bullying has no escape as the internet is available at all times ("Facts About Cyberbullying", n.d.). This proves beyond doubt that the internet is an unsuitable environment for young adults due to its adverse effects that lead to psychological and emotional damage for young people.

Above all, the web isn't always used with decency and appropriately by everyone due to different beliefs and upbringings. As a result, there are many individuals on the internet who don't wish for everyone's good well-being; therefore, hackers can create many viruses and invade someone's privacy, which is considered by many to be the most important thing that keeps their humanity intact. Privacy is necessary for young adults as they are still learning and can make invalid choices. Therefore, if their privacy is invaded, they may feel pressured to conform to others, resulting in a refusal to form their own beliefs, values, and opinions ("What Are the Possible Consequences of Privacy?", n.d.). Without these, they will struggle in the future when discussing specific topics as they won't have a clear idea of what they believe in, making them doubt their own opinions.

Although technology has its disadvantages, it may be regarded as certain that the internet offers people much more freedom in terms of expressing themselves and sharing their experiences with millions of people who could relate. Despite its decrease in face-to-face interactions, it is much more convenient when contacting friends and family over long distances, resulting in productivity and efficiency as people can respond whenever it suits them ("1. Online communication – Communicate and Collaborate", n.d.). Social media is a great platform to create friendships that consist of mutual respect, trust, and similarities between a pair or group of people. Amanda Lenhart has disclosed that 57% of teens have made a friend online, of which 61% are boys and 52% are girls; older teens are more likely to make a new friend online (Lenhart 2015). This may be a result of stronger social skills, confidence, empathy, and better coping with anxiety, which is one of the biggest struggles for teenagers. Making friends allows young adults to express their emotions and receive support from one another, resulting in reduced loneliness and isolation and providing much-needed companionship ("Friendships: Enrich your life and improve your health", n.d.).

In conclusion, considering the numerous benefits the internet offers, such as online shopping, connecting with a global audience, freedom of expressing one's opinions, making money, and many others, it is clear that technology has advanced significantly and has played a major role in developing our society to what it is today. However, why do we still overlook the negative factors of the web, despite the positives outweighing them?

One could argue that the only logical explanation for this is that the internet enables people to stay anonymous online, allowing them to publicize opinions they wouldn't necessarily express face-to-face with an individual. Therefore, it is harder to call them out if numerous other anonymous people agree with the opinion stated. More importantly, the web allows people to block and report anyone who is being hateful, helping to decrease the rate of hate circulating the media. But if we live in a society that is now equal and supportive, why are these options still needed and why do we allow ourselves to project our insecurities onto other people?

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7 Thatcher Lai (Rugby School): How has the perception of time and gravity changed due to the theory of relativity?

1   Introduction to the Theory of Relativity

Many scientific theories throughout history have revolutionised science, brought about innovative technology, and changed our understanding of the universe. One of the most notable ones, and the one we will discuss in this essay, is the theory of relativity (comprising two smaller theories, special and general), founded by Albert Einstein.

1.1   Special Relativity

Special relativity mostly deals with inertial (non-accelerating) reference frames and only deals with flat spacetime, although it can also deal with non-inertial (accelerating) reference frames. In many cases, it deals with objects and observers moving at relativistic speeds, which are speeds near or comparable to the speed of light. Special relativity is built upon two postulates: that all laws of physics remain the same in any inertial reference frame and that the speed of light is constant in all inertial reference frames.

1.2   General Relativity

General relativity deals with both flat and curved spacetime, where both inertial and non-inertial reference frames are considered. One of the main ideas in general relativity is that gravity is the curvature of spacetime, which manifests itself where there is matter or energy. General relativity is also built upon two important areas of mathematics — differential geometry (which is about the geometry of curved surfaces and spaces) and tensor calculus (which is about how tensors behave and transform).

2   Impacts of Relativity on Humans and Technology

2.1   The Concept of Time

Before special relativity, time was thought to be absolute, that is, it was thought to flow at the same rate everywhere in the universe — on a car, in a spaceship, or on Mars. More precisely, absolute time was a postulate in Newtonian mechanics and Galilean relativity. It made sense because it was intuitive; all scientific theories before special relativity depended on the notion of absolute time.[2] Classical laws of motion were also used to predict astronomical events with great accuracy. Hence, there was no need to think of time as anything other than absolute and universal.

However, the perception of time changed with the Michelson-Morley experiment. The experiment was an attempt to measure the velocity of Earth's rotation relative to the hypothesised "luminiferous aether", a substance believed to permeate through the universe through which light travels. Section 15–3 in [3] shows the experiment's specifics. In the end, the physicists came back with a null result, meaning the velocity of Earth's rotation through the aether could not be detected. However, the speed of light was found to be the same when it travelled in different directions relative to Earth's rotation! This means that no matter what speed an observer is travelling at, they would always see a light beam travelling at c = 299,792,458 m/s. This crucial fact led to a surprising and revolutionary revelation.

Consider two observers, Alice and Bob. Alice stands on a train motionless relative to it. Inside the train, a light beam is emitted from a laser on the ground to a mirror on the train's ceiling and reflected down again. Bob stands on a platform inside a train station watching the train (with Alice in it) travel to the right at some velocity v. We will denote the time taken for the light beam to bounce in Alice's and Bob's perspectives as Δt and $\Delta t'$, respectively. This is shown in Fig.1:
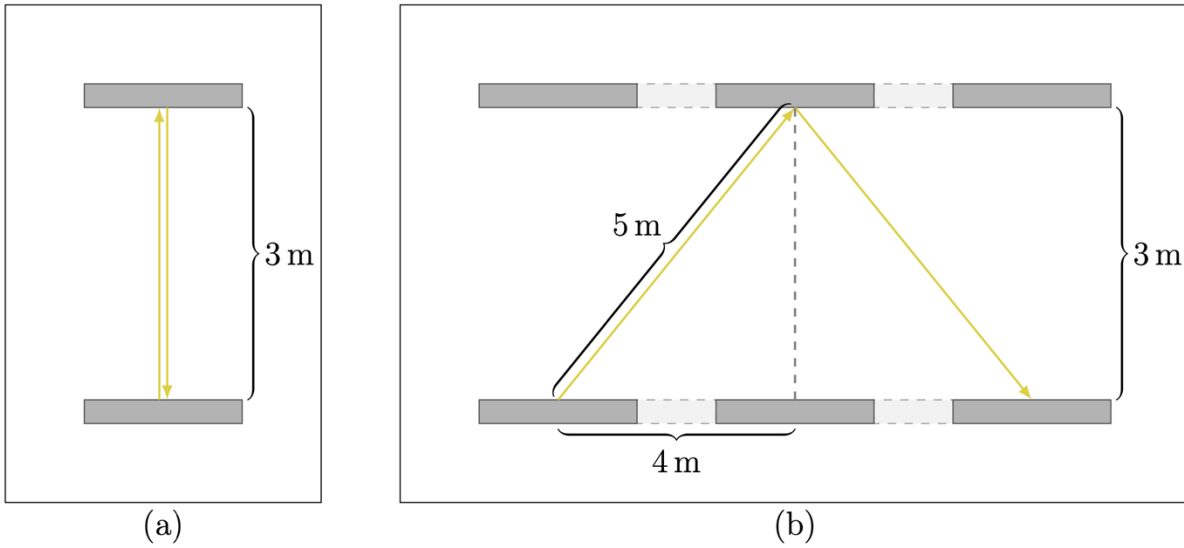
Fig.1: The train scenario with (a) showing Alice's reference frame and (b) showing Bob's reference frame.

However, the speed of light is equal in all inertial reference frames, so we have

$$\frac{6}{\Delta t} = \frac{10}{\Delta t''},$$
(2.1.1)

from which we can see that (after a little bit of algebra)

$$\Delta t' = \frac{10}{6}\Delta t.$$
(2.1.2)

We see from Eq.(2.1.2) that time appears to pass differently for Alice than it does for Bob. This is called time dilation. It also means that one person might see two given events happening simultaneously whereas another person might see the same two events happening at different times. This phenomenon is known as the simultaneity of relativity.

This new revelation shook all physicists at the time because all laws of motion and physics were based on the concept of absolute time, and it seemed very intuitive that simultaneity meant the same to everyone.

2.2 Gravity

"*What goes up must come down.*" It is common knowledge that when we jump up from the surface of the Earth, we fall back down. Newton would say that this is due to the gravitational pull generated by Earth, causing us to accelerate downwards at approximately 9.8 m/s^2. Newton described gravity as a force **F** with his law of universal gravitation. Suppose there are two objects with masses m_1 and m_2. Then, Newton's law of universal gravitation is given by

$$\mathbf{F(r)} = -G\frac{m_1 m_2}{\|\mathbf{r}\|^2}\hat{\mathbf{r}}.$$
(2.2.1)

where **F(r)** is the gravitational force applied on object 2 by object 1 (as a function of **r**), G is the gravitational constant (approximately 6.6743×10^{-11} Nm^2/kg^2), **r** is the displacement vector between the objects, and $\hat{\mathbf{r}}$ is the unit vector from object 1 to object 2. Essentially, Eq.(2.2.1) states that the gravitational force applied to an object by another is proportional to the product of their masses and inversely proportional to the square of their distance.[1]

However, Newton's theory of gravitation has certain incompatibilities with reality and certain cosmological phenomena. Take gravitational lensing, for instance, where light beams bend around massive celestial bodies.

However, since light is massless, using Eq.(2.2.1), we see that in Newton's theory of gravity, gravity does not affect light, implying that it should not bend. Newton's theory also required gravity to act instantaneously on objects no matter the separation, which is absurd because no information, matter, or energy can travel faster than light, and the effect of gravity is no exception.

Then came Einstein's thought experiments. First, consider two observers, Alice and Bob. Alice is situated inside a rocket, accelerating at 9.8 m/s^2 in a particular direction in free space (a region of space in which there is no matter or fields). Bob is standing on the surface of the Earth. Both Alice and Bob would feel a "pull" (in Alice's case, she would feel a "pull" in the opposite direction of the acceleration). Hence, locally (in a small region of spacetime), a uniformly accelerated reference frame (e.g. Alice's frame) and a uniform gravitational field (e.g. Bob's frame) are indistinguishable.

Second, suppose again that Alice is situated in a rocket in free space, but this time, no acceleration happens. It travels at a constant velocity. Bob falls off a tall building on Earth and goes into free fall. Both Alice and Bob would feel weightless, and if they dropped some object next to them, they would see it float in the air with them, travelling at the same velocity. Hence, free fall is the "natural state of motion" whereby no forces act on the object in free fall. At this point, one might say that free fall motion is solely under the influence of gravity. That is correct, but by Newton's second law of motion,

$$\mathbf{F} = m\mathbf{a}, \tag{2.2.2}$$

a proper (true) force $\mathbf{F}$ must cause a proper acceleration $\mathbf{a}$ (measured by an accelerometer) of an object with mass m. Free fall, which is caused by gravity, is locally indistinguishable from that of an inertial reference frame because no proper acceleration is felt, meaning gravity does not cause proper acceleration. Hence, it isn't a force.

General relativity regards gravity — the attraction between bodies of mass — as a result of the curvature and warping of spacetime. What we regard as "weight" is instead the upward force from the surface of the Earth preventing us from falling through the Earth (which would be the natural motion for all objects in free fall). The idea of gravity not being a force was revolutionary because Newton's theory dominated scientific thinking for centuries; Einstein's theory is also much more abstract and less intuitive than Newton's. Not only was this scientifically revolutionary, but also philosophically so because it challenged the way humans thought about space, time, and motion.

Tidal forces cause objects to stretch and trajectories of initially parallel objects through spacetime to deviate. Tidal forces arise because gravity from a large body of mass acts differently (in terms of strength) on other surrounding objects depending on their distances.[5] These forces get particularly noticeable near extremely massive bodies, such as a black hole, where spaghettification occurs.

Einstein's field equations, core to general relativity, accurately predict cosmological phenomena like the movement of planets and gravitational lensing. Einstein's field equations are written as

$$R_{\mu\nu} - \frac{1}{2}Rg_{\mu\nu} + \Lambda g_{\mu\nu} = \frac{8\pi G}{c^4}T_{\mu\nu}. \tag{2.2.3}$$

The left side of Eq.(2.2.3) describes how spacetime is warped or curved by the presence of energy and matter, and the right side describes the distribution of energy and matter. In general, however, these equations are extremely difficult to solve. These equations, along with the geodesic equation, determine how matter moves through spacetime and how spacetime curves. A geodesic is the "straightest possible path" on any surface, and a path is a geodesic if and only if the geodesic equation is satisfied. It also says that in the absence of a force, the trajectory of an object in spacetime will follow a geodesic.

However, general relativity is incompatible with theories such as quantum mechanics. General relativity is deterministic, whereas quantum mechanics is probabilistic. Quantum mechanics also relies on absolute time and requires gravitational fields to be quantised. One theory is that gravity is governed by gravitons, hypothetical particles that have not yet been detected. But with modern technology constantly being developed and scientific knowledge continually expanding, hopefully, physicists could one day unify gravity and quantum mechanics into a single theory.[4]

3   Closing Remarks

The revolutionary impacts of the theory of relativity show how consequential physical theories and laws are in shaping our understanding of the universe. When Albert Einstein initially proposed the theory of relativity, it was criticised by many physicists because it challenged the status quo and fundamental views of basic physical concepts at the time. Most notably, it contradicted the notion of a luminiferous aether, a non-existent medium through which light propagates. It also surprised many physicists with the notion of gravity not being a force and instead being the curvature of spacetime.[6] Over time, however, the theory has proved itself valid, useful, and incredibly beneficial to humans. Of course, there are still incompatibilities that need to be solved; new theories must be formulated and there is still more to be discovered.

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8 Isabel Nelson (Rugby School): To what extent has the coronavirus pandemic impacted humanity?

Putting humanity at great risk, COVID-19, a type of coronavirus, hungrily ravaged its way across the world. A deadly force to be reckoned with, the disease quickly became a global pandemic, causing serious illness, death, and changing life as we knew it. It has led to the death of millions and affected the lives of almost every human being on this planet. History in the making, the coronavirus pandemic can be lightly compared to the bubonic plague and will go down in history books. Perhaps not the most damaging pandemic to humanity in its toll on human life, (taking into context medical advancements), COVID-19 has had significant social, economic, technological, and political impacts on humanity, now and for the future.

Unlike bacterial infections that can be treated with antibiotics to attack the proteins in bacteria, viruses use our own proteins, meaning antivirals need to be developed so they only attack those virus critical proteins. Furthermore, viruses and bacteria, may develop resistance to antivirals over time and therefore these virus families are the next deadly viral threat to humanity.   Despite these colossal threats to humanity as we know it, it has been put forward that, even at the height of the pandemic, 50 percent of people in affected countries were not following news updates and remained ignorant about the virus and its transmission. They weighed up their own risks and made their own rules, whereby arguably many did not have the ability to make balanced decisions and continued to ignore the advice about social distancing rules. Therefore, rather than the lessons from the pandemic being utilised to strengthen our fight for survival, the fatality rate could be much higher in the event of another pandemic, with the most vulnerable suffering the most.

Touching on the "most vulnerable", those of us that lived through the pandemic, saw the true horror revealing itself in hospitals and care homes. Visiting bans and social restrictions meant anxious families were still unable to visit their relatives. No loved ones by their side in their moments of need…No hugs until after they had died. Moreover, extra restrictions on funeral arrangements meant grieving relatives faced further heartache and desolation, as their loved ones became just another statistic. Death rates continued to rise. Likewise, with dangerously low staffing levels, medics were pushed beyond their limits. With the escalating rates of infection and death, this crisis brought about significant stress and burnout within the medical profession as they faced overwhelming tasks in treating patients with Covid, an unsustainable situation. In addition, many were continuing to ignore the crucial stay at home advice. Such uneducated responses from humans had such a negative impact, particularly on those living alone and the more vulnerable. Loneliness, depression, and anxiety became increasingly evident. Irrespective of socio-economic class, everybody faced many challenges in health services. Emergency care services were working under impossible pressure and cost of living was at crisis point. Together with the decline in international trade and economic activity, the decline in job security added to the devastating impact of the coronavirus pandemic on humanity.

So where did it come from? Let us look back to not so long ago in December 2019, SARS-CoV-2 (the coronavirus that causes COVID-19), was discovered in Wuhan, China. Still not understood, this 'pneumonia like', disease was identified as a nCoV, a new type of coronavirus. Breathing difficulty, fevers, chills, fatigue, coughing, loss of taste or smell were all symptomatic of this first strain of COVID. Rapidly spreading to America and Europe, the number of

Covid-19 cases was increasing at an astronomical rate around the world, with thousands of deaths and the human race began to see the true extent of this deathly disease.

There we were, in 2019, with more than seven billion humans living on earth, many in densely populated cities and travelling frequently across borders. Very few people had envisaged a pandemic was about to hit. Politicians, world leaders 'appeared complacent.' Afterall, infectious diseases, the killers of the past were in better control or extinct, such as smallpox, polio, the bubonic plague and more. Science was believed to be so much more advanced. A blame culture quickly evolved with Joe Biden later stating, 'The world deserves answers' in 2021. Whistle blowers were believed to be silenced. The powers of science and medicine were crucial. Humankind wanted answers.

Vaccine programmes were being rolled out soon after the March 2020 lockdown, but the continuous disruption to our social system was inevitable. This fast-spreading disease was affecting all aspects of public and home life, well-being, employment, and everyday activities. Social-distancing and workplace closures brought many industries to a halt. All social gatherings were impacted. As we witnessed school closures in March 2020, it became abundantly clear that there was an urgent need for virtual learning and a dramatic shift to online teaching. Live lessons through Teams and Zoom emerged rapidly and pupils could log in to live lessons. With pupil attendance dropping by the day under new isolation rules, a significant number of teaching staff could no longer attend school, meaning the situation was quickly becoming untenable. Everybody needed to be protected as much as possible until the pandemic was safely behind us. Physically closing schools, the best option, lead to an immediate dependence on technology to deliver quality education by digital and remote means. From full class lessons on Teams to individual piano lessons on Zoom, the remote classroom became the 'norm' for many. Schools played a vital role in responding to challenges facing their pupils, some better than others. Existing gaps and inequalities were reinforced by differences in schools and their capacity to implement quick and effective responses at the outbreak of the pandemic. However, it could not go unnoticed that, with the disparity between the readiness of different schools, rapidly escalating social, emotional and behavioural problems became increasingly apparent in some more than in others, meaning the overall attainment gap between the advantaged and disadvantaged is potentially very likely to grow further as a direct result of Covid 19 lockdowns.

At the same time, escalating strains of the virus were emerging at significant levels, threatening humanity with serious infection. New variants were circulating, some spreading faster causing more deaths. The COVID tests were not working as well and previous vaccines were not protecting us from the newer COVID infections. The rapidly changing beast had more mutations, some making the virus more transmissible. In response, new vaccines were being made. Unlike mRNA vaccines, such as the more familiar names of Moderna and Pfizer which tell cells how to make a protein that triggers an immune response if someone becomes infected, new booster vaccines such as Novovax, where proteins are injected directly into the body. However, paranoia and quackery lead people to misinterpret medical advice. Freedom of choice, lack of education lead to more emotional uneducated responses. With human behaviour being heavily influenced by society, conspiracy theories were influencing some people who were being blindly led like sheep down the wrong path.

Moving on to post lockdown and back to school, we can recall the one-way systems in public places, wearing face masks, testing twice a week… Mentally, humanity had been faced with ethical dilemmas, particularly in medicine where resources remained under immense pressure prioritisation and resuscitation decisions to name a couple. Families had lost loved ones in the most horrible circumstances of not even being able to be with them on their deathbeds. People were still working from home, many afraid to return to life as it had once been. On a more

positive note, humans had successfully adjusted to new skills and knowledge in ways never seen before. Human adaptation has allowed, for many, a better home/work life balance whilst embracing modern technology and all its capabilities to enable virtual working. For many, staying socially connected had counteracted the feelings of loneliness through social distancing. Connecting with family and friends was a benefit of social media. The steep rise in mental health issues for all ages during the pandemic was by no means positive but it is noticeable how much promotion of wellbeing and mental health of all ages is prioritised nowadays while enabling humanity to return to normal. Humanity is more aware. For example, students have become more tech-savvy and are more confident using tablets and the internet.

Fortunately, people have become more aware of the transmission of disease and how isolating infected individuals and knowledge of vaccines can help. Likewise, recognising the multifactorial effect and other genetic factors of disease spread through a wetter, warmer and more heavily populated world alerts us to the threat of infectious diseases with pandemic potential. Global warming affects the distribution and the spread of some diseases, just as those who live in areas of poor air quality are at more risk of death through COVID-19.

Humanity is complex and its future remains unknown, yet we have emerged with many lessons learned from the pandemic. As we have surfaced into the post COVID society, people are more educated about the spreading of diseases and how they do not regard borders, nor respect the human race. New infectious diseases present an ever-increasing threat to humanity, where the costs are vast, in terms of mortality and economic terms. Vaccines are one of the most powerful tools to outsmart these diseases and reduce their devastating impact on humanity. With the 100-day vaccine development now being considered achievable, after it took 326 days to produce the working COVID vaccine, compared to previously developed vaccines taking 10 years, there is now more scope to introduce such vaccines into the immunisation programmes such as baby vaccines.

In the famous words of Stephen Hawking, "Nuclear weapons need large facilities, but genetic engineering can be done in a small lab. You can't regulate every lab in the world. The danger is that either by accident or design, we create a virus that destroys us." Hopefully, the world will show more sign yet of transparency in politics and science or of the two working effectively together. Honest and transparent discussions to improve transparency is crucial in avoiding the horrors of another pandemic. The search for the origin of COVID-19 may remain a deep mystery. Much hypothesis for the origin is known, but whatever the source of the virus, albeit a potential laboratory leak or not, humans need to adopt research and new policies to prevent future pandemics. How incredible a world would be in which pandemics were no longer a threat to humanity.

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9 Romina Razban (Holly Lodge): What can we learn about the discovery of the Cyrus Cylinder with regards to human rights and is it still relevant today?

Within this essay I will be discussing the introduction and progression of human rights throughout the course of history and whether human rights are a universal truth or an invention that we use to regulate the way we live together.

What is the Cyrus Cylinder and how is it related to human rights?

The Cyrus cylinder is known to be one of the famous surviving icons from the ancient world, Excavated at Babylon in 1879, The cylinder is covered with an inscription in Babylonian cuneiform on the orders of the persian king, Cyrus the Great after he captured Babylon in 539 BC.

The cylinder which was excavated by the british museum excavation team in 1879 has been on display in the British Museum ever since.(1)

This surviving piece of history is now known as the first Declaration of Human Rights, as it marks the establishment of Persian rule, and records how cyrus restored shrines and allowed deported people to return home.(1)

Who was Cyrus the Great ?

Cyrus the Great, also known as Cyrus II, was the founder of the Achaemenid Empire, the first Persian empire. He ruled from 559 to 530 BCE and is renowned for his military prowess and innovative approach to governance. Cyrus is particularly noted for his policies of tolerance and respect toward the cultures and religions of the territories he conquered. His conquests established a vast empire that stretched from the Indus Valley in the east to the Aegean Sea in the west. He is also remembered for his significant role in the return of the Jewish exiles to Jerusalem and the rebuilding of the Temple, an act that is mentioned in the Bible

How did this proceed to the existence of the United Nations?

As World war ll was coming to an end in 1945, nations were in ruins and the world wanted peace and justice .(2)This led to the representatives of 50 countries gathering at the United Nations conference on International organisation in San Francisco, california from 25 april to 26 june 1945. For the next two months, they proceeded to draft and then sign the United Nations charter, which created a new international organisation, the United Nations, which, it was hoped, would prevent future wars and restore peace in all Nations.

Furthermore, on 14 October 1971, the iranian shah's sister, Ashraf Pahlavi, presented the replica of the cyrus cylinder on behalf of country of Iran to the UN secretary-General U Thant .(2) She said," the heritage of Cyrus was the heritage of human understanding, tolerance, courage, compassion and above all, human liberty "

The dilemma, Natural law vs Man-made law ?

We tend to think of human rights as a concept of compulsory acts that need to be carried out on a regular basis as it is set by law and what we have been taught in school and various social platforms . This concept has been found across the globe for many years for it is thought that if not constantly reminded people will forget.

The term" Man-made Law " or "human law" is a term used to describe the rights and laws set by humans to regulate and stabilise the way we live. Man-Made law reflects the prevalent views and morality of society at a particular time. These laws are specific to a particular society or community and can vary widely between different places and times. They are based on societal needs, political considerations, and cultural norms. For example, traffic regulations or tax codes are man-made laws.

Man-made law also has positive attributes as they offer numerous benefits by establishing clear rules and standards that guide behaviour and promote social stability. They create a structured environment where rights and

responsibilities are defined, which helps prevent conflicts and resolves disputes fairly. By upholding justice and accountability, laws protect individuals from harm and ensure that resources are distributed equitably. Additionally, they provide a mechanism for societal progress, allowing laws to evolve with changing values and advancements, thereby fostering a more adaptive and just society. Overall, man-made laws are essential for maintaining order, safeguarding freedoms, and enabling a harmonious coexistence.

Many people have obeyed this law throughout the course of history and it is still dominant today, as a reason why the parliament exists. However, through time, there have been arguments against this by great philosophers such as Aristotle and John Finnis who state that laws have been set by nature or in other words, God. This idea is put forward by the concept of Natural Law.

Natural law is a philosophical concept asserting that certain moral principles and rights are inherent in human nature and can be discerned through reason and observation of the natural world. Unlike man-made laws, which are crafted by societies and institutions, natural law is considered universal and timeless, rooted in the belief that there are fundamental ethical truths that transcend individual cultures and legal systems. Proponents of natural law argue that these principles reflect the natural order and the inherent dignity of human beings, and they provide a basis for evaluating the justice and morality of human actions and societal rules.(4)

According to this perspective, natural law serves as a moral foundation upon which man-made laws should be based, guiding the creation and interpretation of legal norms to ensure they align with these fundamental ethical truths. This theory suggests that through reason, individuals can access and understand these universal principles, which in turn should inform and influence the development of legal systems and moral judgments. Natural law, therefore, emphasises a connection between human nature and moral law, advocating for laws and social norms that resonate with an intrinsic sense of justice and the common good.(4)

Throughout history, both ancient and modern thinkers have embraced the principles of natural law. In antiquity, philosophers such as Aristotle and Cicero laid the groundwork for natural law theory. Aristotle discussed natural justice as an intrinsic part of human nature, while Cicero argued that true law is aligned with reason and universal moral principles. In the mediaeval period, Thomas Aquinas integrated natural law with Christian theology, positing that natural law is a reflection of divine reason inherent in all humans.(4)

In modern times, figures like John Locke and Thomas Jefferson incorporated natural law ideas into their political philosophy. Locke's theories on natural rights influenced democratic principles, while Jefferson's writing in the Declaration of Independence reflects a belief in universal rights grounded in natural law. These historical figures contributed to the development and application of natural law concepts in both ethical and legal contexts, shaping our understanding of justice and human rights.
It took great open minded thinkers and humans to make abiding changes in history and most importantly, in people's hearts and minds itself. Whom were powerful monarchs such as Cyrus the Great and who were ordinary people that suffered under tyranny and injustice, but made a nation thrive again and injustice perish such as Nelson mandela.

The path of restoring peace and respect between nations and people with a myriad of beliefs, religions, cultures and races has never been simple due to people with a different frame of mind.These people such as Adolf Hitler have made this journey difficult because of their disgusting, destructive actions and beliefs, however this started a new idea, it caused the reunion of nations ,and therefore the United Nations to come to existence. An organisation that helped to move this path forward.

To answer the main question, yes, human rights is still relevant today and needs to be revisited as there is tyranny and injustice taking place all around the globe, taking Iran and Palestine as an example. As a society, we need to make sure that everyone around the world is treated fairly and as a human. We as a society need to strive towards a future where everyone is accepted and treated with respect.

I would like to end this essay with a powerful and impacting quote from Nelson Mandela , who says ,
"To deny people their human rights is to challenge their very humanity".

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2-welcome to the United Nations.
3-anniehorkan.com.
4-Internet encyclopaedia of philosophy.

10 Harnek Sahota (Rugby School): To what extent did fear motivate the drive to abolish slavery in the 19th Century

In early August of 2024, we witnessed riots break out across the country, following the murder of three girls at a Taylor Swift-themed dance class. The protests, which were initially promoted as 'Save Our Children' events descended into something darker; supporting sentiments embracing far-right ideology, islamophobia, anti-immigration and racist sentiment which had not been vocalised in this way since the 1980s. The riots of the summer of 2024 were the biggest manifestation of social unrest since 2011 and led to violent attacks on asylum seekers, religious buildings, ordinary British people and the police[41]. After almost a week of rioting, the Government acted decisively to resolve the situation through the application of swift justice. It is undeniable that these acts of violence and unrest were a manifestation of fear.

Fear that has been stoked for over a decade by various political parties, newspapers, social media and by external state actors. In turn, these fears were then played out on the streets of Britain. In this essay, I will consider the notion that many changes in society are driven by feelings of fear. I would like to argue that the abolition of slavery in the British Empire was not so much driven by reason (as is often portrayed) but by a collective sense of fear. I want to focus on three factors that manage to frighten the great and the good of the British Empire: namely Evangelical Christianity, Ethical Arguments and Attempted Uprisings.

Methodology

In researching this paper, I consulted contemporary and primary sources such as books by Enlightenment Thinkers and religious figures such as Thomas Clarkson and John Wesley and secondary sources such as historical journal articles accessed through JSTOR or Google Scholar as well as modern internet articles that provided me with necessary and trustworthy information in all major points to ensure a balanced and reliable argument. However, due to the nature of the essay topic, many primary sources that would've been incredibly beneficial were either behind a paywall or unavailable in my local library and so the grand majority of research was conducted through trustworthy sources from the internet.

Evangelical Christianity

According to the Royal Museums Greenwich "The transatlantic slave trade was the largest forced migration in human history and dramatically reshaped Africa, the Americas, and Europe"[42]. It allowed Britain to amass immense wealth and in time project power on the world stage. Through the application of the triangular trade, Britain grew rich through supplying slaves to all of the colonies in the New World, whether Spanish, French, Portuguese or British. The question is how did Britain, a nation which was benefitting greatly through the trade of slaves and the labour of slaves, move to abolish that very slave trade. It is my contention that this decision was heavily influenced by the growing pressure of religious fear stoked by evangelical Christian revivalism and nonconformist groups.

Although it is "not conventionally presented as a God-fearing age"[43], the eighteenth century was a landmark for Christianity in Britain. This period saw the rise of Christian revivalism, a movement characterised by a religious devotion, individual piety and a renewed sense of Providentialism. The Evangelical Revival sought to create religious enthusiasm and address social injustices, including the moral abomination of slavery. Revivalist groups such as Methodists emphasised a direct, emotional connection to God, which often manifested in passionate sermons and public gatherings that stirred profound spiritual awakenings among the masses[44]. John Wesley, a central figure in this movement, became an outspoken critic of slavery, condemning it as "the sum of all villainies"[45] in his influential work *Thoughts Upon Slavery* (1774). His sermons frequently invoked the fear of divine judgment, warning that those complicit in the slave trade would face severe consequences in the afterlife, as he believed that "slaves directly

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[45] Wesley, John (1774). *Thoughts Upon Slavery*

infringes both divine and human law"[46]. This fear-driven rhetoric resonated with many and mobilised both ordinary believers and influential figures to join the abolitionist cause.

Alongside John Wesley's Methodists, other nonconformist groups, particularly the Quakers, played a crucial role in fostering a collective fear of divine retribution among those complicit in the slave trade. According to historian John Coffey, their rhetoric cemented ideas of "blood guilt, pollution, wrath, divine vengeance, scourging and fear"[47]. In 1783, 300 Quakers presented Parliament with the first formal petition for abolition, emphasising the moral urgency to end slavery. This effort led to the formation of the Committee for the Abolition of the Slave Trade; a non-denominational group designed to lobby Parliament more effectively by including Anglican members. Among its founders were key figures like the intellectual Thomas Clarkson, Granville Sharp, and Philip Sansom, who, driven by a deep-seated fear of God's judgment and a moral disgust to slavery, sought to rally the nation against the moral atrocity of slavery.

The Committee's strategy included not only religious rhetoric but also a campaign of moral persuasion through issues such as the economic and political disadvantages of slavery, as a means to make "abolition appear to be a desirable policy for the British government"[48]. They enlisted the young MP William Wilberforce to project their cause further onto the House of Commons, giving them far greater influence. Wilberforce's motivation to the cause was driven by his membership in the Clapham Sect, an Evangelical grouping that targeted the ruling classes, using the fear of divine wrath as a tool to push for legislative change. By framing the continuation of slavery as a grievous sin that would bring about divine punishment, they were able to appeal to the consciences of those in power, making fear a pivotal element in the movement towards abolition.

Ethical Arguments

Whilst I believe religion was crucial in the push for the abolition of slavery, the movement also gained traction amongst many intellectuals of the time. In turn, bringing the movement to the educated classes. Much of the intellectual opposition to slavery was rooted in the philosophical and logical arguments of Enlightenment thinkers, who highlighted the moral contradictions and ethical failings of the institution.

The philosopher Jean-Jacques Rousseau's hugely influential *The Social Contract* (1762) highlighted the contradiction between the ideals of liberty, espoused by governments in Britain and abroad, and the reality of slavery. He argued that no man should have absolute power over another[49]. A precursor to well-known Utilitarian John Stuart Mill, Jeremy Bentham highly condemned slavery as a source of immense suffering and societal harm.

The distinguished French judge Baron de Montesquieu was an early critic of slavery in his work *The Spirit of Law* (1748), he saw slavery as contrary to natural law and destructive to societies[50]. Whilst these Enlightened thinkers came from a far more moral and logical background than those of the evangelical Christians, many of the arguments reached the same conclusion that slavery would cause a breakdown of moral and social order.

Aside from the writings of intellectuals, the anti-slavery sentiment shared by Britons across the country was partly provoked by the works of satirists like James Gilray. Gilray was hugely popular for his cartoons poking fun at those in power. Aside from his works satirising kings and politicians, he is noted for his work on both the slave trade and the abolition movement. His piece, *'Barbarities in the West Indias'* (1791) depicts a moment described by William Wilberforce in one of his speeches to the House of Commons in which a young African slave is thrown into a *"copper of boiling sugar juice"* with rodents and human body parts strewn up the wall behind him to demonstrate how poorly enslaved people were treated[51].

[46] Wesley, John (1774). *Thoughts Upon Slavery*

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[51] NPG D12417; 'Barbarities in the West Indias [Indies]' - Portrait - National Portrait Gallery

This demonstrated to the British middle-classes the pain and suffering that goes into the production of commodities like cane sugar, effectively casting a moral fear into the minds of many. Given its undeniable and blood-soaked links to the slave trade, hundreds of thousands of British consumers of which women were the majority actively boycotted Caribbean sugar. A later poem of abolitionist William Cowper sums up the popular belief at the time[52]:

> To purify their wine, some people bleed
> A Lamb into the Barrel, and Succeed.
> No nostrum, planters say, is half so good
> To make fine sugar, as a Negro's blood.
> Now, lambs and Negros both are harmless things
> And thence perhaps this wondrous virtue springs.
> Tis in the blood of innocence alone
> Good cause why planters never try their own.[25]

Attempted Uprisings

Although not part of the British Empire, the Haitian Revolution sent shockwaves through Europe's colonial powers. While it started off as a slave revolt, it became a war for independence by the Haitian slaves against France. This 12-year war proved successful for the revolutionaries, leading to the formation of an independent Haitian state[53]. The sheer scale of the uprising and the subsequent success of the former slaves in overthrowing their colonial masters was unprecedented in Europe, leading Britain and other colonial powers to fear for their continued power in their colonies. The Haitian Revolution challenged Britain's notions of white racial superiority, and that enslaved people were incapable of rising against their oppressors. Consequently, if a similar revolt were to happen on British colonies, it would undoubtedly affect their economic interests and power on the world stage.

Following the Haitian Revolution, Britain banned the continuation of the slave-trade in 1807[54], yet those slaves already held were not freed. In the years following this, there were two major slave revolts in the British Empire. The first was the Demerara Rebellion of 1823, in which around 10,000 enslaved people rose up peacefully against British rule under the belief that slavery had been abolished[55]. The largely non-violent rebellion was swiftly crushed by the British and they killed around 200-500 innocent slaves with many others jailed or executed. Public perception in Britain initially favoured the colonists, however this changed as evidence arose of innocent murders at the hands of the British[56]. The second key revolt was the Jamaican Revolt or Baptist War of 1831. A much larger uprising: 60,000 of Jamaica's 300,000 slaves were mobilised against the British forces, over 500 slaves were killed. The slave-owners blamed missionaries like William Knibb, who was tarred and feathered as a result. Although it was put down within eleven days, many historians argue that the shocking brutality of the white plantocracy toward missionaries was key in the passing of the Slavery Abolition Act 1833, which gave emancipation to all slaves.[57]

Conclusion

In conclusion, we have discussed how fear contributed towards convincing Britain into bringing about the end of slavery. We have seen how there was a multiplicity of voices critical of slavery from a philosophical standpoint, including writers such as Rousseau, Bentham and de Montesquieu. However, the most damning was Adam Smith in *The Wealth of Nations (1776).* In which he was able to eloquently argue that slavery was an inhumane institution, which condemned the enslaved to miserable lives. From an economic perspective he saw it as being inefficient for society. As resources were deployed to exploit fellow human beings rather than support the innovation and improvement of society. [58]

However, the accumulation of these arguments alone were not enough to tip the scales, instead it was the moral fear of damnation that motivated all layers of society to recognise the atrocities of slavery. Wilberforce himself

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would not have been successful if it had not been for the overwhelming tide of sentiment. Fear bolstered the profound moral outrage, shifting public opinion and the perceptions of those in power. In the light of the successful Haitian Revolution and revolts in British plantations, it made the abolition of slavery all but inevitable. Overall, it is my contention that fear was a vital component to end slavery, however it was one of a myriad of arguments that eventually gained enough traction to convince Britain to end slavery. Hence, without its contribution, it would have taken far longer for this to come about, as it was successfully able to mobilise society to end this amoral trade.

Harnek Singh Sahota

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11 Florence Wheeler (Rugby School): How have Changes in Human Preference Affected Fashion?

It is evident that human preferences are easily swayed and change a lot. I am going to present evidence of this in the form of fluctuation of fashion preferences.

There are many reasons as to why human preferences in fashion change so much. The main factor is what is being currently highlighted in the media, such as the very highly popular magazines and newspapers. The fashion industry is a huge part of daily life. In fact, it is a 2.5 trillion dollar industry. Especially in the previous decades, magazines were the go-to point for references in fashion, makeup, and music. The models who were on the scene and at the pinnacle of their careers had huge influence over people. The music scene also had, and still does have, a huge hold over people. The most popular bands and singers had a huge following, and usually became icons to people. An example of this is Madonna. People hugely followed her in her music career, and she had such an impact on people. Young girls, and boys, became so enticed by her that they followed her way of dressing and her ways of life. This often happens with people and their favourite singers or bands. They enjoy their music so much that their lives become surrounded by their preferred singers. Many bands and singers even become so popular due to their typically extravagant ways of dressing and the media become attracted to this, so much so that it even becomes considered a way of life.

Another reason trends change so quickly is because the old replaces the new. This is simply human nature, as when we get used to something for too long, we get bored and want change. If you think about it, life would be far more boring if we stuck to the same interests, trends, and cultures for very long periods of times. In reality, a switch up in these produces areas of interest.

Typically, the way a trend is started is online, or in magazines – specifically somewhere with a high amount of publicity. This person may post an outfit, which is different to what is seen before. Humans are naturally attracted to different things, because we love change. This person then may gain a large following, and thus an era of new fashion styles is born. Fashion is a simple way to sum up a decade or an era, and also summed up the attitudes of people at the time: "The way people dressed was an obvious sign of shifting attitudes." – V&A website, "An Introduction to 1960s fashion". This implies that fashion was not only an appearance, but a mindset too. The way people thought, and their mannerisms is often reflected in their attire.

Human preferences change rapidly and so often. This is very obvious in fashion, makeup, and hair. All of these are showcased in fashion magazines, articles, and displays. One of the centres of fashion, in the past and still today, is fashion magazines. The most famous and high renown magazine is the 'Vogue' magazine. This is my main reference for evidence of fashion trends fluctuating. In the fashion industry, being on the cover of Vogue is one of the biggest achievements. Typically, the most famous supermodels or celebrities feature on the cover of this infamous magazine. Those who feature are usually at the height of their careers. Models infamously have such an influence on society, in both negative and positive ways. Positively, models can influence people in terms of finding themselves through fashion, makeup, and being happy with your own interests. However, models can be negatively exploited to change how bodies are perceived, and the status of 'perfect bodies' are introduced. However, with hindsight, these all turn out to be the current preferences of the decade, and it is very clear to see that all these expectations change so much throughout the decades as new models and celebrities come on to the scene. Most humans, especially young people, are drawn towards what is popular within the media and society. During their teenage years, most people are very willing to change their style, hair, and makeup preferences due to what is considered trendy at the time. This is a very normal part of life, and makes us 'fit in' to what is perceived as socially acceptable. This is one of the negative outcomes of following the fashion lifestyle This also can show how easily influenced humans are. We are influenced by what is highlighted in the media, and the current affairs in society. This shows a great human skill – adaptability. As soon as one thing changes in society, we change and manipulate our ways to fit exactly in with it. A shift in mindsets and mentalities often comes in with this too. Mindsets can change as style changes. You may be wearing the subtler styles but quickly change to the bold and brightness of other trends. This requires a lot of confidence and flexibility to be open to changing and finding new styles and a sense of what you like. Sometimes it

takes a lot of time and patience to be able to find a style that sits comfortably with you. Many people find their true interests and a sense of self through fashion. As it is often said, fashion is a huge part of being able to express yourself. There are multiple possibilities in how you can present your personality through your choices of outfit and style. Furthermore, whether you follow the trends or not, what you truly like can always be expressed through your fashion taste. Throughout this, I have been focusing on three main decades to show how preferences in these ares of fashion, makeup, and hair change from decade to decade. I picked the 1970s, 1980s, and 1990s.

The first decade I am going to focus in on is the 1970s. There is a very obvious pattern in the cover of the 1970s Vogue magazines. The makeup is very doll-like, especially enhancing the eyes. The angles of the pictures are all the same. There is a trend in colours arranged on the covers, with cool toned oranges, yellows, and pinks used. Although these colours are bright, they are still subtle at the same time. The hair is all very much the same style, with short, very tame and smooth hair. The styles of makeup, hair and clothing that features on the covers of Vogue showcases
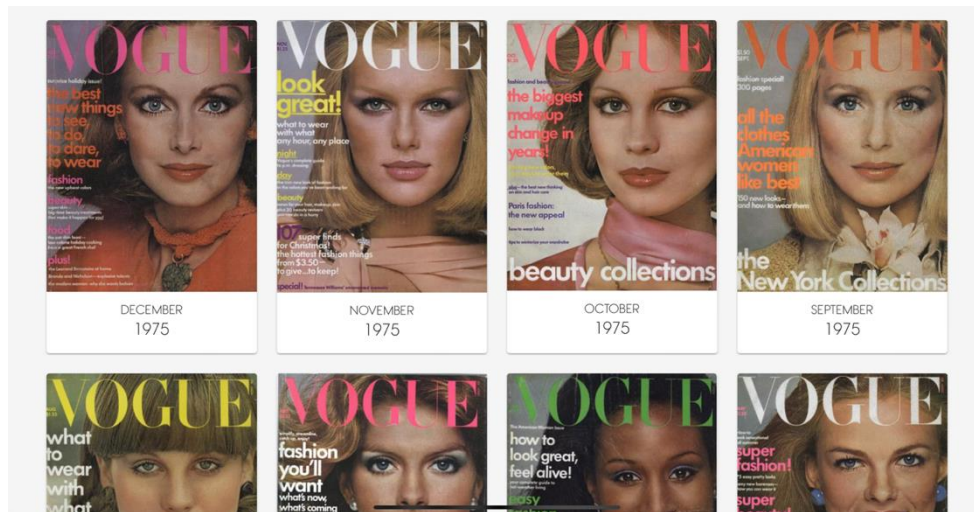
what the trends of the current time were. People avidly try to find clothes that are on the cover of Vogue because it is what is deemed as cool and popular. Therefore, what showcases on these covers is what was trendy, in demand, and desired during the 1970s. The beauty standards rapidly change, and this is what was favoured in this certain decade. As I move on to show the 1980s and the preferences and trends that were current at that time, there is quite an obvious difference between them. The picture above is taken from the Vogue archive website (www.archive.vogue.com).

The 1980s displayed very bold trends, with big eyes, painted in pinks and oranges. The lip colours were very bright and out there. Colourful outfits with silver, reds, and pinks were commonly seen on the cover of Vogue. The

jewellery was statement jewellery, big colourful rings and huge drop earrings. The whole feel around this type of fashion was bold and to make a statement. It comes hand in hand with the neons, and a new era of music. Everything was big, from the colours in the makeup to the jewellery and the clothes. It certainly made an impression.

There are obvious changes from 1970s to 1980s fashion. In the 1980s the colours are obviously bolder, and the jewellery is more eye-catching. Each decade comes along with its own feel to it. The feel of the 1970s, from the magazines of fashion and styles, was more smooth, simple and the statement it made was subtle. The 1980s came along with more of a carefree style. The hair was bold and unruly, and everything made a statement. Therefore, this shows how quickly human preferences changed. The picture above is taken from the Vogue archive website (www.vogue.archive.com).

The picture above is taken from the Vogue website magazine (www.vogue.archive.com).
The next decade I will focus in on is the 1990s.

The picture below is taken from the Vogue archive website (www.vogue.archive.com).

DECEMBER 1996   NOVEMBER 1996   OCTOBER 1996   SEPTEMBER 1996

The changes from 180s to the 1990s are very obvious. Just from comparing these two side by side, there are clear alterations in preferences. There are no longer neon colours and statement accessories, but a simpler, more relaxed tone. This comes with the new models and people who come on to the scene, and bring along new trends and therefore a new era of human preferences. The previous decade's sense of style is seen as outdated and new preferences bring along new styles, and people find what they are interested most in.

To conclude, it is very evident that human preferences have as huge effect on fashion. It is clear that, as our preferences change, and once popular styles become out of fashioned and deemed as outdated, a new trend or style comes along very quickly. There is not set period where all trends align with one another, instead each new trend is an opportunity to experience a different culture and explore different interests. Fashion is a huge part of culture, and has been for many years. The culture changes with the times and the current affairs, and will never be set in stone. That is just what being human is. We are so easily influenced due to being exposed to the media and other outside influences that it is normal for our preferences to change. The media changes so much everyday, to adapt and flex to the current affairs, and it is expected that the culture would change alongside this too. However, because preferences change so quickly and often, it means there are many opportunities to find your true self. No trend will last for eternity, so stick to what interests you best.

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CALDECOTT ROUTE

1 Oliver Bose (Rugby School): How was the hole in the ozone hole tackled by world authorities?

The ozone layer is described as the presence of molecules of ozone within the stratosphere, located between 15 and 30km above sea level (1). A single ozone molecular has the chemical formula O_3 and is formed during reactions occurring in the stratosphere. The lack of ozone was first discovered over Antarctica in 1980 during the months of September and October and prompted the Montreal Protocol of 1987 which protects the ozone layer by reducing human impact.

I first performed basic research into the ozone layer and the damage caused by humanity to understand the topic. I then further researched, on google scholar, the facts and data from reliable sources about the ozone layer. Then I planned what exactly I was going to need to have a better understanding of and further researched those areas. Then as I wrote I would refresh my understanding and find supporting figures and data.

The ozone layer is a natural barrier the protects life on Earth from ultraviolet sunlight that is potentially dangerous by absorbing the energy of the ultraviolet light (2). This happens through a simple chemical reaction in which ultraviolet light energy is absorbed by an ozone molecule splitting it into an O_2 and a single oxygen molecule that then react together forming O_3 which is ozone (3). The hole started to appear over Antarctica in 1980 during months of extreme winds starting in September. The decline of ozone molecules is the result of a reaction between ozone and chlorine. Chlorine first reacts with ozone to produce O_2 and ClO. The ClO then reacts with another free oxygen atom to produce O_2 and a free chlorine atom. In this reaction ozone reacts with a single oxygen atom to produce two O_2 and the chlorine acts as a catalyst meaning it can break down many more ozone molecules (4). The chlorine is as a result of Chlorofluorocarbons reaching the stratosphere and then breaking down due to the Ultraviolet light. The resulting lack of ozone known as the hole means more ultraviolet light reaches the surface of the Earth. If this hole where to appear above a populated area, people would be subjected to these higher levels of radiation resulting in sunburn, cataracts and an increase in the risk of skin cancer (5).

The measurement used to describe the amount of ozone is called the dobson unit (DU). One dobson unit is the number of molecules of ozone in the atmosphere that if were laid across the surface of the Earth at 0°C and at atmospheric pressure would be 0.01mm thick (1). For many reasons the levels of ozone fluctuate throughout the year so commonly it is the lowest levels that are recorded each year. In 1979 the lowest level reached in Antarctica was 194 DU almost a historic low. However, the lowest level in 1982 was 173 DU and in 1983 was 154 DU. In 1985

the lowest level was 124 DU and by 1991 the level dropped below 100 DU for the first time. The lowest level ever recorded was 73 DU in 1994 (6).

Graph from World Meteorological Organization (WMO), Executive Summary: Scientic Assessment of Ozone Depletion: 2018, World Meteorological Organization, Global Ozone Research and Monitoring Project – Report No. 58, 67 pp., Geneva, Switzerland, 2018. This graph shows the minimum extent of ozone depletion between 1960 and 2018 along with predictions for the recovery of the ozone layer by 2100. This graph shows the sharp decline in ozone between 1975 and 1995 which shows the power of humanity to destroy this protection however it also shows the lengthy recovery process between 1995 and an estimated 2080 showing the ability of nature to bounce back, however it takes time.

(d) October Antarctic total ozone

     The world reacted to the problem in 1987 through the Montreal Protocol which was a global agreement to phase out ozone-depleting substances in order to reduce the damage caused by humans to the ozone layer (7). This protocol had global support and greatly slowed the depletion of ozone and led it into its current state of repair. The US estimates that the Montreal Protocol has prevented 443 million people from struggles with skin cancer between 1890 and 2100. The protocol was finalised in 1987 however the hole still grew until 1994, which shows that a global effort doesn't have an immediate impact, and it should not discourage humanity because it can still make a long-term impact. The impact from humanity here takes seven years before scientists are able to detect the damage which suggests many dangers could already be a problem we can't fix in seven years times that are currently unknown to anyone. Whilst this plan was a success in letting the ozone levels recovers, CFCs, a large part of ODSs, replacement Hydrofluorocarbons are a major greenhouse gas. These new materials have let the ozone hole recover however have also contributed to global warming

    The world now faces a different environmental problem in global warming. This again is due to the release of a gas into the atmosphere and all world authorities are aware of the problem, however an immediate reaction, similar to the Montreal Protocol, has not yet been applied to global warming to such an extent. There is the Paris agreement in 2015 which limited temperatures to an increase of 2°C, however its effect is less prominent, and the world still continues to warm. I think this is because the lack of clear commitment, in 1987 there was a clear ban on ODSs, however in 2015 the world gave itself a limit however no clear achievable goal was set. There was no ban on greenhouse gases which could be compared to ODSs. The goal was fixed upon a result not an action, the Montreal Protocol focused on the phasing out of ODSs not preventing the hole growing to an extent, which is different to the Paris agreement trying to limit the world's temperature without giving a clear plan authorities can visualise. The Paris agreement is flawed because each country doesn't have its own limit compared to the Montreal Protocol where each country had a limit of ODSs produced, being none. This difference is shown in the result of each global action. The Montreal Protocol had a quick response in ozone levels whilst the Paris agreement has not seen such a response in global temperatures.

The future of the ozone layer is promising, and the graph shows the recent predictions by scientists showing a complete recovery in under a century. This is promising for mankind proving our ability to respond to climate related struggles. This also shows the importance of scientific research into such areas that are ongoing in many other areas to try to preserve the natural environment on Earth. If this did not stop it could have led to more problems which would have had large knock-on effects. The Montreal Protocol was a large success showing how by setting reasonable goals and stopping instant actions authorities can stop and slow global problems. I think if similar agreements are made in respect to climate change and global warming it would surely slow down the increase in temperature and would slowly return to pre-industrial levels.

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2 Poppy Bower (Rugby School): To what extent will fast fashion affect the global economy and environment over the next decade?

Fast fashion: an industrial, worldwide machine fuelled on trends and powered by technology. Fashion: a creative pursuit which has been fundamental in the development of human talent. It showcases what 'being human,' means throughout the past, present and future by reflecting trends and eras. Fast fashion was originally pioneered by Zara in the 1990s to keep up with the increased demand for cheaper clothes, however in the current day its biggest pioneers are social media companies, such as TikTok and the influencers who drive the app. 'The global apparel industry is estimated to be $1.8 trillion, making up 2.3% of the world's GDP, with the global demand predicted to grow at 5% annually due to the global market in developing countries such as China expanding rapidly' [1]. However, the benefits of fast fashion come with a high environmental and socio-economic cost, echoing the positive and negative impacts the motor car had on the world and humanity in the 20th century.

Zara is a Spanish apparel brand owned by its parent company Inditex alongside 'Bershka, Massimo Dutti and Stradivarius' [5]. Zara's corporate team stresses high reliance on its designers who are able to adapt to constant trend oscillations due to their frequent attendance of ready-to-wear fashion shows in many of the fashion capitals of the world: Paris, London, New York and Milan. This ensures that they can recognise these patterns of trends on the runways quickly, allowing them to replicate these trends in their twice-weekly shipments. 'Zara also sources information from other sources such as television, university campuses and discotheques as well as ideas from their fashion-conscious staff.' [6] This efficiency and variety of product development personnel means that there is no lag from when trends first arise to their landing in stores, guaranteeing coveted 'fashion-forward' designs and therefore high revenue. Zara's constant adaptations to changes in the markets put a heavy reliance on having an efficient supply chain, they exploit technology to accelerate the supply chain connection between the customers and their factories. 'Zara uses Toyota's Just in Time inventory procurement in order to minimize turnaround times and keep arrivals to stores under 15 days.' [7] Zara is a prime example of how innovative business management can sometimes become too efficient, resulting in fast fashion at a rapid rate.

Fast fashion creates everlasting environmental effects, despite people encouraging renewable energy innovations, they are negating their efforts by continuing to buy fast fashion items. Most clothes sold on the high-street use materials such as polyester as it is 'cost-effective'. However, 'polyester takes 200 years to decompose', which is a large root of the environmental problems. [8] The nature of fast fashion involves clothing that isn't designed to withstand changes in trends therefore causing many items to be discarded due to fluctuating micro-trends. However, as these items of clothing are not designed with the environment in mind, they usually end-up being burnt or in landfill. 'Of the 100 billion garments made each year, 92 million tonnes end up in landfills' [9] demonstrating the sheer scale of the physically visible environmental problems, 'if this trend continues the amount of fast fashion waste is expected to reach 134 million tonnes by the end of the decade.' [9] Landfill pollutes greenfield land as well as oceans, for example the Great Pacific Garbage Patch, damaging local communities and destroying animal habitats. This shows the increasing effects caused by fast fashion waste, flagging the need to find solutions. Due to rapid production lines, many garment companies burn garments instead of retailing them for discount prices. As most of these clothes are made of plastics such as polyester, when burnt release carbon dioxide; contributing to the greenhouse effect, as well as 'releasing pollutants such as microplastics, bisphenols and phthalates' [10] which are very harmful to ecosystems. Other fast fashion production processes also contribute to the problem. For example, 'leather tanning releases harmful chemicals, as well as fabric processing and dyeing which also releases harmful chemicals and microplastics'. [11] These waste products get into water supplies and the food chain. Hidden water is one of the biggest environmental challenges evoked by fast fashion; this is the total volume of water consumed to create a piece of clothing; however, the impact is hidden. Reducing carbon footprints is prevalent regulatory policy, however many forget the water footprint that is left behind after every step of the production process. Not only

does fast fashion pollute water, but it also wastes thousands of litres of water daily. 'It takes 20,000 litres of water to produce 1kg of cotton,' and therefore 'to produce just one t-shirt, 2,700 litres of water is needed.' [9] It is evident that the fashion industry is largely responsible for the depletion of water sources around the world. According to WWF, an organisation determined to seek justice for our environment and animals, many 'textile hubs such as Dhaka in Bangladesh' [11] have depleted groundwater levels due to the sheer volumes of water needed to process clothing. This is dangerous to quality of life as well as for plants and crops. In addition, fast fashion relies on fossil fuels to be produced. "Synthetic materials like polyester require an estimated 342 million barrels of oil every year," [16] If the fashion industry continues to fuel its growth using fossil fuels, "in less than 10 years almost three quarters of our textiles will be produced from fossil fuels." [17] This constant reliance on fossil fuels is contributing to the global environmental catastrophes. These environmental effects caused by fast fashion highlight the damage it will cause to the world if it continues to accelerate over the next decade.

On the other hand, fast fashion has many positive benefits for the economy. Many international companies outsource their production to developing countries to reduce costs of production. Statistics suggest that 'China, Bangladesh and Turkey are the top three locations where H&M sources its products.' [12] Demonstrating how the apparel sector is crucial in encouraging globalisation and creating international markets. These international markets help provide private sector jobs to developing countries, increasing economic growth and in turn increasing industrialisation and the multiplier effect. This international outsourcing can also create 'business partnerships' between the developed and developing world, providing opportunities for 'future alliances' [13]. For example, China and Taiwan are renowned for efficiency of manufacturing and production. "Output in the Chinese Manufacturing market is projected to amount to US$7.9tn in 2024 with a compound annual growth rate of 1.33% is expected (CAGR 2024–0)," [14] demonstrating the rapid growth rates the apparel manufacturing sector in developing countries will have over the next decade after being propelled by fashion TNC's. Another benefit to the economy of fast fashion is its relatively low cost. This fashion is more easily accessible to people of different demographics. Stylish fashion is now not limited only to the wealthy. For example, the price of a plain white t-shirt on H&M is '£5.99' [15] which is an attainable price for many social demographics.. It is evident that despite fast fashion having such negative effects on the environment, if controlled properly can have beneficial effects on the economy to an extent.
Over the next decade, the biggest factor which will drive the growth of fast fashion is technological change and development. Moore's law suggests that computer processing power doubles around every two years, therefore in ten years' time from now the computing power we have currently will increase by 32 times. This therefore makes it almost impossible to predict the disruption technology will have on businesses in the next decade as it is growing so rapidly. It is abundantly clear that technology has been fundamental in propelling fast fashion and with technology growing, so will fast fashion. A first example of how technology has allowed fast fashion to 'make up 2.3% of the world's GDP,' [1] is how it enables companies to bring designs to market faster by integrating the supply chain process between the people who produce the cloth and the retail point of sale. An example of this is the SaaS (Software as a service) company, Service Now which is an end-end integration of the supply chain making each step more efficient. Large fast fashion companies accelerate their time to value and return on investment using this software. With a higher return on investment, fashion companies expand their production, accelerating fast fashion and in turn driving the economy but affecting the environment. Secondly, with artificial intelligence rapidly developing many fashion companies are making use of its efficiency and revolutionary concepts. For example, generative AI, if used by fast fashion companies will generate new clothing designs in seconds. This reduces the need for human designers, who are much slower than machines. Overtime, as AI is becoming more creative it is reducing the need for humans to work in 'roles focused on data analysis and administrative tasks,' [20] allowing fashion companies to capitalise on speed of production and efficiency of demand forecasting.
A final example of how technology has revolutionised fast fashion is the social media phenomenon. Social media involves widely used platforms such as TikTok and Instagram. A key feature of these platforms are influencers: they constantly feature new clothing trends in their videos and influence followers to impulse-buy products, The promotional content is often funded by brands and may promote false information to influence sales. As well as

social media platforms enhancing fast fashion with influencers, in-app shops are a key part of the problem. An example is TikTok and its TikTok shop where users can buy trending clothes for a fraction of the price of high street shops, in many cases retailers have cut corners on production by unethical labour and poor-quality materials. Social media contributes to the problem of fast fashion as both compliment and enable each other. With the advancements of technology over the past decade, we can expect a snowball effect over the next decade, due to the recent emergence of generative artificial intelligence.

To conclude, fast fashion has been a significant problem since the 1990s, however we have only seen it emerging and becoming more widespread over the past few years. It is evident that technology has heightened the effects of fast fashion over the past decade as it has allowed it to innovate and therefore progress globally. "Tech" is now interwoven in every part of our lives, so it is vital that we prioritise passing regulations to prevent fast fashion growing into an uncontrollable issue. In contrast to social media being a bad contribution to the growth of fast fashion, it can be optimised by educating people about the effects of fast fashion and promoting ethical businesses. It could also be used to inform people of solutions such as buying second-hand clothing and investing in timeless pieces made with quality. There are many players involved in the fast fashion problem, for example large companies such as Inditex, however as a society we can also blame ourselves for supporting these large companies by consistently buying clothes from them. Fast fashion and its players have created irreversible effects on the environment including depleting lots of the world's carbon budget as well as exploiting lots of water sources, with technology advancing and landfill sites growing it is undeniable that over the next decade fast fashion will continue to harm the environment at levels greater than ever before. Although the effects to the economy may not be as visible as the environmental effects, with the fashion sector growing rapidly, its GDP and revenue will too, in turn creating more jobs and bringing industry to developing countries. It is hard to predict the exact extent to which fast fashion will affect our economy and environment, however by examining the past decade and the effects of fast fashion, we can assume with new technologies and generative AI, the effects of fast fashion will escalate. In closing, it is almost impossible to put fast fashion and its effects to a halt without destroying parts of the economy, therefore it is necessary that we redefine fast fashion as it is today into something environmentally focused and ethical.

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3 Taissa Ferreria Martin (Holly Lodge): To what extent has clothing historically been used to denote status in society, is this still happening today and will it happen in the future.

Clothing has been a form of self-expression for centuries in many different cultures. One could tell many things about someone based on how they choose to present themselves. For example, their culture or their status. In this essay, I'll be uncovering this idea of status and how it was shown in different cultures in the past and whether it was more extravagant and elegant, such as Ancient Egypt or more minimalistic and sophisticated like the Victorian Era. And do people still do it today?

Ancient Egypt serves as a great example of status being conveyed through culture and clothing, as they had many ways of self expression. Some of these include hair, makeup, jewellery, even down to the types of materials of their clothing.

In Ancient Egypt, the climate was hot with plenty of sunlight, therefore people at the time had to adapt their clothing in order to withstand these temperatures. Egyptian women would wear long, linen dresses called Kalasiris, which were present during the Old, Middle and New Kingdoms: "From the earliest depictions of women at the beginning of the Old Kingdom in around 2700 b.c.e to those at the end of the New Kingdom in 750 b.c.e, the Kalasiris were uniform to Egyptian women."(1) However, even with this sense of uniformity, status could still be differentiated based on the material. For example, finer fabric conveyed wealth. This was because the finer the material, the more comfortable as Ancient Egyptians needed to wear very light clothing due to the hot and dry climate. Whereas poorer women wore Kalasiris made of heavier and coarser fabric.(1)

Similarly, men in Ancient Egyptian times wore "kilt like skirts (Schenti or Schendyt) which evolved from the loincloth"(2) (Oldest Egyptian garment) and "variations of this style depended on the wearer's rank."(2) The Schenti was present throughout Ancient Egyptian Kingdoms from the Old Kingdom (2649-2130 b.c.) to the New Kingdom (1550-1077 b.c.). And like the Kalasiris, finer material conveyed comfort and therefore, higher status. Pharaohs and higher ranks would also wear elaborate garments made of the best quality linen.(3)

As for hair, Ancient Egyptians used it to signal gender, age and status. Men of all classes often wore short or shaven heads. (4) Whereas for women, long, curly and plaited hair was becoming more popular after the trend of shorter hair during the Old Kingdom. Even so, both higher class men and women wore wigs, which were a sign of prestige and wealth and not worn by lower class Egyptians. (5) This is possibly because more expensive wigs were made of human hair. As a way of styling them, these wigs were also arranged in braids, curls or strands. (6) The earliest found specimen from an Ancient Egyptian wig dated back to 3400 b.c. And they acted as a visual signal of wealth and social status for the owner. (4) Higher rank women would adorn their hair in jewellery(5) and wore wigs on particular occasions, while men wore elaborate, shoulder length ones.(4)

Jewellery was one of the most prominent features in Ancient Egyptian culture. Everyone would wear some type of jewellery, from the poorest common people to the wealthiest Pharaohs. This is because it was believed to provide protection, good luck, guidance through the afterlife. (7) Even so, wealthier men and women still owned and wore the most expensive jewellery. To show wealth, but also because they believed that it made them more attractive to the Gods. Only the very rich could afford jewellery made of gold and precious stones. (3) This was because gold was associated with the sun and the flesh of the Gods,(8) therefore it was revered above all other colours on jewellery. It was a sign of the Gods and royalty. Types of jewellery that they would wear included: neck collars, pendants and amulets, bracelets, rings, earrings, armbands, headdresses etc. An example of high rank jewellery, would be the Usekh collar (neck collar) which was a type of broad necklace that was wrapped around the neck and shoulders.(9) It was a luxurious and vibrant piece of jewellery, which contained rows of coloured beads and was mainly worn by

Pharaohs as it symbolised status and prestige.(9) Not only that but jewellery for royalty was often crafted with precious gemstones such as Turquoise and Lapis Lazuli as well as other metals.

Makeup was also extremely empowering for Ancient Egyptians. It was seen as a way to honour the Gods, ward off evil (5) and enhance beauty. Both Egyptian men and women wore makeup such as Black Kohl liner, which was used to line their eyes to protect them from sunlight. Higher ranks wore makeup as a status symbol to emulate the Gods (5) and also had access to higher quality makeup as well as elaborate makeup boxes.(3)

Finally, a good example of royal influence would be Cleopatra. She was the last and one of the most famous rulers of Ancient Egypt, whose reign lasted from 51 b.c. to 30 b.c. She was known for being a strong, successful leader and for her beauty, due to her luxurious style. Cleopatra would braid and embellish her black, shoulder-length hair in golden jewellery, (10) which was commonly worn by royalty and higher ranks. She would also wear massive golden headdresses and snake shaped armbands.(10) Pharaohs would be buried in jewellery, so it could be used in the afterlife.(10) An example of this would be amulets, which were believed to protect the wearer, such as the eye of Horus.(10) Lastly, as for makeup, Black Kohl was used as a mascara(10) for cleopatra. She would also wear blue eyeshadow on upper eyelids and ochre as lipstick (10) because it was perceived as spiritual protection.

Another example of status being conveyed through clothing would be the Victorian Era (1837-1901). This is because Victorians often used clothing as a way to send a message of the type of lifestyle that they lead by showcasing luxury through the ability to own expensive clothing. Not only this, but also to differentiate themselves from the lower class, because the rich often didn't engage with the poor.

Victorian women's fashion is known for its big skirts, tight corsets and lots of layers of clothing, not showing any skin. (11) Fashion for women was quite uniform. A lady would wear a long, tight, pointed bodice and a full skirt supported by many petticoats(12) (used to give the skirt the desired shape). However, status could still be differentiated despite the minimalist, Victorian style. Even Though all women wore dresses with long skirts, rich women could afford the latest fashions (13) and beautiful, elaborate clothes. In contrast to middle class society, who often made their own new clothes and the lower class, who relied on second hand clothing from the wealthy.(11) People in the working class could wear the same styles as aristocracy, though they were buying mass produced versions made from cheaper material.(14) During this era, the more design and work put into the dresses meant that they were more expensive(11) and in the early 1800s, a skirt with increased width and volume compared to other skirts became a symbol of wealth.(11) As the era went on skirts became more full. Seen as not only a symbol of wealth but also as an important piece of fashion. The more layers of a skirt, the more expensive and renowned for Victorian women. However, it also showcased wealth because it conveyed warmth and comfort. The layered garments were heavy, therefore wealthy women would require help from maids. (11) Conveying wealth because, at the time if you had maids, it was a sign of luxury. As for the fabrics of expensive dresses, taffetas, shimmering silk satins, lush velvets, lace and luxurious trimmings (15) were ideal for the rich, and meant they were well dressed.

During this era, people associated hair with life and love.(16) Because of this, Victorian women kept their hair long. They associated having long hair with being in good health, which meant that they had the capability and resources to take care of their hair. It was a common beauty standard to have long hair and most wealthy women were able to achieve this look. Victorian hairstyles were not a matter of fashion. They were both intertwined with and a symbol of social status, wealth and personal identity. (17) Hair was a canvas to reflect femininity. At the time, natural styles were preferred. A common hairstyle for women was the Chignon which was when hair was gathered into a low bun (17) and sometimes adorned with accessories by the rich for special occasions.(17) They would decorate their hair with bows, ribbons etc. Alternatively, the wealthy would also have hairdressers to style their hair.

Men's fashion was very uniform in the Victorian Era. Upper and middle class Victorian men's fashions consisted of tight fitting, calf- length frock coats and a waistcoat or vest. For more formal occasions, a cutaway morning coat was worn with light trousers during the daytime and a dark tailcoat. A dark tail coat and trousers were worn in the evening.(18) Wealthy Victorian men wore suits and waistcoats as well as top hats for special occasions, which were a sign of power, status and standard wear upper class, whereas the bowler hats were worn by the middle class.(18) As for hair, Victorian men wore very simple, short-haired styles like the side part or slicked back hair.(17) They often had well maintained beards as a sign of masculinity (17) and status.

To accompany their detailed dresses and suits, Victorians wore gloves and hats, as they were seen as crucial to a respectable appearance for both upper and middle classes. (18) These accessories sent a message of social status. Wealthy women wore hats decorated with birds or feathers. (11) Bonnets were also a popular choice and decorated with feathers, ribbons, artificial flowers etc. Women would wear their hair curled up in a bun or top knot while the bonnet or hat would accommodate the hairstyle.(11) It goes without saying that the rich opted for the more elaborate hats as a display of wealth. For Victorians, hats and gloves were a form of modesty. It was considered improper to show one's bare hands outside the company of family and friends. (14) During this time, gloves were a way of showing status, but they were also a way of hiding. This is because people in the working class would often use gloves to hide their rough, scarred hands that they developed from working. Additionally, they also served as protection from contagious diseases that were rampant in Victorian society. (19) And unfortunately there were the people of the lower class who lacked quality clothing including gloves, therefore driving them to develop the most sickness and diseases.

Jewellery was also a very important element in Victorian fashion. This is because Victorian jewellery was deeply personal and reflective of the wearer's emotions and experience.(20) An example of this would be mourning jewellery, which was a significant trend of the era.(20) Flowers, birds and insects were not just decorative elements but conveyed messages of love, fidelity and remembrance.(20) Evidently, it was mainly the rich that had the capability of buying expensive jewellery made of expensive materials such as diamond, pearl, opal, emeralds etc. Examples of Victorian popular jewellery would be lockets, brooches, rings, cameos and bracelets (lockets being a way of carrying something of sentimental value). In Victorian society, class divisions were often reflected in jewellery people wore. Upper classes flaunted elaborate pieces set with precious stone, (20) used it as a statement of one's social standing as well as a way of complimenting the elaborate styles and designs they wore in the era.

Queen Victoria ruled the United Kingdom of Great Britain and Ireland from 1837 to 1901. She was a headstrong head of state who also shaped a new role for the Royal family, reconnecting with the public through civic duties.(21) Victorian dresses became simple and modest with less bright colours.(22) Day dresses were commonly made from linen or cotton with patterns such as checks and plaids, reflecting the conservative style of both the Queen and her nation.(23) As the ruler, she greatly influenced fashion at the time. One of her most popular influences was the mourning dress. Queen Victoria wore big sleeves and full- skirted gowns made with heavy, crepe fabric, which buttoned down and then completed the look with a white cap.(23) She wore black in order to show her grief as she mourned the death of her husband, Prince Albert of Saxe-Coburg and Gotha, who died in 1861. She continued to wear black for the rest of her life and set a standard for Victorian women, who looked to her for inspiration. The mourning dress became a social requirement. Queen Victoria also wore jewellery liberally and abundantly (24) as a sign of luxury and prosperity. She influenced jewellery styles and Her preference for intricate, romantic designs featuring flowers, hearts and bows became popular. (20) She wore jewellery designed by Prince Albert. Some of these pieces included a sapphire and diamond coronet (crown) and a serpent engagement ring.(20) This made the serpent a popular motif in jewellery during the Victorian era, which symbolised eternity and wisdom.(20) Similarly to the mourning dress, Queen Victoria also made mourning jewellery popular during the 1800s. Materials often used for this type of jewellery included onyx, jet and black enamel.

Nowadays, due to social media, it's easy to recognise the ways that people show their wealth. Working with celebrities and influencers enables luxury brands to promote their products and enhance desirability. (25) Whether it's owning tailored clothes, buying a Birkin bag or expensive jewellery from expensive brands such as Prada, Hermes or Louis Vuitton, etc. This is because of the belief that higher price equals higher quality. However, it could also be that Luxury brands leverage their high prices to create a prestigious image, (25) which further persuades wealthier people into buying their products.

In the future, I think that people will continue to showcase wealth through how they present themselves. However, I also think that certain styles and brands will become more recurring and more expensive. For example Birkin bags, because even though they have been a common trend in fashion, they are becoming more repetitive.

Ultimately, in this essay I have found the ways that different cultures showcase their status and lifestyle through clothing. What makes it so interesting is the fact that all of these societies are exposed to different environments and conditions, which makes them more unique and captivating. And even so these traits are still recurring throughout history.

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Before attempting to suggest ideas to this question, the subject of it must be contextualised, for which it's important to understand that literature is a form of art; art in its basic sense has had profound importance all throughout history, its main purpose often said to being the expression of human emotions on an abstract level, as worded by Noël Carroll, "art standardly elicits converging feelings among viewers, listeners, and readers"[1] which in a way helps connect humans. Art is also believed to be 'universal' as it stems from human nature and feeds the human desire to connect, meaning it is "possessed" by almost every culture "since every society benefits from social cohesion".[2] Furthermore, not only does art help connect people, but it also "exercises our abilities for deciphering the intentions of others", and by utilising our "capacity to imagine", we are able "to plan, to envision alternatives, to take heed of warnings of dangers not immediately at hand, to run in our minds, so to speak, cost-free trials of future events", in short summary get an idea of how our future might look without consequences and to better understand the people around us.[3]

Foretelling the future sounds overwhelming and frankly preposterous for humans, and as so Oscar Wilde's perception of art differs slightly, for in his opinion "Life imitates Art for more than Art imitates Life",[4] meaning artists create the guidelines which life follows, with that statement granting artists immense power. However, Wilde's opinions were also closely related to literature as opposed to art in general, and if "literature always anticipates life"[5] then the writing of dystopias poses a threat to the unravelling of society, if what is written has a chance to actualise.

Instead of seeking answers for our future in fiction, many have taken to leaning on historians who are familiar with the past, and can therefore "analyse the mistakes of mankind", outlining a future "free from the errors of preceding years".[6] However, this can only be achieved if humanity actually learned from their past mistakes and built upon them, instead of continuously repeating them.

So what is so fascinating about the dystopian genre and what can it tell us about our fate, seeing as it's mostly fiction; or is it?

The twentieth century saw the rise of "the dark side of Utopia", where authors have taken on the challenge of depicting "places worse than the ones we live in"[7] in response, it seems, to the steady flourishing of utopian fiction in the nineteenth century, which was "a prolific

period for philosophical and technological changes due to industrialisation and great advances in science (Darwinism, railroads, telegraphs)", and even the eighteenth century, when "the French Revolution and its American counterpart brought the idea of universal rights and the need for political and social transformation to the utopian movement".[8] Since contemporary events encouraged the writing of utopias, this same logic can be applied to the reason for writing dystopias, but instead of idealising such realities, they should serve as a warning.

The 'death of utopian literature' may have been a consequence of "modernity", as "the prospects for utopia, in whatever form, seemed so bleak" following periods such as the "Great Depression of the 1930s", the "end of the Cold War", and the "Second World War", which all "supervened [on what] was a new world disorder".[9] Such events during the twentieth century therefore lead to the breakdown of the appeal for utopia, and the growing intrigue of dystopia. But why?

"Given our real world, who needs dystopias?"[10] is one wondered by many, and while fiction (in this instance dystopia) usually offers "differing levels of escapism"[11] from reality, when the fiction is only a mirror, it's a little off-putting and may make some feel even worse about their current situation. From the sudden rise in its popularity in the "late noughties and early 2010s"[12], the genre has lost its "futuristic" appeal, and has maintained its original format from the 1930s and 40s, where it not only expresses its "critique on society", but also just fictionalised contemporary affairs.

"If I was to create an imaginary garden, I wanted the toads in it to be real"[13] was the rule Margaret Atwood followed for the writing of *The Handmaid's Tale* in 1984, as she would "not put any events into the book that had not already happened", which she followed up by quoting an American architect "'God is in the details', they say. So is the devil."[14] Atwood's attention to not creating any "gizmos…laws…atrocities"[15] leads to the subject of the whole novel coming off as eerily relevant and familiar, since it is nothing unheard of.

Inhumane practices such as ritualistic coitus and the regression of women's education in the novel, to name a few, were all (though in a hyperbolised representation) what millions considered and accepted as normal not 70 years ago in developed places of the world such as America. As learned from Betty Friedan's studies[16], Atwood's novel held a lot more truth in the period she grew up in (late 1950s to early 60s), yet still held relevance in the time she was writing, when the Berlin Wall was still standing in the early 1980s, and the story was

picked up again by the public, in its 2017 Hulu TV series adaptation, when in 2022 "The Supreme Court…overturned Roe V. Wade" which eliminated "the constitutional right to abortion".[17] Following the decision, "Bans in at least eight states swiftly took effect",[18] and since 2022, now "Twenty-two states ban abortion or restrict the procedure earlier in pregnancy rather than the standard set by Roe V. Wade".[19]

These political changes have proven to people how fragile legal rights are and how quickly they can be revoked, and Roe V. Wade's death is an early example of how much power the government holds over its people, nearing totalitarian governments depicted in novels such as George Orwell's *1984*[20] and the previously discussed *The Handmaid's Tale*. While it isn't the only event that occurred in the near past that relates to dystopian realities, it is a significant one, and shone a negative foreboding light on the future.

However, the silver lining about dystopian fiction is that it isn't set in stone, as Atwood said in her novel's introduction, "it [*The Handmaid's Tale* novel] isn't a prediction, because predicting the future isn't really possible",[21] and instead described the novel as an "anti-prediction: if this future can be described in detail, maybe it won't happen", but dismissed this mindset as "wishful thinking".[22]

"Wishful" or not, there is a repentant pattern in dystopian fiction of rebellion and having a reason for hope, for believing in a "eutopia"; "the word *utopia* was coined in 1516…by the English Sir Thomas More" and literally translates as "no place" in Greek.[23] Additionally, More also "played on the word "eutopia", and no place became the non-existent good place."[24] ("Good place" is referent to a realistic utopia, the ideal of what the world 'should' look like.) This hope is what drives characters in dystopian novels, as Atwood mentioned in her introduction, the "literary form [of]...the literature of witness"[25] is one where characters trapped in such realities keep records of their experiences: keeping a diary like in Orwell's *1984*; recording tapes such as those discovered in the *Historical Notes* of *The Handmaid's Tale*; or even real-life examples, such as Anne Frank's *The Diary of a Young Girl*,[26] which help 'us' (as in the readers from the future) learn about the past and immerse ourselves in the experiences of those who lived them. Keeping a diary in dystopias don't evidence rebellion directly (except for in *1984* where writing is banned all together) but is all the same "an act of hope: every recorded story implies a future reader."[27]

"They say there is no light without dark…nothing can exist if its direct opposite does not also exist";[28] a reflection on the existence of dystopia, how without imagining the worst scenario possible, there is

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17. The New York Times – Adam Liptak (2022)., 'In 6-to-3 Ruling…Abortion Rights'.

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19. The New York Times – Allison McCann & Amy S. Walker (2024)., 'Tracking Abortion Bans Across the Country' [updated 23.08.24. 12.26 p.m. E.T.]

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no way of actualising what most perceive as ideal. As a final question, what is the ideal? Neglecting moral values, who is to say that dystopia is objectively *wrong* or that utopia is objectively *right*? "The "critical dystopia" in particular suggests that the possibility of eutopia exists within some dystopia";[29] certain writers (since referenced numerous times in this writing, Margaret Atwood is one of these writers) have begun to reimagine the *classical dystopia* (novels which "invariably end with the victory of the totalitarian state over the individual"), thus "critical or open-ended dystopias" were created in modern literature which are texts that "maintain a utopian core at their centre", the ambiguity of the endings of such works therefore "maintain the utopian impulse *within* the work".[30]

Lynman Tower Sargent pointed out that "a book could be both a eutopia and a dystopia depending on the reader", and where one sees suffering (as *Sargent* did in books which were intended as utopias by the writer), others saw 'a good place'.[31] This overwhelms my final question by having been handed an ambiguous answer, since if two people point at a society depicted in any of these novels so far mentioned, and one sees 'dystopia' while the other sees 'utopia', is there truly an ideal? What are the limitations of 'utopia'?

"Through the eyes of the flawed travellers, Le Guin encourages us readers to think critically about our own societies, open up possibilities of radical change, teaches us to understand what is necessary to begin to articulate our desires, and reveals the shortcomings and limits of utopia, thus stressing the importance of maintaining utopia simply as impulse and not as a blueprint." The true limit of utopia is that it is unattainable, it doesn't exist and never will, and society shouldn't be expected to conform in such a way. But utopia contained within dystopia, which birthed the 'critical dystopia', "becomes a site of resistance, hope, and political renewal"[32] which *is* attainable even in our reality, and while "creating and maintaining a eutopia is harder than creating and maintaining a dystopia", utopia is the 'impulse' which drives us; eutopia is the reminder that "better, while difficult, is possible"; and dystopia is the warning, it is there to "remind us that our dystopia could get worse".[33]

And as so, while dystopia is in no way a prediction, it *is* an insight into where we *are* headed as a society, and so should be familiarised with people so that they learn and understand the importance of maintaining 'hope' and not giving up too early, for the worst is yet to come if we do.

17. The New York Times – Adam Liptak (2022)., 'In 6-to-3 Ruling…Abortion Rights'.

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5 Ava Mousely (Rugby School): Are prisons a successful way to reduce crime?

We can identify whether crime rates are reduced by incarceration by looking at whether an inmate returns to society and continues in criminal behaviour. This can be measured by considering rates of reoffending. In the UK the reoffending rate after 2 years out of prison is 59%. The younger the people are when imprisoned the more likely they are to recommit which is why juvenile prisons have significantly higher average rates. Therefore, UK prisons are considered unsuccessful in reducing crime and there are many reasons for that.

During their time in prison, inmates are excluded from the rest of society, depending how long they are imprisoned for they might find it difficult to adjust to normal life, for example finding a job. In the UK around two thirds of people reconvicted after one year were still unemployed (2). After their sentence, inmates are most often released into the same environment they came from, usually involving unemployment. In many cases, having a criminal record can create employment issues, and only 17% of people get jobs after 6 months out of prison (8).

After prison, people often reintegrate with the same people as before they were imprisoned. This is an example of differential association theory. This is when 'one when one learns criminal attitudes and behaviours through those around them'. Another example of this is when someone is in prison for something like fraud, they will be exposed to people imprisoned for murder or drug related crimes. Being surrounded by this in prison, especially for long times, can cause people to reintegrate with similar groups once released, which can have significant influence and could involve the person in similar crimes.

As mentioned, Norway has the lowest reoffending rate, which is most likely due to their prisons, known to be the most effective and humane in the world. Their prisons remain at around a capacity of 73% compared to England and Wales at 104% (2). However, part of the success of Norwegian prisons is due to the cost. A place in Halden prison, Norway costs around £98,000 (2) compared to the average in the UK and Wales costing £51,000 (3). Because Norway has one of the lowest crime rates, they are able to put this money into improving prison life, preparing inmates for being released. Being in an environment that is so different from normal life can alter have a very negative impact on inmates. This us because they get used to the exact same daily routine. This is very unrealistic for the outside world, because even with a job there are many things that happen not in the routine.

As well as overcrowding, under-staffing can make prisons less successful, as it increases chances of violence. Having a poor staff to inmates ratio can create unsafe situations for guards. This also limits the chances of prisons fulfilling their role, as there aren't enough staff to provide support and services to the prisoners. According to the UK prisoner's website 'In the last 12 months, there has been a fall of 600 staff in prison officer and custodial manager roles'.(10) This decline can hugely affect how beneficial someone time in prison is.

Halden prison is an example of how high prison quality, which doesn't dehumanize inmates can significantly reduce reoffending rates. The officers are coached and can act as a mentor for inmates. They also are very involved in the

inmate's life, by joining them in their activities. For example, Because the prison is maximum security there is a large concrete wall on the perimeter, but there is no barbed wire, and the cameras are very hidden. For these reasons, inmates don't feel they are a threat to society, which would have a negative and large psychological impact. The governor of Halden says 'In Norway, the punishment is just to take away someone's liberty. The other rights stay.' (4) This means that they can still vote and go to work or school, mimicking normal life. Although expensive, Halden prison is extremely successful having zero escape attempts and even after 5 years, its reoffending rate is just 25% (7).

Another reason why UK prisons might not be deemed as successful, is that the inmates' psychological problems aren't addressed. This could be something that drove them commit the crime, or something they have developed after doing it. 90% of prisoners have poor mental health (6). Most regularly this includes anxiety, post-traumatic stress disorder, substance use or depression. Although there are some mental health systems in the UK, overall, they are lacking. In place in most prisons, there are trained 'listeners' that inmates can chose to talk to, but the majority don't as there are no compulsory appointments. Young adults with access to mental health services are 15 per cent less likely to be incarcerated than young adults who don't. This shows that even before prison, mental health care is essential and can help prevent crime too.

However, the purpose of prisons is to reduce crime. Although UK prisons don't have the most successful methods, it is widely achieving its purpose. Prison acts as a deterrent from crime which ensures that the law is mostly obeyed. Something that is important to most people is a good family network, with an abundance of connections and support. Due to the stereotype of danger that is attached to those just released from prison, it is easy for a family to break these ties with the individuals. According to HM inspectorate of prisons, 'prisoners who maintain contact with their families are significantly less likely to reoffend on their release' (5). However, the choice isn't always given to the person who has offended. Prison is seen as such a negative and dangerous place and there is a social stigma attached, meaning that many families break contact with those in prison. Without a family support system waiting outside for those in prison, it can be very easy for that person to develop mental issues or reoffend when released, due to the lack of stability.

Overall, whilst prisons fulfil their purpose of punishing those who have committed crime, a main reason for prisons is to stop more crime in the future. This is where UK prison's fault lies, as their reconviction rate is extremely high.

(1) Recidivism Rates by Country 2024 (worldpopulationreview.com)
(2) Nina Hodžić: The sad irony of prisons in the UK - Bright Blue

(3) Cost per prisoner England and Wales 2023 | Statista
(4) How Norway turns criminals into good neighbours - BBC News
(5) International Day of Parents: the vital importance of family relationships for those in prison (justiceinspectorates.gov.uk)
(6) Healthcare in Prison (rethink.org)
(7) Rehabilitation Lessons from Norway's Prison System (firststepalliance.org)
(8) Employment Support for Ex-Offender (novus.ac.uk)
(9) Differential Association Theory | Definition & Examples - Lesson | Study.com
(10) Inquiry launched into staffing issues in the prison system - Committees - UK Parliament
(11) Why Punishing People in Jail and Prison Isn't Working | Vera Institute

6 Isaac Ngan (Rugby School): Why did China cede Hong Kong to Britian?

In the early 19th century, the trade between China and the West was extremely unbalanced, as people from the West enjoyed Chinese products such as silk, tea leaf and porcelain a lot, while the Chinese had no interest in the goods that the Western traders were trying to sell to China, as China had always been a self-sustaining country so they didn't have the need to trade. This created a trade imbalance, which western traders wanted to take advantage of, so they started to import opium that was produced in India into China. This was also because of the Canton system, where the Chinese government wanted to limit the trade from the West by only allowing the West to trade in the port of Canton, as they perceived the West as a potential threat to the government.

A drawing of western ships arriving to China (Source: The Travels of Marco Polo ("Il milione"))

In 1839, the Chinese emperor saw that the opium that the traders were importing were harming the health of the Chinese people as people were quickly getting addicted, so he made the decision to destroy all the imported opium. Over 2.37 million pounds of opium were destroyed in total, which infuriated the British, who saw this as an attack on their freedom to sell.

An Image of Chinese people smoking opium

Tensions increased further when in July 1839, some drunk British sailors attacked and killed a Chinese villager. The Chinese government demanded that the sailors had to be handed over for punishment, but Britian refused. This led to conflict between the two countries, starting the First Opium War. With the superior technology and naval advantage, the British quickly won the war in 1842, and forced China to sign the treaty of Nanjing.

The Treaty of Nanjing was an unequal treaty forced upon China by the Britian. (Unequal treaty is a treaty that is unfair to a certain country who is forced into signing it because of losing a war) The Treaty of Nanjing had the following major points:

- Cession of Hong Kong: China was forced to cede the island of Hong Kong to the British forever.
- Reparations: China had to pay 21 million silver dollars to the British government.
- Opening of five treaty ports: Five ports (Guangzhou, Xiamen, Fuzhou, Ningbo, and Shanghai) were opened for foreign trade and residence, with British citizens being allowed to travel to and from these ports.
- Immune to law: British citizens in China were exempt from Chinese laws.
- Regulation of tariffs: China's taxes were now only capped at a maximum of 5% when trading.
- Most favoured nation status: China had to grant Britain the status of "most favoured nation" in terms of trade privileges.
- Legalization of the opium trade: The opium trade, which had been banned by the Chinese government, was legalized.
- Removal of the Canton system
- Ratification: The treaty had to be confirmed by the Emperor of China within a year, and British troops would occupy the Gulangyu island until this was done.

A drawing of the signing of the Treaty of Nanjing (Source: https://cdn.britannica.com/66/198166-050-DD0CC594/signing-Treaty-of-Nanjing.jpg?w=400&h=300&c=crop)

These treaties and the loss of the war was extremely humiliating for the Chinese government, as it removed land, sovereign and economic interests.

Even after the Treaty of Nanjing, the British continued to demand various things such as more economic freedom and access to the Chinese market, while the Chinese government actively sought to remove as much British control in China as possible. This led further increase in tension and worsened relationship.

In 1856, there was an incident where Chinese marines in Canton took control of a cargo ship called the Arrow on suspicion of piracy, they then arrested twelve of the fourteen crew members, as they found out that the ship was first captured by pirates then resold. Later, it was registered as a British ship. However, the captain who drove that ship, reported that Chinese marines pulled the British flag off the ship. After hearing about this, the British government demanded the release of the crew and the apology for the insult to the flag, however, the Chinese officer responsible for this situation only released nine of the crew members and didn't agree to releasing the other three.

Britain and France used this excuse to start the second Opium War. The British and French army were far superior to the Chinese army. In 1860, they captured the Taku Forts near Tianjin and advanced towards Beijing. Shockingly, the British commander at the time ordered troops to raid and destroy the palaces in China, which was a devasting blow to Chinese cultural heritage and national pride.

Image showing the unbalanced fight between China and the West (Source:
https://ca.pinterest.com/pin/322077810834882107/sent/?invite_code=b8728f8467df4226bffd6048be682c97
&sender=522277025445095630&sfo=1)

With their capital captured and their armies completely overwhelmed, the Chinese government were forced to sign more unequal treaties, the Treaty of Tientsin, signed in 1858, and the Convention of Peking, signed in 1860, which had the following points.

Treaty of Tientsin (1858):

- Granted the West the right to trade at 11 new treaty ports along the Chinese coast
- Allowed Christian missionaries to travel in China
- Allowed foreigners to visit Yangtze River
- Granted the West the right to have diplomatic representatives in Beijing
- Ceded the Kowloon Peninsula to the British
- Imposed reparations (4 million taels of silver) from China to the foreign powers
- Granted most-favoured-nation status to the treaty signatories (Britain, France, US, Russia)

Convention of Peking (1860):

- Ceded the Kowloon Peninsula to the British forever
- Allowed the establishment of a British embassy in Beijing
- Opened more treaty ports along the coast and Yangtze River
- Allowed foreigners to travel and trade throughout China
- Legalized the import of opium into China
- Increased number of reparations (4 to 8 million taels of silver)
- Granted religious freedom for Christians throughout China
- Returned the Taku Forts to China that had been occupied by foreign forces

There were also other foreign powers involved in the war who signed their own treaty, such as Russia with the Treaty of Aigun (1858), which had the following main points.

- The treaty defined the border between the Russian Empire and the Qing Empire along the Amur River.
- The territory north of the Amur River and east of the Ussuri River was ceded.

The second Opium War and the unequal treaties official started China's "Century of Humiliation". The failure of the Qing government and the Chinese army to defend China against foreigners meant that the people at the time started to completely lose trust in the system. This eventually would lead to a revolution in 1911 that would bring down the Qing dynasty.
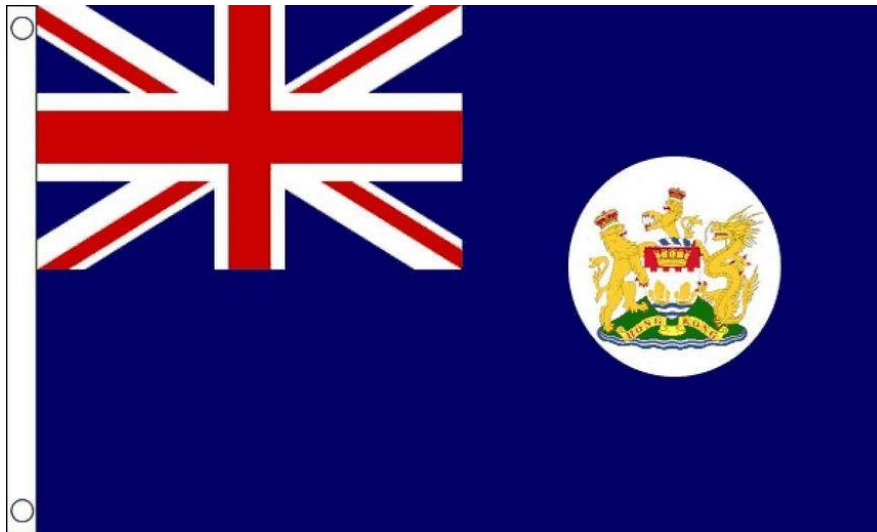
Hong Kong's flag under British control

Hong Kong was returned to China on July 1, 1997, ending 156 years of British rule, due to the 99-year lease agreement (as New Territories was leased for 99 years) that was known as the Sino-British Joint Declaration, which also setup the famous "one country, two systems" condition. This was known as the "reunification of Hong Kong" by the Chinese and therefore, Hong Kong was established as a special administrative region of China for 50 years, like Macau.
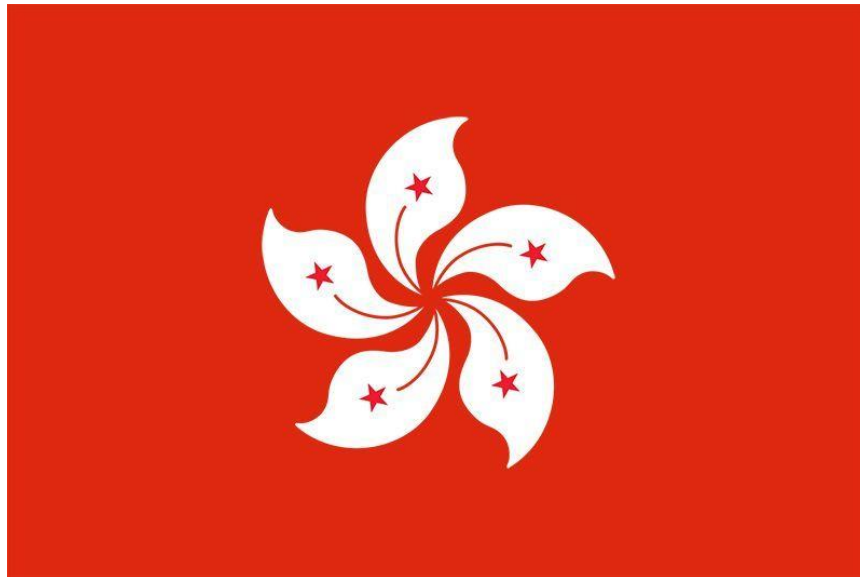
Hong Kong flag under Chinese control

The rules for the reunification were established during 1972, as the PRC began to act on its authority over Hong Kong in 1971, leading to the UN passing a resolution to remove Hong Kong from the colonies list in 1972. Because of this, the governor (British appointed leader for Hong Kong) at the time, MacLehose negotiated with the Chinese government and agreed to the reunification under the conditions of the "one country two systems" rule. This handover was also significant, as it marked the end of the British Empire, as it was the end of a lot of British colonial territories.

Fun Facts about Hong Kong:

1. Hong Kong is known for its mix of Eastern and Western cultures, this is seen in food, celebrations and architecture. This is because of British rule and the perfect time zone that Hong Kong has (it is in between many different important countries).
2. Skyline Icon: The Hong Kong skyline is one of the most recognizable in the world, featuring over 300 skyscrapers, including the famous International Commerce Centre, which stands at 484 meters (1,588 feet).
3. Hong Kong is officially bilingual, with both Cantonese and English used in government, education, and law. However, people mainly speak Cantonese.
4. Hong Kong is known as a shopper's paradise, as with its diverse culture, it offers everything from luxury brands in malls to street markets selling local crafts and food.

5. Hong Kong is the only city in China that operates under the "one country, two systems" principle, allowing it to maintain a separate legal and economic system from mainland China.
6. Hong Kong was a British colony since 1841, with a brief Japanese occupation from 1941-1945.
7. The handover ended British colonial prestige in the Asia-Pacific region.
8. The handover was marked by a ceremony attended by Charles, Prince of Wales.

Citation:
1. "Treaty of Nanjing (Nanking), 1842." *US-China Institute*, University of Southern California, 2024 July, https://china.usc.edu/treaty-nanjing-nanking-1842.
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4. "Convention of Peking." *Webb-site*, 2024 August, https://webb-site.com/codocs/ConventionOfPeking.
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Within this essay I will be answering and developing on the question 'how have the attitudes towards domestic violence targeting women impacted the western society within families and relationships'?

General women's rights:
From the beginning of the 20th century, women had virtually no rights. Whether it was from leading and making decisions, to basic human rights (such as free speech, right to education, no discrimination and much more). According to Joanna Bourke, in the 1920s, there was a rise in acceptance and incidents of domestic violence (which includes physical, emotional and sexual abuse) against women as a result of the 1918-1920 spanish flu pandemic which would leave husbands coming home drunk and unstable. When women threatened to leave their husbands, they would shout back things like "I'll kill you if you leave me".

Only until October 1976 was 'The Domestic Violence and Matrimonial Proceedings Act' created which finally deemed domestic violence a crime in the UK. Attitudes towards Domestic Violence changed so much between 1920-1976 because after World War Two, studies linked that growing up in an abusive household with the likelihood of criminal behaviour later on in life. This also means that for many centuries it was legal to commit emotional, sexual and physical abuse towards women. However, due to acceptance of this abuse, many cases of domestic abuse were not spoken about (*especially* women's cases as only 18.9% of womens cases have been reported).

Even though the number of cases of domestic violence has decreased overall since the 1920s, in 2022 1.5 million cases were reported which is 7.7% more cases reported compared to the year before. Less than 24% of domestic crime is reported to the police. With domestic abuse becoming accepted in the 1920s, sexual abuse was also a normalised yet unspoken topic. Men in positions of authority were concerned about false accusations of sexual assault made by children and adult women and judges began to punish those making accusations. Which links back to domestic violence as many police officers have been found guilty of domestic violence. Only 6% of reported domestic violence cases have resulted in charges. Very few police officers face charges even when they are found guilty. For example, out of 672 police officers reported by colleagues, only 167 cases were dealt with. With abortion being made legal only in 1967 in the uk, women who were victims of sexual assault had no other choice but to have the baby. However no matter how much the mother loved and cared for that child they had no say in what could happen to it. Divorce and child custody laws favoured men, meaning the father could give away their child without consent from the mothers. If a wife was unhappy with her marriage she could not divorce him but if it was the opposite and the husband was unhappy he was free to divorce her. Women were often looked down on if they were unmarried and even if a woman didn't want to get married, fathers would pass on their daughters to men who would be believed to be "a perfect fit" for her. It was also illegal for women to deny sex with their husband if he wanted to have it. Men were legally allowed to rape their wives until 1991. Married women had little control in their marriage and their husbands owned everything, only until 1975 could a woman open a bank account in her own name. Even if the wife came from a rich family and she was financially worth a lot, all of this money now belonged to her husband, no matter his class or wealth, simply because he was a man, it became his right to do so. He would also own her property. On top of all of this, no one wanted to listen to or learn about women, Until the 1970s many women's stories weren't listened to, domestic violence was ignored and women were seen as 'crazy' and 'mad' even about basic views, with rumours about women's wombs 'wandering around their bodies' if they went on a train, they would go crazy. With psychology as unrelated to domestic violence as this is, even this would make men not believe women. They thought they were crazy and this is why such little things were being done to do something about domestic abuse and even just listening to what women were trying to spread and show the world.

Has any of this changed now?
Luckily, women's rights have improved so much since the 20th century. Women now have the right to live free from violence and discrimination, own property and their own wages. Sadly, many women and young girls still face discrimination and in many places basic rights and activities everyone should have access to have only just become legal. For example, in some places (Italy, Austria, Belgium, France and more) reproductive rights have been

introduced and fully supports safe and legal abortion and effective birth control. However more than 50 countries and over 24 states in the USA today do not allow legal and safe abortion to take place. Even in the states that currently legally allow and support safe abortion, a project in the USA called 'Project 2025' which was created as a policy "wish list" for the next Republican president who would expand ultra-conservative social visions onto the US. It takes a direct aim at abortion pills and indicates that foetuses should have legal rights. In its terms it also expresses there should be an expansion of "surveillance" of abortion while discarding governmental support of the procedure.

How does all of this contribute to families and relationships?

Nowadays, we are used to all different types of families, ones where maybe a father isn't present to his children, or one where he does all the household chores while the mother is working, or one where a mother is loud and talkative and where the father is quiet and reserved. Whereas in the past with stereotypes, mothers were supposed to be quiet, beautiful and respectful. Most families didn't have variation and children from different families all across the globe grew up in very similar environments. Contrastingly to nowadays where many children have different familial experiences.

Disappointingly, today we still see families with a domestically violent history. In the places where abortion is still illegal, women are forced to have children. This can cause an abusive environment for the child if the mother truly isn't ready to be a mother. This can cause conflict not only between a mother and father but also between the mother and her child as well. This could lead to neglect, domestic abuse and further psychological problems for everyone in the family. The lack of access to safe abortion can also lead to not having enough money to support your child/children and it could decrease the child's health and mental well being.

Recently, as we all know a global pandemic had hit us, Covid 19. A similar experience to the 1918-1920 flu pandemic. During Covid, between April and July 2020, the number of calls to National Domestic Abuse Helpline saw a 65% increase and in June 2020, a 9% increase compared to 2019 during the same period. This impacted many families as people were constantly around each other, becoming depressed not being able to go out freely in the world and only being able to see what's going on and having entertainment through the internet, influencing many young people and adults.

As more people become attached to their screens and phones, algorithms on apps like TikTok began and people with specific characteristics such as someone of the male gender, they began to see misogynistic content creators such as Andrew Tate. He first started becoming popular in 2018 but his popularity peaked during 2020-2022. A 36 year old with a net worth of about $710 million proudly states he's "absolutely a misogynist." He faced allegations of sexual assault and promotes ideas like "women should bear responsibility" for being sexually assaulted and acting out how he would attack a woman. He promotes the ideas of domestic abuse to "put a woman in her place" which many young boys have seen and are being encouraged, making fan accounts for Andrew Tate and many men around the world becoming more confident to actually express these views and increase domestic abuse towards women.

For the future, this is worrying. Many young boys and girls are being influenced into thinking this is okay. What will future family dynamics look like? Will they revert back to the way they were in 1920? With the younger generation already influenced this could lead to multiple generations between families with a future and a household full of domestic abuse against their mothers and wives and daughters, it will not only just be men being taught this, women will also be manipulated into thinking this is normal and okay. This will cause a cold, distant family relationship and become a chain of events.

https://www.nhs.uk/live-well/getting-help-for-domestic-violence/#:~:text=Domestic%20violence%2C%20also%20called%20domestic,anybody%20can%20be%20an%20abuser

https://shame.bbk.ac.uk/blog/domestic-violence-during-the-1918-1920-pandemic/

https://www.centreforwomensjustice.org.uk/timeline#:~:text=The%20Domestic%20Violence%20and%20Matrimonial,those%20at%20risk%20of%20abuse

https://www.ojp.gov/ncjrs/virtual-library/abstracts/changing-attitudes-about-domestic-violence

https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/how-common-is-domestic-abuse/#:~:text=According%20to%20CSEW%20data%20for,police%20(ONS%2C%202023).

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https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/domesticabuseduringthecoronaviruscovid19pandemicenglandandwales/november2020#:~:text=The%20police%20recorded%20206%2C492%20violence,in%202019%20(Figure%202)

https://www.statnews.com/2018/12/05/how-abortion-denial-affects-children-well-being/

8 Emilia Pitcher (Rugby School): Will Machine Learning and Artificial Intelligence Force People to Redefine their Ideas on What it Means to Be Human?

The ability of artificial intelligence to mimic human intelligence is increasing in quality, therefore making it increasingly hard to tell what the products of human intelligence are, as opposed to what has been generated by computers. Artificial general intelligence (artificial intelligence that has similar cognitive abilities to humans and is able to problem solve) has not yet been invented, although estimates for how long it will take to be created are decreasing. Even when looking at estimates made within the last three years, the exact time frame for this varies depending on which source is observed, with some of the results saying that 50% of experts believe that high level machine intelligence will be invented by 2059 (2022 Expert Survey on Progress in AI). The DeepMind founder Shane Legg said in an interview that he believes that there is a 50% chance of AGI being invented by 2028[59]. These estimates are vastly different from each other, with one predicting that AGI will be invented within the next four years, and the other estimating that it will take thirty-five years, the latter prediction being 775% larger than the former. A few people maintain the idea that AGI will not be invented by the end of this century. Artificial super intelligence (which would be able to exceed humans in everything) has also been theorised, although there have been fewer expert surveys conducted on the likelihood of this, and when, if ever it will be invented. Whilst many people think that it will be invented shortly after AGI, many people think that ASI will never be invented, due to the moral issue humans not wanting to program something that will surpass us in every aspect, in addition to physical issues with the actual creation of ASI.

The Turing Test is one of the most common ways of identifying whether something is a machine, or a person. The Turing Test was originally called the Imitation Game and was first suggested in the 1950 paper "Computing Machinery and Intelligence" written by Alan Turing, which attempted to answer the question of whether machines could think. In the Turing Test, a machine and a person answer a series of questions asked by the judge. The judge is in a separate room from both the person, and the computer, as well as all of the answers being written down or typed as opposed to spoken. This eliminates the possibility of the judge determining which is the machine and which is the person depending on the way that either looks or the way that either sounds. The idea is that if enough people think that a machine is sentient, then it must have some form of intelligence, even if it does not think in the same way that humans do and is not sentient or intelligent in the same way that humans are.

The most famous machine to pass the Turing test was named Eugene Goostman. The computer imitated a thirteen-year-old boy from Ukraine. The machine passed the Turing Test in 2014, after successfully convincing 33%[60] of the 30 judges that it was human in a series of 5-minute conversations with them. Despite only persuading a seemingly low number of ten judges that it was human, Eugene Goostman exceeded the minimum result of 30%. Whilst some people think that Eugene Goostman only passed the Turing Test due to a suggested bias favouring the machine, many people think that the conditions under which the computer was assessed were fair, and that no bias impacted the final result. Since 2014, only a handful of other supercomputers have officially passed the Turing Test, including ChatGPT, the Google AI LaMDA, and Cleverbot. Despite these results, it is disputed whether any of these machines have actually passed the Turing Test, since the humans were correctly identified more often than the computers were incorrectly identified every time. Even if one does not agree that these machines passed the Turing Test, it is indisputable that eventually machines will be beating the Turing Test with increasing frequency. This proves that machines are gradually becoming more similar to humans. If people can no longer define what it means to be human as the way in which people act, then they will have to rethink their ideas on what exactly being human has meant in the past, present and future.

Furthermore, robots that can feel have begun to be invented. Whilst it cannot feel emotions, a Japanese robot named Affetto[61] designed to look like a child has been engineered to experience pain. The robot cannot feel pain in the same way that humans do but can simulate it by producing reactions similar to the way in which a human would react when presented with the same pain. A series of sensors allow Affetto to distinguish how hard the touch was, and thus come

[59] https://www.dwarkeshpatel.com/p/shane-legg, published October 26, 2023, Patel D., accessed September 1, 2024

[60] https://archive.reading.ac.uk/news-events/2014/June/pr583836.html, published 8 June 2014, accessed September 1, 2024

[61] https://mindmatters.ai/2021/02/can-robots-be-engineered-to-actually-feel-pain/#:~:text=Recently%2C%20a%20Japanese%20research%20team,it%20can%20"feel"%20pain, Published 12 February 2021, accessed September 2, 2024

to a conclusion about the level of pain that would occur. Using this data, Affetto can make a decision about the best way to react to the touch. This means that one cannot define being human as the ability to be able to experience pain. Whilst computers themselves cannot feel emotions, they can recognise them. It is relatively easy to create artificial intelligence that can learn what various human emotions look like, and only requires simple image recognition technology. This means cannot define what it means to be human as the ability to recognise human emotions, since simple programs trained can also do this.

In addition, a robot developed by Hanson Robotics in 2016 named Sophia was designed to look and act in a way that a human would. Sophia was known as a social robot since she behaved the way that humans would in social situations. Sophia is proof that one cannot define being human as the way that a being moves or behaves.

Furthermore, artificial intelligence has better strategic skills than humans. From the 1952 MANIAC[62], the first computer to beat a human in a game of chess to Deep Thought (1989), the first computer to beat a grandmaster and mittens, the 2023 chess.com bot that beat over 99% of players, chess computers have been progressively increasing in strength, and proven their capabilities to conquer humans in a strategy game for over seventy years.

Artificial intelligence also holds similar biases as in a human society. This issue was first observed in 1988, when a computer program that made decisions on who to accept into a medical school was found to be more likely to accept men and those with European names[63]. The issue of bias in AI has continued since then, including an Amazon AI recruitment system being more likely to hire men than women, and AI in the Florida justice system being more likely to recommend longer sentences for people who were white. Biases in AI often reflect discrimination present within human societies. Humans will often, sometimes subconsciously, use training data that reflects their own biases when making artificial intelligence. For example, the Amazon recruitment system that was mentioned earlier was trained on primarily the resumes of men.

In conclusion, disregarding the biological definition of what constitutes being human, in the future as artificial narrow intelligence improves to become artificial general intelligence, and when, if ever, the highly theoretical artificial super intelligence is invented, people will have to rethink their own personal definitions of what it means to be human. Artificial intelligence is becoming more apt at mimicking both the positive and negative qualities of humans.

[62] https://discover.lanl.gov/news/0412-maniac/, published April 12, 2022, Lewis N., accessed September 15, 2024
[63] https://hbr.org/2019/10/what-do-we-do-about-the-biases-in-ai, published October 25, 2019, Manyika J., Silberg J., Presten B., accessed September 16, 2024

9 Aryan Sevak (Rugby School): How has humanity adapted to the changes to the modern world

The essence of being a human has puzzled philosophers, scientists and even artists for centuries hoping to depict what truly human life is. Complex themes arise when linked to the brain's capability of depicting morality, emotions, and the ever so complex theme of consciousness. Humans are unlike other creatures in this world. We are infinitely more advanced than other creatures, as we have managed to become the dominant species on this planet, without having any inherently fearful traits. As humans we have the unique social connection that is seen as foreign to other species. Our age is marked by unique things that have never been seen before such as rapid technological advancements, a shift from societal norms and the globalization of a myriad of companies and countries. In this essay, as I shall be delving into the intersection between philosophy, culture, and the biological aspects of humans, we shall get a truly deeper understanding of what it is to be human.

Understanding what it means to be human in the modern world involves diving into the complex fields of identity, technology, and societal change. As technological advancements keep on progressing there shall be a point in which the lines have been blurred between humans and machines. Therefore, the questions of ethics, agency and what constitutes personhood become incredibly relevant. The life of a human being nowadays is shaped and manipulated by a global interconnectedness, where cultural, social, and political influences through various media sources have redefined the traditional concept of community. Thus, being human is not only about the biological factors and our existence, but also about navigating digital spaces, maintaining relationships across virtual and physical forms of communication, and confronting issues like the exceedingly relevant topics of global warming, social injustice, and overall worldly news. However, in our world we face the ever-popular theme of Artificial Intelligence (AI). AI has become infinitely more advanced since its inception in the 1940s and since the discovery of computer science by WWII hero Alan Turing there has been an exponential growth in computer capabilities which is in relation to Moore's Law, which states that transistors in an integrated circuit device are expected to double every two years. This trend is not based on a law of physics but based on historical trends.[64] This indication worries a plethora of people due to the fact that after a certain point AI would become too intelligent and would try to impersonate human consciousness. However, the brain is regarded as the most advanced object on this planet with its billions of synapses and its incredibly complex structure, it is considered functionally impossible to recreate the wonder that is human consciousness[65]. Although there are incredibly advanced AI programs such IBM, ChatGPT, etc. they are not able to recreate human emotions as their gift of analysing data is also their curse. Therefore, the far-fetched science fiction movies depicting evil AI is but only a myth, and it emphasizes how valuable personhood really is.
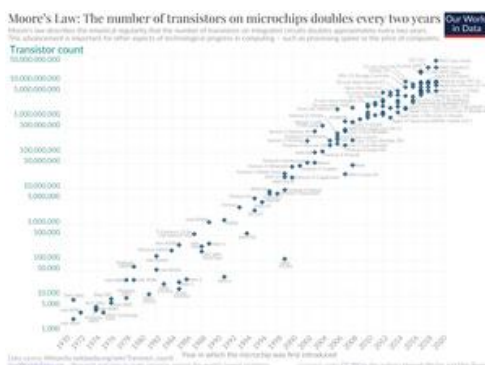
Furthermore, the psychological effects of understanding what it means to be a human in the modern world are profound, as individuals faced unprecedented and never seen before levels of stress, anxiety, and identity confusion. The constant bombardment of information through the media has caused the current generation of humans to have a dopamine addiction. Therefore, the people crave even more thrilling and enjoyable experiences which adds further fuel to this wave of dopamine addiction. This coupled with the pressures of social comparison on social media, often leads to feeling of inadequacy, loneliness, and a diminished sense of self-worth. Adding on, the rapid pace of technological advancement can contribute to a sense of being foreign in an environment which you call home as some

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[64] The exponential progress of computing power from 1900 to 2013, with... | Download Scientific Diagram (researchgate.net)

[65] Can AI Develop Human-Like Consciousness? Cognitive Abilities? What about Ethics? by Venkata Ashwith Gogineni :: SSRN

people struggle to find meaning and connection that often prioritizes productivity over personal well-being. In the UK in 2020-21, there were 1.46 million referrals to the NHS therapy services[66] suggesting a thorough need for some people to cope with the fast-paced life of a 21st century human. Schools across the world provide aid for children, including Rugby School, and a plethora of companies provide a therapist to be able to manage the stress of the job and of life in general. Whereas if we were to talk about human life without external influences, the humans from thousands of years ago had an innate characteristic which caused them to become hunter gatherers which helped shape society and cultural bonds at the time. This caused the human brain to adapt and, in a situation, where a modern human experiences a rush of adrenaline, caused by immense stress, this animalistic and prehistoric tendency that is embedded in our subconsciousness returns. A way that the brain has further given an advantage to humans is the effect of 'Hysterical Strength.' This occurs in the same circumstances as when a person experiences a traumatic event such as seeing a loved one trapped under an object, the sudden rush of adrenaline to the muscles causes the human body to achieve things that seemingly are impossible in everyday circumstances.[67] However, as we have shifted into the modern era there have been significant changes to the brains capabilities and it shows the true essence of brain power.

The brain has always been regarded as the most valuable tool in the body of any creature as it encompasses the true power and knowledge that is withheld within. Yet what is so vastly different about the human brain that has made us get so advanced? The answer is the complex evolution of humans in general where we have seen a myriad of human ancestors come and go due to changing times and this brings us closer to the theme of 'survival of the fittest.' Humanity's essence is deeply intertwined with evolutionary adaptations that have taken course over tens of thousands of years. They have shaped our physical and cognitive ability, and our evolution is marked by significant changes and improvements to our brain, particularly in the neocortex.[68]The neocortex supports functions such as reasoning, creativity, and planning. This evolution within the brain is said to be linked to the development of languages, thus allowing complex communication and the sharing of knowledge to build complex and intricate societies.[69] Our biology also emphasizes social bonding. More analytically, this is seen in the neurochemical feelings of empathy, cooperation, and social attachment. These are critical biological traits which aid in group survival and cultural development. Although the brain is highly studied, there are limits in what we can achieve to comprehend the inner workings of the brain.[70] There are methods of recovering data and analysing the brains responses to stimuli. Human emotions are incredibly intricate, and they range from the highs to the lows of life yet even us humans cannot comprehend human emotions to the fullest. With a data driven approach you can analyse the electrical signals in response to the portrayed mood of the person being studied and assess the level of their ecstasy, melancholy, and the vast expanse of the emotional capabilities of a human.[71] In addition, human evolution and the role of the hands, our opposable thumbs and our precision grip, has allowed our ancestors and current day humans to initiate eras of tool-making and manipulation of our environment. These are crucial in the current day due to the ever-increasing technological advancements and necessity for problem solving. Yet although humans have immense precision, they cannot compare to the highly mechanised environments of industries where machines provide a highly efficient and effective mode of production. Therefore, even our immense precision and bodily craftsmanship cannot compare to the machines that would inevitably cause many careers to become obsolete.[72] Yet as previously mentioned the brain is a powerful tool that not only withholds knowledge but also withholds a rational thought process. French neuroscientist Yves Frégnac states that, 'Big data is not knowledge.'[73] Therefore through our cerebral functions the human still contains that human factor of compassion and rationality. There have been recent studies that have been connected showing that the altering and modifying of the human genome is possible. However, altering the human genome would alter what it is to be human. Through change that is unnatural it does not follow the pathway of evolution but changes us

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[73] Why your brain is not a computer | Neuroscience | The Guardian

entirely.[74] Another limiting factor that hinders our progress on the study of the brain is the fact that the Brain has not been properly studied for a long enough time to witness significant changes, therefore, as time goes on we will evidently see the changes of how hundreds or thousands of years in the modern world changes the biological components of your brain.
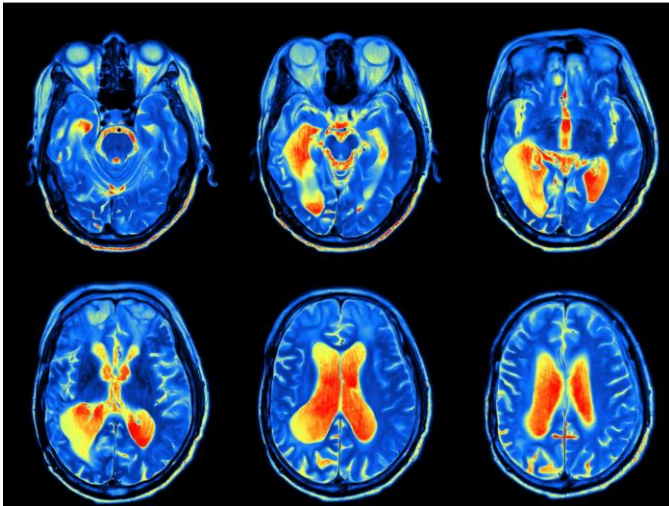
From a cultural aspect, being a human in the modern world has continuously been shaped by the balance of power between traditional cultural beliefs and heritage, and innovation and individualism. Cultural expressions nowadays such as art, music, literature, and videos online reflect the cultural changes that have taken place in our ever-evolving society. Through the media we realise the constant issues such as climate change, social inequality, and war. This disruption to our peaceful life has caused humans to redefine their roles and responsibilities to eventually have a peaceful and interconnected belief of humanity.[75] The dawn of social media has caused a shift in self-perception for most people and how individuals perceive themselves. This links back to the psychological effects of being a human in the modern world that was previously mentioned. Although through this change and the rapid urbanisation of people throughout the world, the old traditions and cultural heritage is slowly turning into history. This could be reflected through architecture such as the changing shift to a more modern architecture.[76] This loss of tradition and cultural heritage is a sore subject to some, as countries and communities are losing their identity due to lack of interest. A country which has attempted to slow down the effects of cultural loss is Italy. Italy has created a scheme in which foreigners and Italians have the chance to buy a home in the Italian countryside for the mere sum of 1£ in an attempt to revitalise the Italian villages.[77] Additionally, Italy has a scheme in which you are granted Italian citizenship if you have any traceable Italian heritage in an attempt to combat modern cultural changes. In the modern world, the key themes of patriotism and pride for countries has gradually decreased and the human race has adapted through being a more connected world due to globalisation.

Last but not least, the current cultural landscape of our world has been significantly affected in a positive way by the interconnectedness and coexistence of a multitude of religions and nationalities. This is an effect of globalisation in which people with different religious and theological backgrounds coexist, accept each other, and express their personal opinions freely. In this inclusive global community, social norms and gender norms have been altered and become diverse, in which any sort of differences gender wise are accepted, identified, and intertwined within society as seamlessly as possible. Although, this change to social norms is still facing resistance and negative backlash due to fixed mindsets that require considerable time, effort, and knowledge to fully become accepted.

In conclusion, understanding what it means to be a human in the modern world requires often grappling with the conflicting influences of technological innovation, cultural diversity, and evolving social norms. This technological era of humanity has caused a landscape marked by rapid change where traditions and culture are constantly being redefined. The further global interconnectedness has caused humans to develop into a more knowledgeable species.

[74] Full article: Genetically Modified Humans: The X-Men of Scientific Research (tandfonline.com)
[75] Cultures and Societies in a Changing World - Wendy Griswold - Google Books
[76] From-Vernacular-to-the-Modern_Changes.pdf (iiacd.org)
[77] https://www.independent.co.uk/travel/europe/italy/italy-one-euro-homes-how-buy-house-b2602936.html

Ultimately, to try to understand what it means to be human today is not just an academic pursuit but an incredibly personal journey to struggle to define ourselves in an era that we are both connected and divided. By analysing all of the topics mentioned above, we gain a deeper understanding of humanity's essence and the search for identity, purpose, and connection in our evolving world. Our capability to adapt to these changes is merely due to our flawless design and our combination of characteristics over millions of years.

10 Kayleigh Turner (Avon Valley): How the COVID-19 Pandemic Accelerated the Use of Technology in Education, and the Effect That This Is Having on the Way That Humans Communicate with One Another

Since the beginning of the COVID-19 pandemic in March 2020, the way that humans have interacted with each other has drastically changed. While there are many undeniable positives of this new era consisting of video calls and AI assistants, this overall transformation needs to be carefully moderated as, without regulation, these irreversible changes may lead society toward a disconnected world. As humans, our environment has a massive impact on every aspect of our lives, including how we communicate with one another. During the pandemic, almost all normal social conventions stopped quite abruptly. As a species, mankind was forced to find new ways to fulfil our social needs, which has resulted in the acceleration of technological communication, specifically within the education sector.

Following the sudden announcement of a global pandemic and lockdown, education providers had to quickly find new methods to teach their students while stuck at home, leading to the introduction of worldwide emergency online learning. This created huge pressures for teachers who had to learn these new technologies while simultaneously managing personal health concerns. Then, in March 2021, state education officials mandated that districts reopen their elementary and middle schools (UK primary and secondary) for full-time in-person instruction by the end of April 2021 (Toness & Russell, 2021), again causing pressures as teachers once again had to shift instruction modes in a short period of time. Following the return of face-to-face learning, there was an overarching sense among many in higher education that something had forever changed (Barrett-Fox et al., 2020). While in-person education was able to resume, many educators and institutions made the choice to incorporate technology-based learning into their teaching methods, using online resources to support the learning of their students.

The introduction of Edtech (Educational Technology) into everyday life and education has many benefits for students, teachers, and society as a whole moving forward through the 21st century. Not only does it provide a more immersive learning experience, but it allows for fully customisable education plans for individuals who respond better to different teaching styles and methods. Additionally, the use of digital education moving forward will open new doors and provide a link for students worldwide to communicate with one another and share ideas to create a more fluid and cooperative learning system that can be adopted across different countries. Education is following a technological trajectory while addressing barriers to learning, teaching, and social functionalities. Thus, technology is accelerating the reform of education by providing students with unbiased, undivided instruction (Gopika & Rekha, 2023).

Despite these huge advantages that Edtech can provide students with, these fast changes in the education system can also create significant disadvantages for some. Many students may fall under financial constraints, and affording the technology needed for online learning, such as good-quality laptops or computers, can be extremely challenging alongside the cost of living crisis. However efficient online learning may be, it fails to achieve one of the most important aspects of children and young people going to school: social interaction. Humans are a social species, and almost all young people rely on school to meet people and make friends. By switching to a completely online education system, this vital component of adolescence is lost. Furthermore, it is critical that the process of innovation is inclusive and builds upon the expertise and lived experience of educators, students, and parents (Adorno, 2021), which can feel lost when utilising an education system that is fully focused on home Edtech learning.

I do not believe that a fully online education system would be an improvement, as it cannot achieve the same quality and personalisation as face-to-face learning. Despite this, technology can be extremely beneficial in helping with accessibility amongst many other things. Therefore, a hybrid learning system would be the ideal solution moving forward. It helps to combine the best qualities of both systems to create an immersive and connected learning experience. Studies have shown that hybrid teaching, facilitated by digital technologies, was well-received by nursing students during the pandemic, promoting autonomy and digital inclusion in the learning process (Medvedev, 2023). I do believe that education is moving toward being more technology-based, and this needs to be moderated.

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11 Sammy Wakayu (Rugby School): Total Human Rights: Being Human: Past, Present and Future

The Oxford Dictionary describes human rights as 'the rights that every person in a society has, for example to be treated equally, to be able to vote, work, etc.' The Universal Declaration of Human Rights was passed on the 10th of December 1948 as a result of the second world war. After seeing the carnage and that could occur from violence, 58 world leaders gathered for the United Nation's assembly to discuss how to prevent further death and destruction. 48 voted in favour, none against, eight abstained, and Honduras and Yemen failed to vote or abstain. There is no doubt that the declaration of Human Rights deeply affected the world, and this essay will explore how this has changed throughout history and how it may change in the future.

Protected Characteristics

In the 2010 Equality Act, protected characteristics were introduced. The nine protected characteristics are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation. This was intended to aid in the fight against racism and other types of prejudice by criminalising discrimination. Before this act was installed, there were three acts that were against discrimination: Sex Discrimination Act 1975, Race Relations Act 1976, Disability Discrimination Act 1995. These acts were used to battle discrimination in the workplace and in society but when the Equality Act was passed, they all became governed by it. Protected characteristics are discriminating aspects of identity. There are some cases in which protected characteristics can change by choice (i.e gender identity) but for most, protected characteristics are unchangeable and terminal.

Being Human: Past…

The past has been filled with horror and controversy. Humans have been around for the last 300,000 years and we are constantly growing in number and diversity. It is plain to see that humanity has changed throughout its history from culture to language to skin tone. At the beginning of its formation, humanity was merely a small group of bipedal, tool-wielding apes and now we are a force to be reckoned with. But the question I present is how have human rights changed throughout the ages and for this I will go 6000 years into the past. To Mesopotamia: the first human civilisation.

The term 'Mesopotamia" is translated from Greek to "between two rivers." Mesopotamia was located in what is now Iraq and is considered the birth of civilisation. Many discoveries were found there including the base 60 numeric system, which led to the 60-second minute, 60-minute hour and 360-degree circle, but most importantly this was the first recorded organised group of humans and the start of human rights. A thousand years later, one of the most prominent and desired civilisations in the world emerged – Ancient Egypt. Now, Ancient Egypt was much more organised and civilised so there is much more evidence of it and more diversity. Out of Ancient Egypt comes the first gay couple – Khnumhotep and Niankhkhnum. It is unclear what views Ancient Egyptians had towards homosexuality, but we know that it definitely happened. We also know that men and women alike were granted total human rights under Ancient Egyptian law. However, the Ancient Egyptians also kept slaves that were forced to do their bidding which is where we get the book of Moses from. In fact, it is still debated to this day whether slaves built the pyramids or if they were a gift from aliens. Therefore, it is clear to say that Ancient Egypt did not have total human rights.

Now let's go forward 3000 years to the birth of the Messiah: Yeshua Christ. Now, of course Jesus is a religious figure and not everyone believes in him but there are multiple books written about him so I will use him as a historical figure. Jesus was born in 0 B.C into the Roman empire which started 27 years before his birth. He is described as a leader whose mission was to bring forth freedom and peace. He spread the word of the Christian God and helped those in need. However, despite his efforts he still wound up nailed to a cross with a crown of thorns on his head. Christians believe that he was destined to die so that humans would be freed from their sins but if an innocent man can be put to death while a murderer is released in his place, I can hardly believe that there were total human rights at this time. Now let's go further forward to a time not so long ago: The Transatlantic Slave Trade. Britain became involved in the Transatlantic Slave Trade in 1562. This went against all concepts of human rights. People were being taken from the homes, abused and forced to do manual labour and this lasted for almost 300 years until slavery was abolished in 1833. Cogently, there were almost no human rights for the slaves, and it is impossible to say that there were total human rights in this time, and this wasn't too long ago. We will now go to the near present and see how much progress was made.

...Present...
The present is filled with equality and opportunity. However, it wasn't until 1928 that all women 21 and above were given the right to vote in all political elections. This milestone brought forth a lot more equality and demonstrated the importance of female input in our society. Furthermore, after the denouement of WWII the United Nations came together to form what is now known as the Universal Declaration of Human Rights. This aimed to provide everyone with equal rights and a good quality of life. It stated that "everyone is entitled to all the rights and freedoms set forth in this Declaration." This was another milestone for human rights as it standardised them universally. Further recent human rights milestones have been the Human Rights Act 1998, 2010 Equality Act, Marriage (Same Sex Couples) Act 2013, etc. However, there are still numerous hate crimes happening every day. Lat year there were 145,214 hate crimes reported to the UK police department and 155,841 in 2022. Even though people have more human rights now, society hasn't progressed as much. Now I will explore some examples of how.

Globally, there were around 320 transgender homicides in 2023. 80% of those were racially motivated (increase of 17% from 2022) and 94% were trans women/feminine. This is an example of transphobia, misogyny and racism displaying the need for a reform in societal stereotypes and taboos. Another example is the ongoing war in Ukraine that commenced over a decade ago on the 20th of February 2014. This war only began because a group of people wanted to be free from the control of another state. Ukraine was invaded on the 24th of February 2022 which was a massive escalation in the war. There are also other conflicts continuing across the globe like the Conflict in the Democratic Republic of Congo. These conflicts cause the loss of life of many innocent civilians and the destruction of their homes. It is clear that human rights written on a declaration is not enough to enforce them in wider society. However, this issue is one not easily resolved. The difference and variety in religious beliefs, morals and values causes discourse between contrasting communities prevents humanity from coming together as a species to make something we can all agree on. However, this may change in the future, and I will explore how.
...and Future
The future is filled with development and wonder. The question is whether the developments will involve societal acceptance of those that are different from the status quo. I cannot tell you what will happen in the future, but I can tell you, my prediction.
We have already seen a development in acceptance in Generation Z as we are exposed more to contrasting beliefs and morals because of social media and people being more open about their identities with 28.9% of Gen Z identifying as a part of LGBTQ+ compared to 6% of Gen X. This shows that development happens over time and many issues we face today could be solved in the future. An example is the fact that Christianity is banned or suppressed in the following countries: Afghanistan, North Korea, Somalia, Libya, Yemen, Eritrea, Nigeria, Pakistan, Iran and India. We can only hope that in the future the right to freedom of religion will be fully reinforced globally and people won't have to hide their religious beliefs for fear of persecution. We don't know what the future holds, but we can affect it and mould it through hard work and togetherness.

Evaluation
It is clear that human rights have changed extensively throughout history. Back in the Mesopotamian era, human rights were only incipient. Only basic protections were provided, and identity was not an essential aspect of being human. Then as the years went on more and more protections were introduced into society and identity became a distinctive factor of humanity. Of course, these protections were not always followed or respected as seen in the execution of Jesus Christ, the Transatlantic Slave Trade, and the gay rights movement. However, the growth in acceptance of different races, genders, religions and sexualities has varied the human experience. In 2012 less than 3.5% of the American population identified as LGBTQ+ and in 2023 7.6% identified as LGBTQ+. Additionally, in 2011 only 1.6% of the British population was Muslim and this rose to 6.3% in 2023. This is not necessarily because the population of these minorities grew but instead because more people were willing to identify with them and/or move somewhere with a low population of them. Therefore, the growth in human rights and social acceptance has increased diversity globally and altered how we all experience life. Of course, the fight is not over as there are still 64 countries where homosexuality is illegal and there are still innocent people dying in wars because selfish men are seeking more land, but we will keep fighting because that is human nature after all.

In conclusion...

…the concept of human rights has evolved significantly over time, particularly in response to historical events such as World War II. The Universal Declaration of Human Rights, established in 1948, marked a pivotal moment in recognizing and protecting these rights globally. The introduction of the 2010 Equality Act further advanced this cause by consolidating previous anti-discrimination laws and introducing protected characteristics to combat prejudice and discrimination more effectively. As humanity continues to grow and diversify, the ongoing challenge will be to adapt and uphold these rights in an ever-changing world. This essay will delve into the historical changes and future prospects of human rights, highlighting their enduring importance in fostering equality and justice.

RUGBY SCHOOL

CARROLL ROUTE

1 Brett Byron (Rugby School):

Conscription is where governments make some people in the country who meet certain criteria join their countries armed forces. Conscription can be caused by times of war where militaries need more people than the number of people joining up voluntarily or it can be used to maintain a countries military as there are not enough serving members of the military. Conscription has many names as different counties call it different thinks. For example, it has been called National Service and The Draft.(2)

Russia is one of the countries who needs conscription to be able to keep the number of serving military personal up and have a large enough military to be considered a world superpower. In Russia conscription applied to 18-year-olds and their service typically lasted around 2 years(3) but was reduced to 18 months in 2007 and reduced again to 1 year in 2007(5). The age of conscripts was changed in 2021 to include all men aged 18-27 to be conscripted for 1 year of active duty in the military. At the start of the war in Ukraine President Putin said that conscripts will not be deployed to Ukraine however that may change as Russia needs more soldiers due to the ongoing war(2). When Ukrainian troops advanced into Russia the guards on the border were inexperienced FSB conscripts who were not very well trained and so the Ukraine troops were able to defeat the unequipped and untrained conscripts. This has angered some people in Russia due to President Putin saying that conscripts were not going to be deployed into combat zones.(5)

The USA does not have active conscription but instead all men aged between 18-25 are required to register with selective service which allows them to be called into service if they are required. However, the last time The Draft was used was in 1973(3) at the end of the Vietnam war. The Draft has not been used since due to the high numbers of volunteers who want to join the military.(3) During World War 1 the US relied highly on conscription as they did not have the number of people enlisting in the military as they needed. During World War 2 people believed that conscription was needed as Germany would pose a threat to the US. There was a limit of 900,000 men being in training at one time so they could be trained properly while still training enough men to have a fast-growing military. Before and during the Vietnam war people were protesting the use of the Draft. The use of the Selective Services System was only put in place during the Vietnam war to allow more people to be registered for conscription and was required for getting some things like jobs in some states, student loans and drivers licences. However, some of those restrictions were lifted in 2021 and since July 2022 people are no longer able to register with the selective service system.(7)

The UK has only ever used conscription twice and in total only had conscription for 25 years since the formation of the British Army which was formed in 1660.(2) Conscription started in January of 1916 where all single men aged 18-40 could be called to serve in the military. During the war the age limit was raised to 51 so more men were eligible for service in the May of 1916. Conscription during the First World War then ended in mid-1919 after the end of the war.(6) During World War 2 conscription was called national service and began a few months before the start of the war so the military could start training troops, but this was only on a limited scale as the country was not at war yet. The limited conscription only applied to men aged between 20 and 22 they would undergo 6 months of basic training and then be part of the active reserve. After the start of the Second World War initial troops were moved into the Army and men aged between 18 and 41 who lived in the UK were eligible for National Service. During 1942 the age limit was changed from all men aged 18-41 to all men aged 18-51 and included women aged 20-30. Originally men under 20 were not sent overseas but this changed in 1942. At the end of the war the UK did not demobilise all its forces immediately but did so slowly in case of another war.(6) National Service then continued after the war to help maintain the military all the way up to 1960 but the last person to take part in national service left the military in 1963 bringing an end to the conscription in the UK.(6)

Ukraine no longer has active conscription even though the war with Russia continues due to the overwhelming number of volunteers they have willing to join their military. Former Ukrainian military members are able to be call back to serve until the age of 55 and 60 for officers due to the wars in the Donbas region.(8) When Ukraine had conscription men were conscripted from the ae of 25 and their service usually lasted 8 months. Ukraine planed a partial mobilisation of its troops in 2015 to replace the troops who had been serving longer than their original term of service. Since the start of the war with Russia Ukraine has lowered the age of conscription from 27 to 25 but has not needed to conscript many men due to lots of people being willing to join the military and to serve their country. Conscription was officially abolished in 2013 but due to tensions with Russia have caused Ukraine to keep most of its conscripted troops. In 2021 there were still 13,500 men that were still in the military due to conscription.(8) A partial

mobilization was initiated in 2014 to maintain the militaries strength due to tensions with Russia. Ukraine has also been offering prisoners with combat experience the chance to fight for their country in return for being out of prison.(8)

China currently has semi-active conscription in China the government states how many new members they need in the military and then mainly rely on volunteers to join the military but use conscription for the remaining places that they need to fill.(4) This allows them to have the number of active militaries personnel that they need while still have a primarily volunteer military. In China all male citizens haze to register with the government when they reach the age of 18 so they are eligible for the draft. Men who have registered for the draft have to attend training regularly until they are 22.(4) After the age of 22 they can no longer be called up to serve in the military. People aged between 17-18 can register for the draft if they want to. However, forced conscription in China has not been in place since 1949 as there have been enough volunteers for the army to maintain its numbers.(4)

In conclusion I believe that conscription was successful in the past during the second world war, but I do not believe it would be a viable option to increase military strength today as people have very strong opinions of what is acceptable and right. Therefore, I believe it has been successful but could not be successful in modern times.

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2 Saskia Cutts (Rugby School): To what extent does climate change effect atmospheric pressure?

Climate change is a threat to humanity. The effects of climate change are minacious, endangering ecosystems, habitats, and above all our planet. Svante Arrhenius was a Swedish Scientist who in 1896 first predicted that "changes in atmospheric carbon dioxide levels could substantially alter the surface temperature through the greenhouse effect." (NASA) According to Roger Barry and Richard Chorley one of the most important relationships in atmospheric science is the ideal gas law relating to pressure, volume, and temperature – a combination of Boyle's and Charles' laws. Atmospheric pressure is infrequently discussed when climate change comes into a conversation. In the world, there are high-pressure and low-pressure systems. Atmospheric pressure has three main factors: temperature, altitude, and humidity. (Arlington schools) Whereas the UN classify 7 main factors as the causes of climate change: generating power, manufacturing goods, cutting down forests, using transportation, producing food powering buildings, and consuming too much. I will be exploring the effects that climate change has on the atmospheric pressure. Firstly I will discuss the effect that climate change has on temperature and how it impacts atmospheric pressure. Subsequently, I will discuss more about the effects of climate change and how atmospheric pressure may be a contributing factor.

Throughout this essay I will be exploring an under-discussed topic that has no direct research, therefore, to answer the question I aim to produce generalizable knowledge in addition to real-world knowledge. The qualitative approach is less controlled and more interpreted, so as the researcher, I need to reflect on my position and analyse all the data which I collect from my sources. When gathering the quantitative data I will use reliable sources such as: NASA, NOAA, Research Gate, and Climate.gov. The goal is to collect a range of different graphs which I could analyse and compare during the essay, analysing trends and creating relationships between them. The majority of the data which has been used throughout the research is archival. The approach of using mixed data is a suitable method for this research question because comparing different types of data is valuable to get a range of statistics which can be described using facts from trustworthy sources. Only using qualitative data would not incorporate the statistical facts which can be seen on graphs, in addition merely using quantitative data doesn't incorporate the experience of climate change happening around us. This is why a mixed data approach was used, as well as descriptive data which allows you to identify data trends and patterns.

Global temperatures are the biggest contributing factor to the change in atmospheric pressure. When fossil fuels are burnt to produce electricity, power, and transportation, greenhouse gas emissions blanket the Earth and trap the sun's heat, leading to global warming and climate change. (UN) Figure 1 shows the concentrations of greenhouse gases in the global atmosphere from 1750 to 2016. Since 1750 all greenhouse gas emissions have increased with carbon dioxide concentrations in the atmosphere tripling. According to NASA, "since the onset of industrial times in the 18th century, human activities have raised atmospheric CO_2 by 50% - meaning that amount of CO_2 is now 150% of its value in 1750". The rising amounts of greenhouse gases are preventing heat radiated from the Earth's surface from escaping into space as freely as it used to, then resulting in excess atmospheric heat being passed back into the ocean. (climate.gov) Figure 2 shows two graphs: one of the carbon dioxide concentration, and the other of the global temperature from 1800 to 2018. A noticeable similarity between these two graphs is that carbon dioxide concentration and the global temperature are both increasing at similar rates. A reason for this is that greenhouse gases absorb heat radiating from the Earth's surface and re-release it in all directions. (climate.gov) Carbon dioxide absorbs energy at wavelengths between 2,000 and 25,000 nanometres. As CO2 absorbs infrared energy, it vibrates and re-emits the infrared energy back in all directions. (Columbia Climate School) Half of the infrared energy is released into space however, half of it returns to Earth as heat which contributes to the greenhouse effect. (Research Gate) Ocean temperatures have also increased because the carbon dioxide that is not released into space is taken in by the oceans, resulting in our oceans warming and growing more acidic. (scied.ucar.edu) This is because when water and carbon dioxide combine they form carbonic acid a weak acid. (NOAA) Figure 3 shows the relationship between the seawater pH, seawater pCO2, and the atmospheric CO2. As the atmospheric CO2 increases the seawater pCO2 also increases as the oceans are taking in the carbon dioxide. The seawater pH is seen to be declining in this graph from 1990 to 2007, as the pH of the seawater is decreasing this means that it is becoming more acidic. In 1896 Svante Arrhenius' calculations showed that the "temperature of the Arctic regions would rise about 8 or 9 degrees Celsius if the carbonic acid increased 2.5 to 3 times its present value",

Svante's research is proven true today. Overall climate change is impacting the temperature, there is a direct influence between temperature and air pressure. When temperatures increase the air expands, therefore increasing volume, becoming less dense, and exerting less pressure. (Arlington schools.ppt.) As our global temperatures are increasing this suggests that there will be more low-pressure systems in the world, because of climate change.

Low atmospheric pressure results in the formation of more severe storms. According to he MET Office the "formation of a low-pressure system starts when the air is rising, as it rises and cools water condenses to form clouds and maybe precipitation". Figure 4 shows the 'Annual ocean heat content compared to the 1993 average from 1993-2019'. Since 1993 at all depths of the ocean the temperature has increased however the fastest temperature increase is between the surface and 2,300 feet. However, on the graph the temperature isn't one straight line it is constantly increasing and decreasing. These changes in the ocean temperatures intensify evaporation as well as the transfer of heat from the oceans to the air. As the low-pressure storms travel across the warm oceans they pull in more water vapour and heat. (Environmental Defence Fund) According to UNSW Sydney, "the amount of water vapour over the oceans has increased by roughly 5% since the industrial era began, in lockstep with global warming…. That means the atmosphere will keep getting more humid." Figure 5 shows the specific humidity difference from 1981-2010 (g/kg). The tendency of the graph is that over land and sea, there is an increase in specific humidity. Air which contains a lot of water vapour has a lower pressure than air which contains more water vapour. Consequently, the air expands, taking up more volume than the less dense air therefore exerting less pressure. (Arlington Schools). Low-pressure systems encourage more evaporation therefore there is a greater average precipitation (UCAR) as well as changes in the rainfall which result in there being more severe and frequent storms. These severe and frequent storms can cause flooding and landslides which destroy homes and communities. (UN) The severity of the storms is also influenced by high wind speeds, which deforestation contributes to. Trees are physical barriers that reduce wind speed and redirect its force, preventing soil erosion from damaging crops and destroying habitats. (Coohom) Due to deforestation there are less tress to reduce wind speed and redirect its force therefore wind speeds are increasing. Brazil is an example of a country which according to 'The Nature Conservancy' has lost 20% of its rainforest to deforestation, making the country one of the world's biggest contributors to greenhouse gases and global climate change. As a result of climate change southern Brazil experienced storms and torrential rain in late April 2024, which caused "deadly, destructive flooding that persisted through much of May. Towards the end of the month parts of Rio Grande do Sul state remained underwater." In some places the floodwater was 5 meters deep. (Earth Observatory). This shows how the effects of climate change and the impact which it has on atmospheric pressure is happening all around us.

Climate change is influencing unpredictable weather patterns which can cause sea levels to rise. There are two major causes of global sea level rise. Firstly, the increased melting of land-based ice, such as glaciers and ice sheets. Secondly, thermal expansion is caused by the warming of the oceans. (NOAA 2024) According to SMHI air pressure has a direct influence on sea level, high air pressure over a sea area corresponds to low sea level, and conversely low air pressure results in higher sea levels. This is called a barometer effect. (SMHI) A decrease in air pressure of 1 hPa raises the water levels by 1cm. Increasing temperatures impact the sea levels because ocean waters expand as they warm therefore increasing their volume, the water in the ocean takes up more space resulting in rising sea levels. (OCEAN.si) According to UCAR since 1955 more than 90% of excess heat held in the atmosphere by heat-trapping gases is in the ocean. As sea levels are rising there is a greater risk for coastal flooding. A result of coastal flooding is the destruction of homes and the livelihoods of small local communities. This flooding is caused by low pressure and high winds, which can lead to coastal defences being breached or overtopped and as a consequence flooding occurs. An example of disastrous coastal flooding was winter 2013/2014, where the UK was hit by a series of low-pressure systems resulting in the wettest winter in 60 years. The heavy rainfall combined with the strong winds, high tides and storm surge conditions impacted the country severely. The Cabinet Office reports that "the large amounts of rain led to very serious flooding across Southern England." On the Cabinet Office report it says that 8,000 people were evacuated and for the whole of 2013 there was an estimated cost of £400 million. This example of severe flooding was a result of many low-pressure systems passing through England and Wales, these low-pressure systems are formed as warm air ascends which leads to low pressure at the surface. (Met Office) The book *Atmosphere, Weather and Climate* suggest that "the process of the convection in which heated air expands, decreases in density and rises, which results in precipitation." This shows scientific proof of how the heated air contributes to the formation of low-pressure systems.

This research aimed to identify to what extent climate change has an impact on atmospheric pressure. Based on a quantitative and qualitative analysis the evidence suggests that climate change has a vast impact on atmospheric pressure. Overall temperature has the biggest influence on the atmospheric pressure, as global warming is causing the world to become warmer there are more low-pressure systems being created therefore there is more unsettled weather, as seen during the UK 2013/2014 winter. Climate change has no impact on the altitude so therefore the pressure cannot change due to a change in altitude. To better understand the relationship between climate change and the atmospheric pressure further research would need to be conducted, an example of the research which could occur may be data collected everyday for 5 years. Everyday the temperature and atmospheric pressure would be gathered, and then every month the monthly average temperature and the monthly average atmospheric pressure would be produced. After 5 years the data would be represented as a graph which would then be easily readable. This research would be necessary to gain a better understanding for the future of atmospheric pressure. My findings confirm that there is a relationship between the effects of climate change and atmospheric pressure. As more low-pressure systems will be created due to the increase in temperature as they will become more unpredictable there will be less time to prepare which is why it is necessary to decrease the rate of climate change.

Appendix

Figure 1
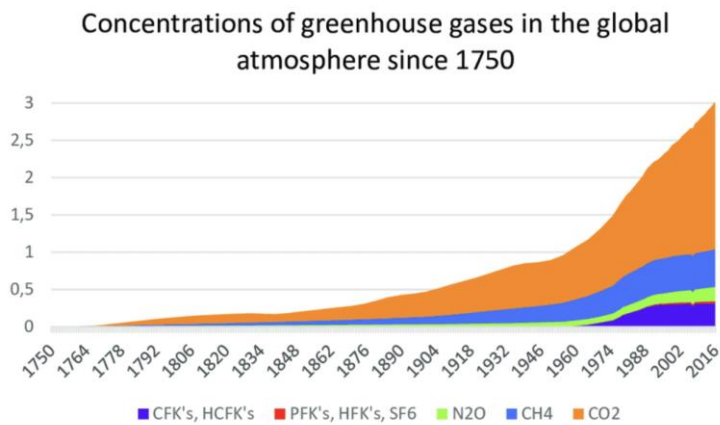
Concentrations of greenhouse gases in the global atmosphere since 1750

Legend: CFK's, HCFK's | PFK's, HFK's, SF6 | N2O | CH4 | CO2

This graph shows the increasing concentrations of greenhouse gases in the global atmosphere since 1750, expressed as warming potential or radiation forcing (MIRA based on [16,24,25]). (Research Gate)

Van Ackere. S. *Concentrations of greenhouse gases in the global atmosphere since 1750.* 2019. Research gate, https://www.researchgate.net/figure/2-This-graph-shows-the-increasing-concentrations-of-greenhouse-gases-in-the-global_fig2_337673123
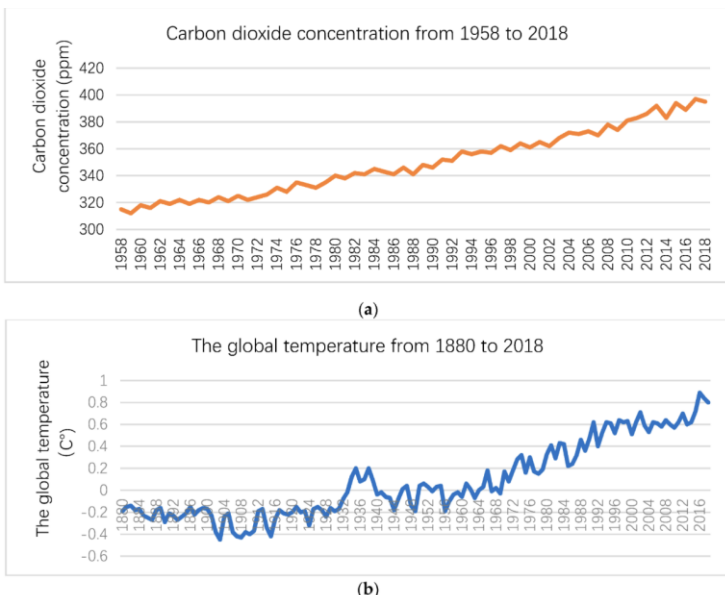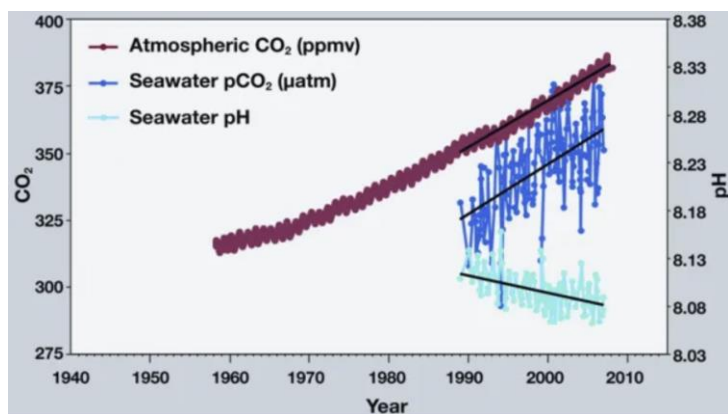
Figure 2

(a) Carbon dioxide concentration from 1958 to 2018

(b) The global temperature from 1880 to 2018

Statistical results of the carbon dioxide and temperature changes: (**a**) global CO_2 emissions from 1958 to 2015 and (**b**) global temperature change from 1880 to 2018.

Ren, Xiaobin et al. *Statistical results of the carbon dioxide and temperature changes: (**a**) global CO_2 emissions from 1958 to 2015 and (**b**) global temperature change from 1880 to 2018.* 2020. Symmetry, vol. 12, no. 1, https://doi.org/10.3390/sym12010139.
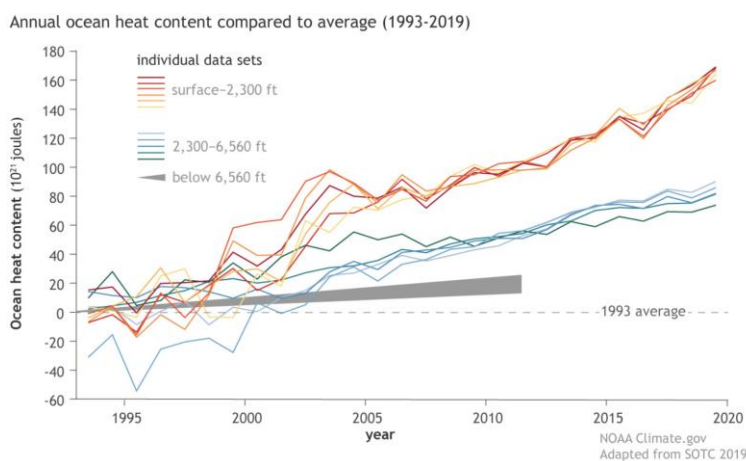
Figure 3

"This graph shows rising levels of carbon dioxide (CO2) in the atmosphere, rising CO2 levels in the ocean, and decreasing pH in the water off the coast of Hawaii."
Ocean Acidification Graph. 2018. Smithsonain Ocean, https://ocean.si.edu/conservation/acidification/ocean-acidification-graph

Figure 4

"Annual ocean heat content compared to the 1993 average from 1993-2019, based on multiple data sets: surface to depths of 700 meters (2,300 feet) in shades of red, orange, and yellow; from 700-2,000 meters (6,650 feet) in shades of green and blue; and below 6,650 feet (2,000 meters) as a grey wedge. Graph by NOAA Climate.gov, adapted from Figure 3.6 in State of the Climate in 2019."(Climate.gov)
NOAA Climate.gov. *Annual ocean heat content compared to average (1993-2019).* 2019. NOAA Climate.gov, https://www.climate.gov/news-features/understanding-climate/climate-change-ocean-heat-content

Figure 5
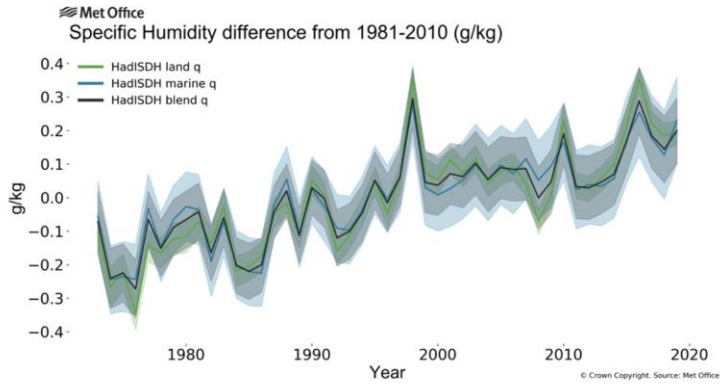
"Global time series of annual average specific humidity for the land (green line), ocean (blue) and global average (dark blue), relative to 1981-2010. The two-standard deviation ranges for uncertainty are shown combining the observation, sampling and coverage uncertainty. Credit: Met Office Climate Dashboard."

Met Office. *Specific Humidity difference from 1981-2010(g/kg).* 2020. Met Office, https://climate.metoffice.cloud/humidity.html

Figure 6
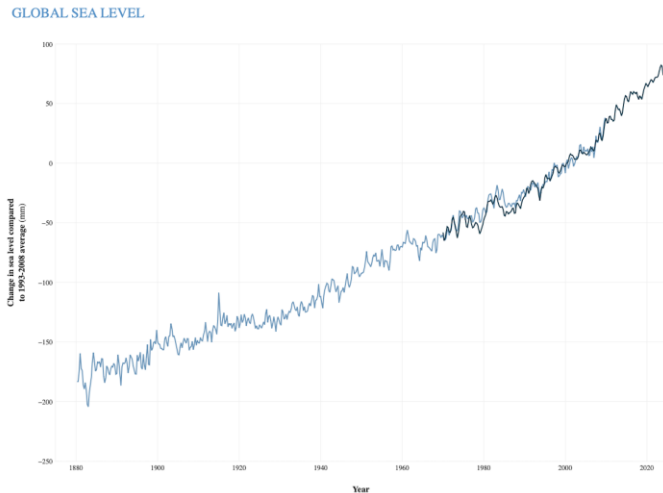
"Seasonal (3-month) sea level estimates from Church and White (2011) (light blue line) and University of Hawaii Fast Delivery sea level data (dark blue). The values are shown as change in sea level in millimeters compared to the 1993-2008 average. NOAA Climate.gov image based on analysis and data from Philip Thompson, University of Hawaii Sea Level Center." (climate.gov)

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3 Isla Greenway (Holly Lodge): Is being transgender a modern trend or is it simply one of the many ways in which we are human?

i.   What does the word 'transgender' mean?

Transgender is an umbrella term that describes people who do not align or conform to the typical gender binary. People who identify as transgender do not identify with their sex assigned at birth (1). Some labels that fit under this term are Male to Female (MTF), Female to Male (FTM), Non binary, and genderfluid. Many people who fall under these categories will use different pronouns compared to someone who is cisgender. Cisgender is a term that describes people who still identify with their sex assigned at birth (2).

The term Transgender was created by Virginia Prince, a transgender woman and activist (3). She coined the term to keep the community together, it also helped push out derogatory language and labels that were pushed onto many people at the time.

ii.   Have "trans people" always been around?

The term 'transgender' is fairly new compared to the history of our society, the label has only been around for less than 100 years, with other outdated terms only being around from the late 18th century (3). This means we have to be careful when viewing something through a modern view point, as these terms didn't have meaning back then. However, we can look at evidence and state whether people followed strict gender roles or if they deviated into something else. For example, in Ancient Mesopotamia, around 5000-3000 BCE, there was a highly revered deity called Inanna/Ishtar, she was known as the queen of heaven and the goddess of sensuality, war, and justice (4). One of her powers was to change people's gender from male to female, or female to male. Inanna had a mass following of people, who formed a cult in her honour. Trans people or people outside the gender binary had very important roles in these groups and they held a lot of power. More specifically, the priests, known as Gala, were known to be very androgynous and were often depicted as non-conforming to either male or female. They were created by the god Enki, in order to sing laments to Inanna. Transgender members were highly revered by their community and they were treated the same way as a god, as they were seen as a gift.

Another example of a transgender person in history is Albert Cashier. Albert was born in Ireland in 1843 and he moved to Illinois sometime before 1862 (5). When in the US, Albert enlisted as a soldier during the American Civil War (1862) and he fought in over 40 significant battles. He was considered to be a very reserved but good soldier. After the war, Albert moved back to Illinois and continued living his life as a man, working many different jobs and voting in elections. In 1910, Albert was hit by a car and the hospital he was sent to found out his sex assigned at birth, however they decided not to divulge his identity. He continued life as a man until 1913, when he had to move to a state hospital for the insane due to onset dementia. The hospital quickly found out that he was born a woman and forced him to wear dresses. When his former comrades found out, due to the press, they were outraged at how he was treated. They came out in full support of him and when he eventually died, they buried him in his full uniform and his tombstone kept to his male identity.

A more recent example is a woman called April Ashley. April was born in 1935 in Liverpool, she lived in a very run-down area with her family (6). From a very young age she realised that she didn't identify fully with being a man. She decided the best way to get over her feelings was to follow in her dad's footsteps and sign up to the navy. This was a futile effort as it led to her feeling more out of place, resulting in her trying to commit suicide at 17. She was discharged dishonourably and sent back to Liverpool. Not long after she tried to commit suicide a second time resulting in her being sent to a psychiatric unit where instead of helping her understand herself, they performed shock and hormone therapy (two forms of conversion therapy). April fled to London, where she worked in an underground LGBTQ+ club (7). After a few years she later made a connection to someone at a club in Paris. She decided to move to Paris where she became a successful performer at 'Le carrousel drag cabaret'. In 1960, April had gender reassignment surgery and became a fashion model and actress. She worked with Vogue for the most part, from this she became quite famous with members of London's high society. Her life was going well until an article by the Sunday People newspaper outed her as transgender. This article was overly transphobic and treated April as something less than human. It was detrimental to April's career. She later became an advocate for LGBTQ+ rights, specifically Trans rights. She fought tirelessly for legal recognition, health care and the issues

with discrimination (8). She was a hero to many transgender people all over the world.

iii.   Why is there a rise in people identifying as transgender?

This question is used a lot as to why the number of transgender people has significantly increased. Trans people get talked about a lot in debates or on the news, so many people assume that there is a very large group of people who identify as trans. This, however is not the case, as of August 2024 around 1% of the world's population are transgender (9). There is a slightly higher chance of meeting someone ginger (1%-2% of the population), then meeting someone transgender. However, the number of people coming out as transgender is slowly increasing, why is that? An easy anecdote that people often use is that left-handed people slowly increased across the world in the late 20th century. This happened due to the stigma around being left-handed decreasing. Many countries stopped forcing children to use a different hand while writing, and religious connotations of the left hand symbolising the devil slowly whittled down (10). This allowed for the population of left-handed people to increase until it eventually evened out. This is very similar to what is happening with transgender people, as our society has progressed, it is becoming more acceptable to be transgender. That number should steadily increase and even out over the next few years.

iv.   What is the future looking like for transgender individuals?

In some places the rhetoric against transgender people has been rife, for example the USA. In the USA, it was quite progressive, transgender activists like Martha P. Johnson and Sylvia Rivera got a lot of recognition during the Stonewall Riots. They helped LGBTQ+ people across the USA get human rights and safety. However, today the USA is now in stage 7 out of the ten stages of genocide (11). As of 2024, over 642 anti-trans bills were put forward, with 45 being passed and over 120 actively being talked about (12). On top of this, in 2023 over 80 bills were passed that specifically targeted transgender individuals. Further evidence of anti-trans rhetoric is a mass burning (13) and banning of books that mention or teach others about transgender people (14). This is one country out of over 190, surely things are getting better in some places? In some countries, there has been a lot more positivity towards the trans community, for example over 56 countries have improved their acceptance (15). The most accepting country is Malta, with it having discrimination laws and it also passed multiple laws for gender-affirming care, the right to change your legal gender, and the legal recognition of non-binary people (16). Some countries like Thailand and Taiwan are predicted to become very safe countries in the near future. With each new Government that comes into power, different laws for and against trans people will be put forward. Taiwan and Thailand have made very progressive changes, with Thailand becoming the first southeast Asian country to legalise same sex marriage (17). However, there is still some stigma around being LGBTQ+ in these nations but at least they are taking positive steps for the future.

Crime against trans people is increasing, and will probably continue increasing due to the internet and very divided opinions on trans people's existence. In 2023 alone, over 300 hundred trans people were murdered, this includes Brianna Ghey, Amiri Reid, Ashley Burton, and Camdyn Rider (18). In these statistics, approximately 84% of the victims were people of colour and 50% of victims were black trans women. Many of these people never got justice and even in death 50% of them were misgendered (not using the gender they wanted to be recognised by) and deadnamed (using the name they no longer went by). This shows the lack of respect for transgender people and victims, especially as people on the internet try to use the victims' deadnames as a weapon.

v.   Conclusion

Being transgender is not a new trend and people that didn't fit into societal preconceptions of male and female have always existed. Many people continue to label transgender people as "unnatural" and "wrong." However, humans have always broken the "traditional" gender roles, going all the way back to B.C.E. Back then, trans people were very prevalent and important, they didn't get looked down upon or eschewed for who they were. Society's obsession with making people conform is harmful and restricting. People should be allowed to live life to the fullest in a body and mindset that they find comfortable, shown through April Ashley's improved mental health when she lived as her true self. Humanity will always have people who feel like they don't belong, so instead of pushing them into a label society deems necessary we should let them be human. Let them discover who they are and who they want to be, just like the thousands of people before them.

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4 Archie Parker-Jones (Rugby School): What does Cricket tell us about being Human?

Being human means many things. We have the ability to think, teach and have social interactions to a far greater extent than any other animal. Many believe it is our superior ability to communicate which allowed us to develop complex cultures and civilisations. Over the course of this paper I would like to explore what it is to be human and what Cricket has to teach us about it. Cricket has had many incidents which raise questions and debates around human morality, ethics and behaviour. We have experienced cheating scandals, questions around the 'spirit of cricket' and intense connections between Cricket and politics. I will reference some high profile cricket events as well as drawing on some of my own club cricket experiences.

There are many different ideas around what it is to be human. Science has taught us humans are one species of primate that emerged from the dry savannahs of East Africa just over 100,000 years ago and began a migration that continues to today.[78] We weren't the strongest animal, however we had several other advantages. We possessed an unusually large brain and stood on two legs instead of four. This gave us the ability to see threats or enemies from a distance whilst having our hands free for other purposes such as eating, making tools or moving objects.[79] Over time we made tools and for many years we would hunt in groups for food, live in family tribes and would often fight one another. We could have continued our short life of hunting, savagery, and brutishness to this day, if it weren't for one important development, language. Other animals could communicate, but we developed incredible vocal ability, able to create sounds that represented not just objects, but also concepts. We learned how to express ideas. We could speak of danger, hope, and love. We could tell stories, speak of memories and communicate in such depth and detail that we were quickly able to become the most competent and advanced animals in our habitat and eventually the world. In my opinion, to be human is to be advanced, competent and at the top of the animal kingdom.

As a result of the process of evolution and the advantages that humans developed we were able to develop a sophisticated culture. Culture is by definition 'the ideas, customs, and social behaviour of a particular people or society.' [80] Human culture consists of many things that no other animal has in their culture such as going on holiday with friends or family, celebrating certain times of year or reading. A journalist from the Guardian wrote on the subject of what separates us from other animals; As we meandered into the most recent 100,000 years or so, our culture became ever more significant in crafting our abilities. This is apparent in the fact that our bodies have not significantly changed in that time. A woman or man from 1,000 centuries ago would fit in perfectly well in any city in the world today. [81] Cricket, and in fact all sports are an advanced form of culture. In sport, you compete, work together and think in attempt to problem solve and win the game. Cricket is an especially advanced form of culture for numerous reasons. Cricket is in some cases played over 5 days, it is seemingly meaningless yet means a huge amount to players and supporters in addition it has such detailed rules and customs that accompany the game. No other animal has any form of culture which is as advanced and developed as humans have in sport.

Australian Cricket over the last century has a lot to teach us about being human. Perhaps most famously there was the Cape Town sandpaper scandal in 2018. Steve Smith, David Warner and Cameron Bancroft all played a major part in this and as a result received significant bans. A number of high-profile figures in Australian Cricket also left. The South Africa-Australia series was already controversial before sandpaper was involved. At a break in play on day four of the first test David Warner and the South African wicket keeper had a fight. Later on Nathon Lyon was fined for dropping the ball on AB De Villiers. The ball tampering itself was fully revealed during a press conference with Steve Smith and Bancroft following a days play in which Bancroft had been caught with a yellow object which he claimed was sticky tape and was later revealed to be sandpaper. Smith made clear that the idea was created and instigated by the senior players such as himself and warner and not the coach. [82] The coach still later resigned. Smith and Warner received 12 month bans whilst Bancroft was given a 9 month ban. The Australian Prime Minister at the time described the incident as a 'shocking disappointment'. Following this, several months later Tim Paine was appointed

[78] The Phenomenon of Humanity | Center for Humans & Nature (humansandnature.org) – accessed 19/08/24
[79] What does it mean to be human? | BBC Earth – accessed 22/08/24
[80] Oxford English Dictionary (oed.com)
[81] The human league: what separates us from other animals? | Science and nature books | The Guardian
[82] Story of the Australian ball-tampering scandal - sandpaper, sackings and the future | Cricket News | Sky Sports

the new captain with Justin langer as the new coach in what many journalists and the Test Documentary described as 'a new era for Australian Cricket'. This incident teaches us about how humans make mistakes, it has lessons to teach us about attempting to make up for those mistakes as well as the ripple effect wrongdoing can have on the people around us.

As humans continue to evolve and develop further technologies it has become very clear that our attention spans have shortened. We now have an average attention span of just 47 seconds. This is a significant change from the early 2000s when it was 2.5 minutes. Similarly, in Cricket we have seen the game shorten and become more intense over time. Many believe Test Cricket is 'dying' and that shorter forms of the game and franchise Cricket are taking over. The first official test matches were played in 1877. However, as more technology, social media and short attention spans emerged we have seen shorter and shorter forms of the game created. For example, T20 cricket was created in 2003. These shorter forms of cricket often appeal more to spectators and fans as they get more action and a result quicker. Many find it more exciting due to the more frequent wickets and boundaries of the shorter forms of the game. The trend of attention spans shortening appears to continue, we saw the creation of the Hundred in 2021 and we are now seeing T10 cricket tournaments starting to appear around the world, which is further evidence that people prefer to see shortened versions of Cricket.

In the final analysis, although I have only had a narrow field of research it is clear that Cricket has a substantial amount to teach us about what it is to be human. Culture itself is simply the habits of a group of people and as I explained earlier Cricket can be seen as simply a highly advanced form of culture. Cricket and sports in general have rules, a spirit of the game and a detailed history in a way which nothing else in the animal kingdom has. Cricket has seen scandals and incidents which have lessons to teach us about honesty, fair play and integrity. The most notable of these being the Australian Sandpaper Gate in 2018, showing bans and reputational damage to a countries cricket. It also then provided an opportunity for regrowth and a new image for Australia's national cricket team. Cricket has provided brutal lows as well as incredible highs for spectators which no other animal has witnessed. We have seen the game evolve with humans and our attention spans.

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Through the evolution of man, art was born. As the human consciousness blossomed, art began to capture the essence of culture, identity, and societal changes. From the cave paintings of prehistoric times to the digital art of the 21st century, art has evolved alongside humanity itself, surviving through many adversities such as war and famine due to the resilience of the human spirit. This essay explores some of the most crucial milestones in art history, encapsulating the attitudes towards expression of the time through different mediums.

Just like the style of art, the purpose of its creation hasn't stayed constant. From the subject to the observer, the very concept of art has changed, as illustrated by German philosopher and culture critic Walter Benjamin. In his written work *The Work of Art in the Age of Its Technological Reproducibility*, written in 1936, he explains that there exist two polar planes of artistic value: "cult value" vs. "exhibition value" (Benjamin, 1936). Benjamin defines this "cult value" as the social and cultural aspects of the piece, particularly as a religious artefact, meant for the pleasure of the Gods rather than man. In contrast, he depicts this "exhibition value" as a more public use of art, meant for the mobility of moving from museum to museum to be observed as much as possible. He goes on to explain that in emphasizing exhibition, "the work of art becomes a creation with entirely new functions," which arguably could be inferred as a societal function (Benjamin, 1936). This was perhaps due to the notion that art not meant for an audience is more pure, with little bias in order to be able to fit into social norms or what was trending at the time. Art focused on "cult" value could also be a product of less greed than "exhibition" value as it is kept for sentimental value rather than manipulation of the artist's own values in order to please the public. He highlights that this polarity emerged due to the rise in art mobility and the incremental growth in technology, reducing the "cult" or spiritual value of art as just a boast of talent rather than pure expression of fervent passion. According to him, the diminished cult value of an artefact increases the exhibition value as art created for the spectator's appreciation, because, in his words, "it is easier to exhibit a portrait bust, that can be sent here and there [to museums], than to exhibit the statue of a divinity that has its fixed place in the interior of a temple" (Benjamin, 1936). Perhaps due to his Jewish beliefs, Benjamin also valued art for what he called "aura" or the energy of the piece, which is lost when art is photographically reproduced as its "unique existence" in "time and space" is lost. In terms of its consciousness, it is dead (Benjamin, 1936).

During King Henry VIII's reign over England during the early 1500s, Doom Paintings were a popular part of churches. The word "doom" derives from the Old English word "dom," which describes the administration of justice or judgment, perfectly describing their use. These paintings were made to impose fear and bring power to the Church of England, as well as other religious authorities, serving as a warning to the commoners of the consequences of rebellion. By displaying these ideas visually through paintings, the destitute who had no access to education could still understand, reinforced by the teachings of the preachers, making manipulation very easy. The most prominent of all Doom paintings, *The Last Judgement* by Michelangelo, in the Sistine Chapel in Vatican City painted in the 16th century, comes at the end of the tradition and is notorious for its intensity. It illustrates what was believed to be the Second Coming of Christ, or "the beginning of eternity" as explained by the Khan Academy (Khan Academy, n.d.). It contains over 300 figures, all in dynamic poses, showing both hope and dread as the sinners are damned and the pure are saved by Christ. Michelangelo was a publicly intense religious person, particularly spiritualism, and was even known as "il divino," translating to "the divine one." Here, we see the ideas of exhibition and cult value merge as passion meets a thirst for power over those less educated on the Bible, due to the fact that only the rich could read. Many Doom paintings in England were lost, however, due to the English Reformation initiated by King Henry VIII, in which the religious authority was split and many churches were destroyed, despite Henry being excommunicated by the pope.

When America joined the World War I effort in 1917, propaganda was used to not only generate a sense of patriotism amongst the Americans but to also dehumanise the opposing forces. This would create a callous attitude toward their enemy so that even though this war was overseas, young Americans would enlist and aid in the war efforts. The character of "Uncle Sam" was first employed as a representative for America in the War of 1812 by

Thomas Nast, used again in multiple posters during WWI to target as many American citizens as possible. The titular lexical choice "Uncle" has familial connotations, reinforcing the bond between the American people and their country, encouraging them to fight for it as well as their family. By using him in many pieces of propaganda, he serves as a reminder of what is at stake if America enters unprepared for war. Examples of this can be seen through the posters, "I Want You for U.S Army!," featuring Uncle Sam pointing to the observer, recognised internationally today. The second person pronoun "You" directs the anonymous viewer, encouraging everyone to enlist to help the country. This, paired with the poster titled "BOYS and GIRLS! You can Help Uncle Sam Win the War" focuses on the younger generation of more able-bodied boys and girls, portraying Uncle Sam as an older familial figure of authority, motivating them to take initiative to prove their power within society. Although men could only technically serve after the age of 19, the Army accepted boys as young as 14, knowing that they lied about their age to support the war efforts (Library of Congress, n.d.). Another famous example of this propaganda was the piece titled "Destroy this Mad Brute, Enlist" by H.R Hopps in 1918, featuring a monstrous ape wearing a military helmet with the word "militarism" labelled across the top, portraying the attitudes towards Germany at the time. In its arms is a half-naked woman, possibly representing Lady Liberty, crying in fear, depicting Germany as a beast that threatens the nation and must be conquered. This, however, became a problem due to its own success as there were many German Americans at the time. As a result, even more fear amongst the militarists was brought to the public as they felt that they could not trust their own fellow citizens, who they believed could be German spies. Eventually, in an attempt to hunt down these spies, the FBI targeted anti-war artists, further oppressing artists who wanted to advocate against the war.

Cynicism and disillusionment defined the literary and artistic period of what was going to be the 1920s. Sardonic art was created to try and make sense of the absurdity of the war, juxtaposing the realism created by artists before war struck and evolving from the semi-abstract impressionism increasing in popularity at the time. This sardonic style was created to mimic the rejection of logic as the public felt as though you could not justify and rationalise brutality and death on that scale. Surrealism was used as a symbol for the mass destruction war had on the nation, depicting the senses of the average person such as the smell of rotting flesh as the soldiers experience trepidation amongst the silence between gunshots. Art survived through the indomitable human spirit amongst the broken psyche of the soldiers, trying to fit back into society after being shattered from the inside out.

By the 1930s, around when Walter Benjamin wrote his piece explaining "aura" and "cult value" vs. "exhibition value," early films were starting to gain popularity, with an aim of widespread popularity and public expression, and so, a new medium of art was publicised (Brillianto, 1936). According to Brillianto, the 1930s was a "transformative era for cinema," with many films achieving "monumental success," influencing pop culture of the time greatly and later leading to film stars like Marilyn Monroe during the 1950s and 60s. Here, we see Benjamin's idea of exhibition value dominate the cult value he cherished. Perhaps this catalysed a rebirth of the concept of art, if anyone even has the authority to ratify its meaning in the first place. As time goes by, the concentration of observers in relation to artists increases, accumulating a consumerist culture later on as the public demands more sources of dopamine through the creativity of these artists.

During WWII, propaganda played a crucial role in encouraging women to contribute to the war effort. The government depicted the daily efforts of the housewife as heroic in order to empower women, as the government realised that men needed more support due to job shortages. Women were assigned to control the commodity rations across the country as well as grow food at home. When millions of men left for war, many jobs were left unattended. Between 1940 and 1945, women were encouraged to take on jobs in traditionally "masculine" jobs such as construction and maintenance of aircraft. Opposing the societal expectations of the time, women proved that they were as capable as the men who took up these jobs prior. This caused a significant turning point from the Great Depression era

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Initially, the term "exorcism" (Cambridge Dictionary, n.d.) is defined as the act of expelling or attempting to expel an alleged evil spirit from an individual or location. In contrast, a "seance" (Collins Dictionary, n.d.) refers to a gathering where individuals seek to communicate with the deceased, often facilitated by a medium. Given that one of these practices may have a tangible impact on an individual while the other primarily influences mental states, it raises the question of why religious communities regard them with such disparate levels of significance.

Seances and exorcisms, both of which are entrenched in spiritual traditions that engage with the supernatural, have been perceived differently across various religious contexts. Historically, seances were often regarded as forbidden or occult activities, in contrast to exorcisms, which received endorsement from religious institutions. In contemporary society, numerous modern faiths continue to recognise exorcisms as legitimate means of spiritual healing, while seances are frequently dismissed or considered marginal. Looking forward, the impact of technological advancements and interfaith interactions may further transform these practices, with emerging religious movements potentially incorporating or rejecting them in response to evolving cultural and spiritual frameworks.

Historically, various religions have interpreted the two events in question in markedly different ways, as illustrated in Leviticus 19:31 of the New Testament (BibleRef, n.d.). This passage cautions against seeking the counsel of mediums and spiritists, advising adherents to refrain from such practices, as they are deemed to defile the individual. This verse is situated within a larger context in Leviticus that prioritises holiness and ethical behaviour. By forbidding the engagement with those who purport to communicate with the deceased or other spiritual entities, the scripture emphasises the necessity of turning to God for wisdom and guidance, rather than resorting to occult methods. Conversely, the church has viewed exorcisms as essential rituals aimed at liberating individuals from the influence of malevolent spirits and demons. Drawing upon biblical narratives (Ascension Press, n.d.), particularly the actions of Jesus and his apostles, exorcisms were regarded as potent demonstrations of divine power over evil forces. These rituals were generally conducted by designated priests, with the belief that only through faith, sanctity, and appropriate authority could one effectively confront and expel demonic entities.

In contemporary society, the perspectives on exorcisms and seances differ significantly among various religious traditions, yet a fundamental distinction persists between these two practices. Exorcisms, particularly within Christianity, Islam (Mohr & Royal, 2012), and certain sects of Hinduism (Smith, 2006), are regarded as rituals aimed at driving out malevolent spirits or negative forces from individuals, locations, and objects. These ceremonies are typically conducted by recognised religious leaders and are perceived as acts of protection or healing. Conversely, seances, which seek to establish communication with the spirits of the deceased or other supernatural beings, are frequently met with scepticism or outright condemnation by numerous religious communities. Catholicism (Messenger Saint Anthony, n.d.), in particular, cautions against seances, linking them to occult practices and potential spiritual peril. Some Eastern religions, including specific branches of Buddhism, discourage any engagement with the supernatural beyond sanctioned religious practices, as such interactions are believed to foster attachment or inflict harm. In summary, while exorcisms are often viewed as divinely endorsed and protective measures, seances are more commonly regarded as perilous or in conflict with religious doctrines concerning the afterlife and spiritual boundaries.

In the coming years, the perspectives of various religious traditions regarding exorcisms and séances are likely to undergo significant transformation as societies increasingly confront the complexities at the intersection of spirituality, technology, and scientific inquiry. Exorcisms, particularly within established faiths such as Christianity and Islam, are expected to maintain their status as formalised rituals aimed at addressing perceived spiritual malevolence. However, as advancements in psychology and mental health continue, these practices may face heightened scrutiny. This evolution could foster a greater focus on differentiating between spiritual and psychological challenges, potentially resulting in a more cautious and regulated approach to exorcisms. Conversely, séances, which already encounter scepticism from numerous religious groups, may become even more contentious. With technological advancements facilitating novel forms of "spiritual" or "paranormal" encounters, religious

organisations might intensify their admonitions regarding the risks associated with attempting to communicate with the deceased or other unknown entities, perceiving these activities as both spiritually perilous and exploitative. In contrast, alternative spiritual movements may adopt technology and innovative methods (Quora, n.d.) for engaging with the supernatural, thereby widening the divide between conventional religious beliefs and emerging spiritual practices.

In conclusion, religious views on exorcisms and séances highlight a fundamental divide between rituals seen as protective and spiritually sanctioned, and practices perceived as risky or harmful. Exorcisms, especially in faiths like Christianity and Islam, are viewed as legitimate methods for confronting evil or demonic forces, performed by trained religious authorities with clear spiritual intent. Séances, by contrast, are often associated with the occult and viewed with suspicion, as many religions warn against attempting to communicate with spirits or the dead, seeing it as spiritually dangerous. While exorcisms are generally accepted within traditional religious frameworks, séances remain controversial, with many faiths discouraging or condemning them due to concerns about spiritual deception and harm. As society progresses, this divide is likely to persist, with traditional religious views remaining cautious or opposed to séances, while exorcisms continue to be seen as necessary under specific spiritual circumstances.

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The UK government has pledged to reach net zero by 2050, with a focus on transitioning to 100% greenhouse gas-free energy sources. As part of this effort, the government aims for energy companies to be 100% emission-free by 2035, which is only 11 years away. This target is ambitious, considering that only 41% of our energy currently comes from renewable sources, with around 30% from wind and 5% from solar (National Grid, 2024). This raises an important question: which renewable energy source, wind or solar, is more likely to lead the way? Wind is currently dominant, but will it remain so, or could solar overtake it?

Wind Power: The Current Leader

Wind is currently the largest producer of renewable energy in both the UK and the US (National Grid, 2022). However, will wind remain the dominant source in the future? To assess this, we need to consider the advantages and challenges of wind energy, particularly the difficulty in getting new projects approved.

The case of the Westmill wind and solar power site in Wiltshire offers useful insight ([Westmill Wind Farm Co-operative - Westmill Wind Farm Co-op](#) in Wiltshire, England). In the UK, gaining planning permission for wind turbines is often challenging. Many people see turbines as eyesores that spoil the countryside, and strict government planning laws require the full support of the local community before approval can be granted ((UK Parliament May 2024 [Planning for onshore wind - House of Commons Library (parliament.uk)](#)). It took 16 years of lobbying to get planning permission for the Westmill turbines. This extended timeline highlights a critical issue: the UK doesn't have that kind of time if it's serious about reaching carbon neutrality by 2050. However, the new Labour government has expressed support for onshore wind and plans to relax the rules, making it easier to gain approval without full community backing (The Guardian, July 2024 [Labour lifts Tories' 'absurd' ban on onshore windfarms | Wind power | The Guardian](#)).

Besides legal barriers, technological changes can also cause delays. During the 16 years it took to approve the Westmill turbines, three new types of wind turbines came to market. Sponsors refused to fund older models, forcing the project back to the start of the planning process. While advancements in technology improve efficiency, they can also lead to significant setbacks when projects have to be redesigned.

Another challenge with wind turbines is their carbon footprint. Each turbine's foundation requires around 800 tonnes of steel and concrete, which results in significant emissions from production and transport. It takes about eight months of operation for a wind turbine to offset this carbon footprint, compared to one to three years for solar panels (HCB Solar 2024 [Understanding the Carbon Footprint of Solar Panels (hcb-solar.com.au)](#)). However, once the foundations are set, the rest of the turbine can be built quickly. For instance, it took just eight days to assemble the five turbines at Westmill - remarkable given the 16 years it took to get planning permission.

One criticism of wind turbines is their impact on wildlife. In the UK, it's estimated that between 10,000 and 100,000 birds are killed each year by turbine strikes (BBC Science Focus, 2022 [How many birds are killed by wind turbines in the UK? - BBC Science Focus Magazine](#)). While this may seem concerning, it's worth noting that cats kill over 25 million birds annually in the UK, putting the impact of turbines into perspective. Another drawback is the material used in turbine blades. Due to the blades needing to be as light as possible in order for them to turn and increase their life expectancy, the blades are made of fibreglass; one of the harder types of plastic to recycle. This unfortunately means most wind turbine blades end up in landfill and are buried. Some companies, for example GE Vernova, are working on solutions. They have a contract with Veolia to recycle old blades into cement, resulting in a 27% decrease in the carbon emissions in the production of their cement (Union of Concerned Scientists 2022 [What Happens to Wind Turbine Blades at the End of Their Life Cycle? - Union of Concerned Scientists (ucsusa.org)](#)). However, the UK doesn't yet have a large-scale recycling system for turbine blades, though some old blades have been repurposed, for example, as playground equipment (BBC 2024 [When wind turbine blades get old what's next? - BBC News](#)).

Another limitation of wind power is its reliance on weather. We cannot control when the wind blows, making wind power less reliable during periods of low wind. This brings us to the broader challenge of finding efficient ways to store energy for when it's most needed.

Despite these drawbacks, wind power offers significant benefits, particularly for the UK. A single turbine can generate enough energy to power the average household for a day in just 30 seconds at full speed, and the average turbine provides energy to 5,400 homes over the course of a year (Tour of Westmill, 2024). Moreover, earlier wind turbine models were only efficient when blades spun at a specific speed - typically between 13 and 18 revolutions per minute. Slower or faster speeds would result in no energy generation or wasted power. Newer models, however, are much more efficient and can convert energy at any blade speed (Tour of Westmill, 2024).

Given the UK's extensive coastline, offshore wind farms have enormous potential. Offshore areas typically have stronger winds, fewer planning restrictions, and no space limitations. Studies show that offshore wind farms can even benefit marine ecosystems by providing new habitats for species like mussels and crabs and offering refuge for fish from fishing boats (The Guardian 2011 [Offshore wind farms are good for wildlife, say researchers | Wind power | The Guardian](#)). With the Labour government set to relax planning laws, the development of more efficient turbine models, and emerging sustainable recycling methods, wind power is likely to remain a key part of the UK's renewable energy strategy.

While other renewable sources, such as wave power, are still in early stages of development, wind energy is particularly well-suited to the UK's climate and geography.

Solar Power: a versatile contender?

As the second most popular form of renewable energy in the UK - and the most widely used globally - it's important to examine the pros and cons of solar power. One key advantage of solar panels is that they are relatively easy to get planning permission for, as they are low to the ground and generally not very visible unless you are close by. This is a significant benefit for the UK, where the pressure to meet net-zero targets is increasing.

Another major advantage of solar energy is its versatility. Unlike wind turbines, which need large areas for their foundations (around 30 metres per turbine), solar panels require much less space - about three metres between rows, as they need to be tilted at 30 degrees for optimal performance in the UK. This flexibility means solar panels can be installed almost anywhere, including rooftops, with much less effort than wind turbines.

However, a downside of solar panels is that they cannot generate energy at night. That said, wind turbines have their own weather-related limitations, as they can't operate when there is no wind or when it's too windy. So, both systems have their challenges when it comes to consistency in energy production.

Financially, solar panels can be more attractive for homeowners and developers, even though wind turbines generally produce more energy. Schemes like "Solar Together" offer homeowners and landlords discounts of 30–35% off the market price of solar panels, including installation costs (The Eco Experts 2023 [Is 'Solar Together' Worth It? | The Eco Experts](#)). Additionally, the maintenance costs of solar panels are far lower than those of wind turbines, which can cost around £35,000 annually to maintain. In contrast, solar panels typically only need maintenance three times every 20 years, and cleaning costs are about £10 per panel. For larger solar farms, investing in cleaning equipment can reduce costs even further.

Overall, solar panels are significantly cheaper to buy, install, and maintain compared to wind turbines, making them an attractive option for a wide range of users.

The Storage Challenge

While creating more energy seems like a problem it is not too beyond our reach to simply build more wind turbines and solar panels. Our main problem is how to store the energy. Most carbon neutral ways of creating energy are not available on demand. For example, we cannot just tell the sun to shine more when we need more energy or the wind to blow more. Currently, the UK only has the capability to store 0.1% of the energy required across the year. Batteries, while an option, are expensive and hard to recycle so are less than ideal for efficient storage. There are two pumped storage power stations in the UK, one in Wales and one in Scotland. These work by using any excess energy generated by renewables to pump water up a hill which is storing it in a reservoir to be released whenever required. As a relatively hilly country, the UK could build and expand to create more capacity for storage more of these sites is an easy way forward storage wise in the future. Compressed gas is an alternative storage working a similar principle to water pump storage. This would be more suited to the less hilly areas of the UK.

How has the UK's Power Production Changed Overtime?
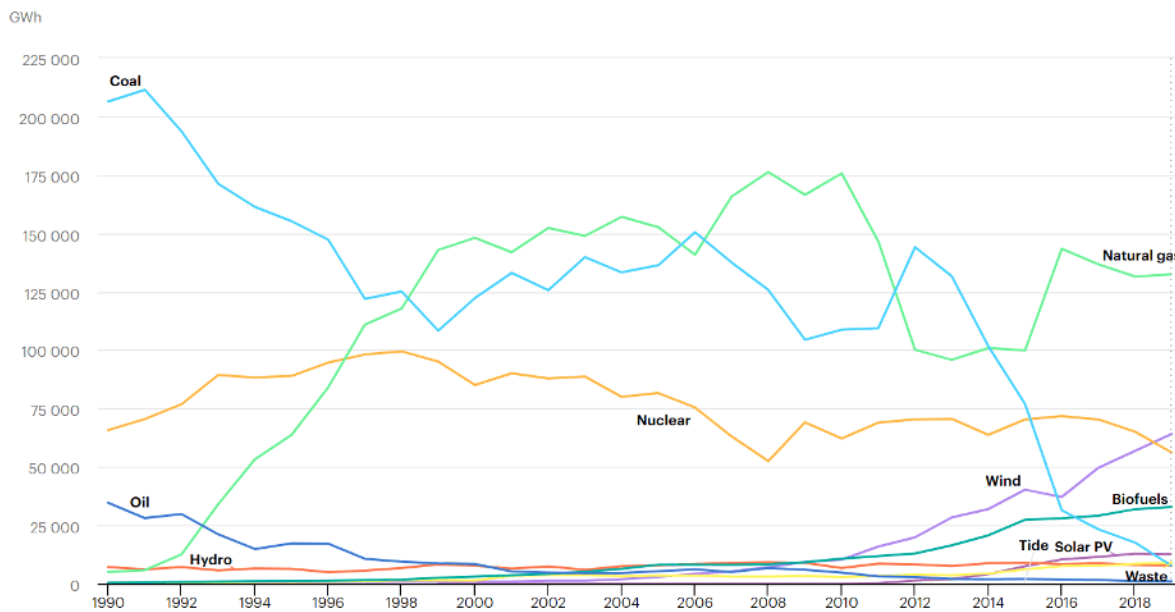
Looking at the graph, we can see that just forty years ago, the UK was predominantly reliant on coal for its energy production. However, there has been a dramatic shift, with coal now nearly phased out. Around 2010, wind power began to make a notable impact, and solar energy has steadily increased in prominence. The introduction of a coal tax in 2013 led to the closure of many coal-powered plants, which explains the sharp drop in coal usage and the rise of natural gas and wind energy.

Figure 5.1: Generation and net imports, TWh
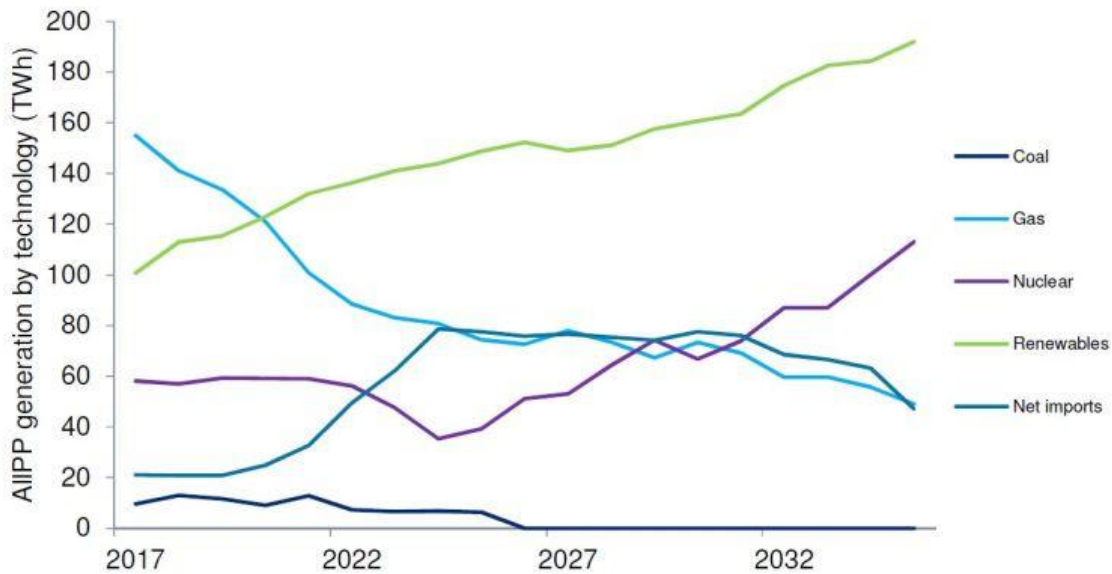
While it is difficult to predict the future of energy due to instability in the global energy market, the graph strongly suggests that renewable energy must quickly overtake other sources. Coal, the dirtiest of fuels, will need to disappear entirely if we are to avoid the worst impacts of climate change, including a potential 4°C rise in global temperatures within this century.

Conclusion

While wind turbines currently generate the majority of our renewable energy, solar panels are likely to become increasingly significant due to their versatility, easier installation, and lower maintenance costs. With the cost of living crisis intensifying across Europe, both businesses and households are seeking ways to lower their energy bills. Installing solar panels has become an effective way for homeowners to achieve substantial savings, often amounting to hundreds of pounds annually (CRG Direct How much do solar panels save on electricity bills? — CRG Direct Solar). Given the ongoing energy crisis fuelled by the war in Ukraine and global instability, as well as with looming net-zero targets, this shift towards solar power is likely to accelerate.

That said, wind turbines will remain vital to the UK's energy mix. They already provide a substantial portion of our power, and offshore wind farms, with their ability to support marine ecosystems and easier planning processes, are especially well-suited to the UK's geography. With the UK surrounded by water, offshore wind power will play a crucial role in meeting carbon-neutral targets.

In conclusion, solar panels are better suited for households and domestic energy needs, offering significant savings and flexibility, while wind turbines, due to their scale and maintenance, are more practical for industrial energy production. Both will be essential, but in different settings, as we push towards a sustainable energy future.

Often war is defined as acts of violence between societies in a country or acts of violence between nations. There are several inducements for war such as ideological differences, economic reasons, political standings as well as religious beliefs. The product of war can result in a plethora of transformation for the society. For example, the names of major cities may be modified or there may be a greater influence on another language or even a social change within a society. Churchill believed that, once war occurs the world is at crisis. A common belief amongst the people in the nineteenth century was, that war was a mere disruption to societies. As the world has developed and the ideological belief of democracy has spread, the wars alongside this belief have exacerbated and resulted in more casualties. This has resulted in the extinction of the belief that the wealthy and the politicians are at fault. It is yet to be decided amongst psychologists and anthropologists what the true cause of war is. The theory of aggression is dismissed as a root cause, as written by Konrad Lorenz in 'On aggression.' Lorenz writes about the misuse of aggression within animals results in death however, when humans utilise it, it can result in evolution and other achievements. There are psychologists who believe that aggression is environmental rather than instinctive. They believe that based on the environment one grows up in, aggression will be presented in the ideological beliefs of that environment.

This essay discusses how humans have been impacted from the World Wars. These are the psychological effects on humans, the political effect on humans, the economic effect on humans and ultimately the social effects on humans. Traditional beliefs of historians such as unveiling the political, economic, and social motives behind war may not be the only motives in play. Different perspectives must be used when studying this topic such as the research from anthropologists. In the several decades leading to the First World War Germany strategically utilised war to indicate its authority. As other countries had fortified colonies overseas Germany was left landlocked within Europe. This led to German politicians believing war may be needed as a defensive stratagem. On the other hand, the second world war was an aggressive war due to the barbaric leadership of Hitler. The First World War had not stabilized relations in Europe it allowed Germany to restore and prepare for a Second World War. One which they theoretically had a superior chance of winning compared to the Great War. This is because Russia was in the midst of its Russian Revolution and France incapable of defeating Germany after the significant casualties it suffered after the First World War.

The Franco-Prussian War resulted in a victory for Germany over France, Germany conquered Alsace-Lorraine and resulted in the establishment of the German Empire within Europe. In the 20th century, there were tensions between Austria-Hungary and Serbia, as the Serbian nationalists endeavoured to develop the Balkan region into a single state, in attempt to unite the Slavic people. This involved the citizens living in Austria-Hungary. Tensions escalated as the Archduke Franz Ferdinand was assassinated alongside his wife in Sarajevo, in Bosnia and Herzegovina. As the assassin was Serbian an ultimatum was presented to Serbia by Austria-Hungary. In this period, Austria-Hungary gained support from Germany and Serbia from Russia. War was declared on Serbia by Austria-Hungary precisely one month after the assassination of the Archduke. Alongside the negative aspects of the First World War there were positive social and political occurrences in Britain which shifted the perspective of women, brought change to medicine, contributed to diversity in Britain and many other aspects.

During the First World War women suffragettes settled with the government to not campaign. Due to the necessity of men at war, women filled stereotypical male occupations. This marked a significant alteration in history as it highlighted their power. Following this war there was a cultural change for women in the 1920s, like, new hairstyles, a modern style of clothing, new customs are a few to name. In the Second World War, the US ambassador, John G Winant, said, "This war, more than any other war in history, is a woman's war." This is supported for the aid they provided throughout the war there were 300,000 women who worked in the explosives and chemical industries and 500,000 in the engineering and metal industries. Furthermore, women relocated to farms with the purpose of supplying the nation with crops, as the farmers were at war due to conscription. Women were also permitted to sign for the war under sections of their gender. For each force there was a women's section, such as, the Women's Royal Naval Service in the Navy. Here they would operate supply lines or organize transportation alongside an abundance of other minimal risk jobs. In the UK there was 5.1 million working females in 1939 but by 1943 rose to 7.25 million. Following the Great War the government legalised women over the age of thirty to vote during the general elections in Britain. However, gender equality was yet to be stabilized. At the time, men were encouraged to vote at the

youthful age of twenty-one. This was a political manoeuvre to fortify the male population's vote because women would not be able to overwhelm the election in their favour as they accounted for 43% of the vote in Britain. After their work plentiful of women especially the working-class women began to feel independent. The war created a sensation of importance for these women.

Britain had been profoundly impacted by World War One. One area which was tremendously affected was the social classes. Soldiers who ascended military ranks throughout the years of war were respected highly upon their return to Britain. This resulted in a social and economic benefit for these soldiers. Warfare created a sense of unity amongst all men fighting in the war. There was not any difference between the working class, some, who were set to inherit naught and those from aristocracy destined to inherit vast areas of land across the country. Unfortunately, many heirs were killed throughout the war period. This resulted in a displacement of the traditional heir system. The lifestyle of those at power was deteriorated by the scarce and newly expensive labour which servants provided post-war due to the significant loss of men. With women able to apply for non-domestic occupations the demand for servants increased with little results. Due to the high economical maintenance of these manor-like houses, many were destroyed from 1918 to 1955. This all formed the perception of Britain experiencing a major social alteration. This social alteration gave way to new demands for those to join higher classes examples of these are money and education.
From another perspective, the death of soldiers allowed workers to demand superior working conditions such as a grander salary. This developed Britain as a whole as the middle-class status was achievable compared to it being bequeathed through generations. In addition, the high casualty rate influenced the development of medicine. Doctors were authorized to perform unorthodox medical treatments which, in accustomed circumstances would not be permitted. Overall, the war regulated the use of plastic surgery, blood transfusions, anaesthetics, and mental ailments such as shell shock more commonly known as PTSD. These developments established new medicine which was essential for the future.

Before the Second World War Britain was not considerably diverse. There had been isolated communities of races within the significant areas of Britain such as the capital. Due to the war men of colour were dispersed across the United Kingdom. African American soldiers resided in Somerset. British Honduras's men lived as lumberjacks in Scotland, where they lived among an ignorant society. Britain was a significant island for European countries as it was utilized for training purposes and to prepare to free their occupied lands from the Germans. Governments would flee to Britain in order for their armies to be accommodated and to have formal training grounds. Armies across Europe resided in the countries. For example, the Belgians, Dutch, and an army of Jewish Austrians arrived in Wales. Via colour pictures and films the different uniforms are visible in the tapes highlighting the different countries they are from. In 1945 the BBC would broadcast their shows in several different languages indicating at the increase in diversity. Within the RAF a squadron consisted of eleven different countries' men. This was the 145 Squadron. The British culture altered as well due to the immigration after the Second World War. Within in Britian the total population of citizens from the Indian subcontinental, Caribbean and those of African origin had increased by 5%. This developed the diversity within Britain as it evolved into a multi-ethnic society. The products of multi-ethnicity can result in a transformation in sport, food styles, music, and entertainment. The 1948 British Nationality Act inclined the Commonwealth citizens to migrate to Britain after the Second World War. Public jobs such as bus drivers needed supplying therefore, they were offered occupations there. The generation which arrived in Britain developed the name of the 'Windrush Generation.' This high influence of immigration successfully attributed to the diversity in British society and its culture.

In conclusion, war is a mass destructor to humankind however, it is also a considerable contributor to modification in social, political, and economic systems. The leading authors. N.H Gibbs, John Terraine, and Correlli Barnett proposed the significant phrase, 'war is the great auditor of institution.' In the film, 'The Third Man' there is a self-written line by Orson Welles which is greatly quoted by many. The character Harry Lime, played by Orson Welles, states, "…you know what the fellow said … In Italy for thirty years under the Borgias they had warfare, terror, murder, bloodshed. But they produced Michaelangelo, Leonardo Da Vinci and the Renaissance. In Switzerland they had brotherly love, five years of democracy and peace and what did that produce…? The cuckoo clock."

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9 Satvik Sonti (Rugby School): How do different diets, such as low-carb, high-protein, high-sugar and low-fat, affect students' academic performance?

I.   Introduction

Many diets have gained popularity for their significant effect on body composition, such as muscle growth and fat loss, which have been utilised by students along with other individuals. This essay will review such diets: low-carb, high-protein, low-fat and high-sugar. Carbohydrate come in three forms: Starch, sugar and dietary fibre. Low-carb diets, such as the ketogenic diet, focus on reducing the starch element of carbohydrates and have been widely used to decrease body fat percentage and lose weight, along with a notable enhancement of mental clarity. High – sugar diets, include an increase in the sugar element of carbohydrates, and have been associated with a dangerous increase in blood glucose levels, also degrading cognitive ability. High – protein diets have been praised for their ability to increase muscle mass, causing a side effect of increased memory. Low-fat diets stimulate a reduced intake of fat, which assists in decreasing serum cholesterol levels and reducing chances of heart-related diseases, but can lead to impaired cognitive ability. Throughout this essay, I will clarify the effect of such diets on students' academic performance.

II.   Methodology

This essay reviewed the effect of different diets on students' academic success, by utilising various research papers and online sites for a range of data. Relevant academic articles, videos and renowned websites such as British Heart Foundation, Harvard Health Publishing and Diabetes UK were used for detailed, yet accurate findings. Searches were carried out on databases such as Google Scholar, PubMed and various others, utilising keywords. These include: "high-protein diet cognitive function", "low-carb diets academic performance", effect of high-sugar on students' cognition" and "low-fat diets on academic performance". The results of such searches, which included the correlation between diets and cognition were considered in my research notes. Articles which did not provide information on academic performance or cognition, were excluded. The search was initially limited to "diets on students' cognition", but was found to have produced meagre information, so was later expanded to "diets on cognition" alone. The findings were synthesised with the assistance of websites such as Quillbot and ChatGPT, to highlight the link between diets and cognition, which were later used to write this essay. However, the reliance on American and British sources may have limited the findings.

III.   Section 1 – Effect of low-carb diets on students' academic success

Carbohydrates are required by the body for energy. These carbohydrates come in various food forms, and are digested by enzymes into simple sugars such as glucose. The body then carries out respiration, which is the release of energy from glucose to provide energy for cells of the body. Fitness-centric diets mainly compromise of a low carbohydrate intake and high protein intake which have be used by many, including students. A low-carb diet restrict the intake of carbohydrates, focussing on proteins and fats and vegetables without a hight starch index. This diet has various types such as: Ketogenic, Atkins and Paleo. Ketogenic diets are extremely low in carbohydrates, typically composing of around 5-10% of the daily intake, and is high in fats, along with a moderate protein intake. The Atkins diet focusses on fats and proteins, and slowly increments the carbohydrate intake, adhering to the 4-step process which go in this specific order: Induction, Balancing, Fine-tuning and Maintenance.

The brain needs glucose for cognitive function, but due to the lack of carbohydrates in the diet, the body opts for ketones for energy, stimulating a process called Ketosis. Some studies has proven that ketosis leads to improved cognitive function such as enhanced mental clarity and focus. There are, however, negative short-term effects which own the street name: 'Keto Flu', and include symptoms such as: irritability, fatigue, foggy brain, and headaches. However, as this research is based on students, assumed to be adolescents, utilising low-carb diets could have a detrimental effect on cognitive development and growth, as well limiting the production of serotonin, which could negatively influence mood and concentration.

IV.   Section 2 – Impact of high-protein diets on students' academic success

High-protein diets, which are categorised by their increased protein intake, include foods such as lean meats, eggs, legumes and fish, can positively influence students' cognition by enhancing critical cognitive abilities which are vital for academic performance. Proteins are digested by the alimentary canal, using digestive enzymes such as: pepsin and protease, into amino acids, which are, in turn, contain the precursors for the production of neurotransmitters. Neurotransmitters are recognised as the chemical messengers which carry electrical impulses between neurones, which can affect factors such mood, attention span, and memory which are proportional to academic cognition.

Proteins are slowly digested by the alimentary canal and its respective digestive enzymes, causing a steady release of glucose and thus maintaining a steady level of blood glucose, which can prevent the loss of concentration. They are highly-satiating which limit hunger, and thus food-related distractions, boosting academic performance. Protein can stimulate brain cells to release mood altering hormones. Few of the many forms of these hormones are dopamine and serotonin; the latter responsible for relieving stress, which is crucial to maintain focus.

Reviewing these beneficial effects of protein, a high protein diets has been synthesised to have a increased level of concentration and focus, and therefore directly enhance academic performance/success.

V.   Section 3 – Impact of high-sugar intake on students' cognition

Students who adopt diets with a regular intake of food with a high-sugar index, are suggestively names 'high-sugar' diets. These diets have been proven to detriment cognitive abilities of students, proportionally degrading academic performance. Various studies have said to be proof that a high-sugar intake can reduce the plasticity of the hippocampus – it's plasticity owing to its crucial memory and learning abilities. Therefore the excessive intake of sugar can make it difficult to create and retain new memories. A more commonly known effect of high-sugar intake, is the rapid spikes and crashes – known as fluctuations- in blood glucose levels; which can lead to short periods of hyperactivity, followed by periods of fatigue, which can impair concentration.

The long-term intake of a 'high-sugar' diet can also limit cognitive action. Over a long practise of eating food with a high-sugar content, an insulin resistance mechanism is initiated, which is used to covert glucose into glycogen when glucose levels are dangerously high. This can limit processing speeds and therefore academic performance in exams. The instability of blood glucose levels can also lead to mood swings, irritability and anxiety which can affect students' academic consistency. Another long-term effect of a high-sugar diet is the increase in aggression, which can disrupt learning environments, both in school and self-study periods, and can reduce concentration.

VI.   Section 4 – Effect of low-fat diets on academic performance

Low fat diets, which restrict the fat intake, have been practised by many for its contribution to cardiovascular health, and its role in preventing heart related diseases. However, it has been discovered to deprive the brain of its necessary nutrients and fatty acids which is requires to operate and optimal level. Essential fats, such as Omega fatty acids, are crucial for brain health, and cognitive developments in adolescents. The consumption of Omega-rich foods, such as: nuts, fatty fish and seeds are necessary for the formation and maintenance of cell membranes and the production of neurotransmitters. However, low-fat diets provide inadequate amounts of these very necessary fatty acids, which are vital for memory and learning, impairing cognition.

Fats are a source of energy and assist in the absorption of fat-soluble vitamins, the few of which are: Vitamins A, D, E and K. The deprivation of such vitamins and energy, can lead to reduced levels of energy and satiety, thus decreasing attention spans and negatively effecting academic performance. Moreover, in the dearth of fats, students tend to over-consume refined carbohydrates in their diets, which cause fluctuation in blood sugar levels and impact concentration.

VII.   Conclusion

By thoroughly reviewing multiple studies and sources, the distinct effects of high-protein, high-sugar, low-fat and low-carb diets have been configured. Firstly, the increased intake of protein in students' diets stimulates an increased production of neurotransmitters such as: serotonin (which influences mood stability, and anxiety), dopamine (which regulates attention and the reward system), and norepinephrine (which enhances cognitive alertness, which can increase processing speeds). Secondly, the increased intake of sugar in students' diets causes fluctuation in blood glucose levels, therefore rapidly swinging mood and concentration. Low-fat diets, which have a decreased intake of fat, divest the brain of adequate fatty acids, which are required for the human brain to function. Low-carb diets, there is a lack of starch, and thus glucose, which leads to the brain using ketones for energy which has been shown to enhance cognitive clarity. While some of these diets are perceived to be beneficial while others detrimental, the brain requires all food groups in substantial quantities for prolonged and enhanced academic performance.

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10 Ellie Taylor (Holly Lodge): How have rights for women affected the education system and quality of life for women in Afghanistan?

Education is a human right. Therefore, every human should have access to an education. However, this is not the case for everyone.

Although there are no records to state women had an access to education in the 1800s, there are historical women who suggest education could be obtained. Two women who suggest this are Rabia Balkhi , who was a well known female poet who wrote in both Arabic and Persian, and Malika-I-Jahan, who played a key role in the political affairs of the kingdom in her time. Studies suggest that these women grew up wealthy and it was often the wealthier women in society who could access education. At this time women had the right to choose whether they wanted an education and while some women did choose to stay in the home to lead a traditional Persian life, there was still always a choice. (1)

In 1919, Afghan women were granted the right to vote. This meant women being able to contribute to politics and have power over their own lives.

On February 21st 1921, the first school for girls opened in Afghanistan. Amanullah Khan, the king of Afghanistan and his wife, Queen Soraya Tarzi, actively supported women's education, and worked towards the emancipation of Afghan women from restrictive traditions. In 1950, Afghanistan got rid of the purdah system, which had enforced strict gender segregation. This decision was a huge turning point, as it granted women greater personal and social freedoms, allowing them to have more control over their own lives. This now meant girls and boys could attend the same school, meaning girls were getting the same education as boys were.

In the early 1970s, the Afghan government raised the legal marriage age for women from 18 to 21 and introduced compulsory education. This meant less women and girls being confined to the home and legally being allowed education.

During the communist era (1978-1992) , led by the People's Democratic Party of Afghanistan, the situation for women remained difficult with widespread violence and oppression. The conflict between different political groups started unravelling the progress for women. Between 1992 and 1996, soviet armies began withdrawing, leading to various groups fighting to control Afghanistan.

The Taliban, a fundamentalist movement, took control in 1996. It became noticeable quickly the impact this group would have. Almost immediately after taking control, the Taliban set rules restricting most women from continuing their jobs. Under the Taliban, the lack of rights for women became government policy again; they were excluded from public life and their access to civil rights and liberties were cut. (2)

During the first rule of the group, the Taliban ignored multiple warnings from President George Bush to shut down suspected terrorist bases. In response, the United States launched Operation Enduring freedom on the 7th of October 2001. (4) The Taliban were removed from power and a new group was formed with help from the US. After the fall of the Taliban in 2001, a new constitution was adopted that provided equal rights for women. While women were allowed to work and go to school, there will still be social and cultural barriers, such as many peoples persistence to Afghan women living traditional lives in the home. However, this was a huge change in the way women were being treated and there was a new sense of hope for women that their quality of life would improve.

In 2009, parliament in Afghanistan passed a law on the elimination of violence against women (EVAW). (3)

In 2013, the government in Afghanistan decided there needed to be change and started to think of a strategy that aimed to eliminate violence against women and improve women's economic power. While they had a plan, the implementation was poor due to a lack of political will. Many politicians were comprehensive. However, it wasn't all a failure, although they planned on helping a large number of women, there were still women joining politics, going back to school and accessing healthcare.

Since the withdrawal of US troops in 2021, the Taliban has regained significant territory (over 80%). To this day, women's rights are deteriorating and decades of progress have been erased. In September 2021, Afghan girls were banned from attending secondary schools and that same week many women lost their jobs after it was announced only those performing jobs that could not be done by men could continue working. (5) And in December last year, the high education minister suspended all education for women in universities. If women are sick, they can no longer visit a male doctor, but without how are women expected to become doctors?

Women are still fighting. There are underground schools for women and some employers are hiring women to work for them. Women's rights activist Layla Basim has co-founded a library with thousands of books in different languages and subjects for women in Afghanistan. She said "we want to show the Taliban that Afghan women won't stay silent and our second goal is to expand the culture of reading books among women, particularly those girls who were deprived of education."

Next, I want to talk about the story of one woman who decided to protest against the Taliban. A 23-year-old student was a widow and the sole breadwinner for her children. In fear of not being able to provide for her children after the Taliban's rules restricting women's ability to work, she attended a protest in December 2022. After she saw other protesters being detained, she tried to flee but was unsuccessful. She claims she was forcefully pulled out of her taxi and searched when the Taliban found her phone. She denied them when they asked for her password and she says one of them punched her so hard that she thought her ear drum had burst. In her report, she says "They caught my hands and legs. They handcuffed me and put a black bag over my head, I could not breathe." A month later she decided to protest again against the Taliban because there was no change towards improvement. However, quickly she was detained again and said that "they started torturing (her) from the moment they arrested (her)". Mariam was fully aware of the potential consequences but had to provide for her family. Mariam was kept in a security unit for several days where she was interrogated with a black bag covering her head. She could hear several people speaking to her, she recalls but had one man punching her and another man kicking her repeatedly. Mariam was later released after the investigation by human rights organisations who had stepped in and is no longer living in Afghanistan. She says that she was forced to sign a confession admitting her guilt and promising not to take part in any more protests against the Taliban. (6)

The BBC published Mariam's story this year. 3 months ago. This is many women's reality today.

The future is not looking any better. Everyday Afghanistan is becoming more and more unsafe for women and the country's years of positive progress are being destroyed.

This is not just the case for Afghanistan but for all over the world.
 This is happening right in front of our eyes every day in major countries. What will the future for women and girls across the world look like? Will women ever be equal to men?

Reference
   (1)   Amnesty International (Women in Afghanistan: the back story)
   (2)   Britannica (Soviet invasion and civil war Afghanistan)
   (3)   Refworld (Law of 2009 in Afghan)
   (4)   United states Navy (Operation Enduring freedom)
   (5)   Voice of American English news (School and Taliban)
   (6)   BBC (What happened to the Women who took on the Taliban?)

11 Suki Chen (Rugby School): Discussing the impact of social media in shaping and exploiting human social behaviours

Introduction

We live in a world where social media has become a fundamental part of our daily lives. Facebook, Instagram, TikTok, Snapchat, are all examples of popular platforms used, particularly by the younger generations, for connecting with people and sharing personal experiences. Social media has redefined our ways of communication, relationships and identities. People waste hours of their lives online, clicking and scrolling away, detached from the real world. "Connected", but not really, while our intellectual and social capabilities diminish significantly. A key aspect of our psyche that social media targets is our need for social connection, as well as the dopamine system and how it works. These were both very important for survival when we were in a much more primitive state, hundreds of thousands of years ago and so it remains rooted deep in our psychology, in what is known as the (the limbic system) of the brain. This is important as it is the most influential part of the brain, regulating emotion and memory, but more importantly for this essay, our motivation and behaviour. This work aims to draw on how social media exploits human psychology, particularly our fear of missing out (FOMO) and our dopamine reward systems.

The Past (from an Evolutionary perspective)

To understand how social media affects human behaviour, we must first understand why we behave in certain ways. We as humans have been evolving for millions of years, all our anatomical features carefully refined to adapt to the survival priorities of our ancestors. Both our dopamine systems and need for social connection were crucial for these. "It is a basic human need and is essential to our health and wellbeing. It is as important as food, water, and shelter when it comes to laying the foundation for our ability to thrive and survive". (Braren, 2024)

Our need for social connection comes from having to stay in groups to survive. It was necessary to have support from other humans in order to find shelter, gather food and fight off threats. In other words: larger the number, the stronger and safer everyone was and thus allowed our ancestors to hunt larger animals. If someone was left behind by the group, they would inevitably find themselves dead if they could not find or be taken in by their previous group or a new one. This has resulted in a strong desire to be accepted, validated and to be in the presence of other people. Not being able to find a group of people to be connected to can often lead to FOMO (fear of missing out), closely linked to the amygdala, which can cause intense feelings of anxiety, due to the fact that without a group of people or a tribe, we would not have survived so many years ago. These benefits eventually resulting in our brains to be more hardwired towards more social connections through natural selection.

Another feature that we would not have survived without is dopamine, which operates in the mesolimbic pathway. It is released in the Ventral Tegmental Area (VTA) in the midbrain, and it makes its way to limbic structures, such as the amygdala and hippocampus. This is important because it is the pleasure and reward system for our brain, reinforcing rewarding stimuli and causing motivation in a person. This was important in a primitive era, as it was released when eating, drinking and reproducing, motivating us to seek more of these experiences, subconsciously helping us survive and stay safe. It also sharpened us to look for and react to critical cues like food, shelter and human relationships.
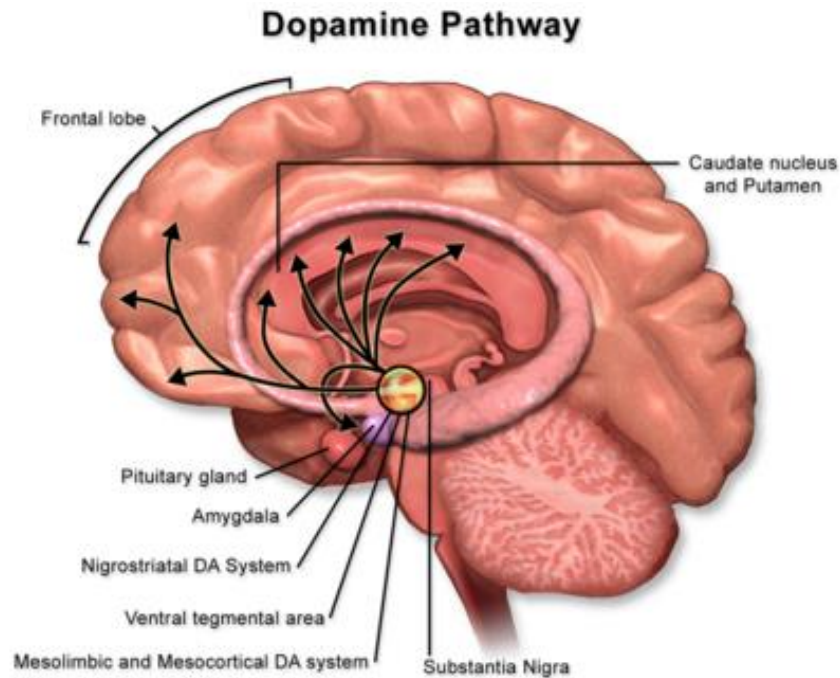
Dopamine Pathway

Figure 1: The Dopamine Pathway

Although many people believe that dopamine is to produce happiness, that is only a means to an end. It gives us the feel-good feeling in order to promote good decisions, so that we make the right choices on where to spend our limited energy and meet our needs. Understanding how we used to think and behave, we can now understand how social media changes the way we think, and how it exploits the limbic system in order to keep us hooked, as well as the consequences of constantly being online.

The Present- How social media exploits us.

Paraphrasing Plato's philosophy, he believed human beings are largely a product of their social environment, a theme evident in "The Republic" (Plato, 380BCE). Our version of this "social environment" being social media. FOMO stands for "Fear of Missing Out" and it can affect anyone, but younger demographics tend to experience it more often as this fear is particularly fuelled by social media. It most commonly stems from upwards comparisons, when you feel people in your social circle have better happier, and more fulfilling lives than you, producing feelings of insecurity, which in turn contributes to feelings of low self-esteem, anxiety and other mental health issues.

In 2020, researchers utilised fMRI to examine the brain activity of 40 people who had experienced social isolation for 10 hours and fasting from food for 10 hours on two separate occasions. When shown pictures of some of their favourite social activities after the period of isolation, people displayed increased activity in the midbrain, especially the amygdala, insula, rhinal cortex and the anterior cingulate, all associated with social cravings and loneliness. A similar result was found when they were shown pictures of their favourite foods after fasting, again, responsible for cravings and desire (Tomova, etal. 2020). Considering both results, this suggests that social isolation triggered a "craving" response, and people who experience this loneliness crave social connection similar to how someone who is hungry craves for food. This demonstrates the basic need humans have for social connection and how social media helps to induce these feelings of FOMO.

Because of the survival benefits of maintaining a large social network in the past, that instinctual drive towards maintaining expansive networks and groups have survived the evolutionary process. The design of social media is intentional and deliberately calibrated to hook our attention and keep it for as long as possible. TikTok is a great example of this, as you scroll, each video averages about 35 seconds (Ceci, 2024), though most people tend to scroll after 3-9 seconds. Not only does this train our brain to switch focus after just only a couple of seconds, leading to attention deficit, but also releases dopamine in the brain, which reinforces the consumption of content, causing them to repeat this action and keep scrolling, contributing to potential overconsumption and addictions.

Another way social media maximises our engagement and retention is through the use of the Hook model, developed by Nir Eyal, aimed to create habits by leading users through four processes: Trigger, Actions, Variable Rewards and Investments. Most social media platforms utilise some, if not all of this model to attract new users or retain existing ones while increasing their revenue from adverts and data collecting. Triggers can either be internal or external. Internal triggers are your feeling and emotions, usually craving or boredom, and external triggers include things such as notifications or messages. Many platforms make actions such as scrolling, liking and sharing easy, encouraging more interactions as they require no effort, and by providing users with unpredictable rewards such as new posts, likes or comments trigger a dopamine release which creates a habitual loop that keeps users coming back. Lastly, users contribute to the platform by e.g. posting content and interacting with others. This investment increases their attachment to the platform, increasing the chances of them coming back. This is successful due to our innate need for social validation as well as connection.
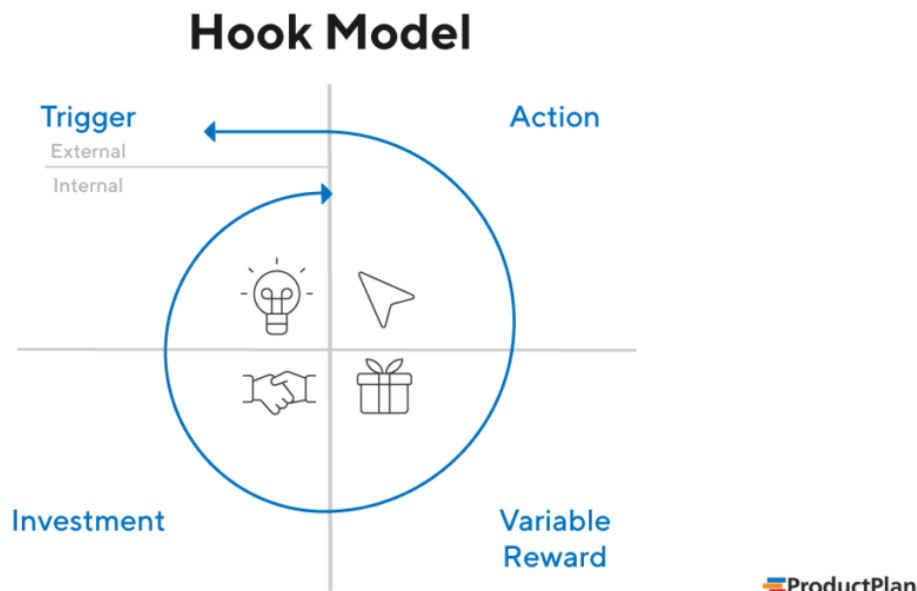

Figure 2: The Hook Model

The Future- The impact social media has on us (and future generations)

Lev Vygotsky's theory of social development proposes the idea that "a child's cognitive development and learning ability can be guided and mediated by their social interactions" (Vygotsky, 1978). His theory becomes particularly relevant as social media platforms have found a way to be their new environment, where interactions occur not just in person but also mostly in virtual spaces. The nature of these interactions are drastically different from face-to-face ones. Eye contact, body language and social cues all included and so the question arises: how will these virtual exchanges shape the brains of future generations?

A study by Gloria Mark, chancellor's professor of informatics at the University of California and a researcher for Microsoft since 2012 first started researching this topic in 2004, where people could spend an average of two and a half minutes without diverting their attention elsewhere. Over the last two decades this has dwindled massively, leaving us with an average attention span of 8.25, and in fact, 0.75 seconds shorter than a goldfish. (Mark 2023)
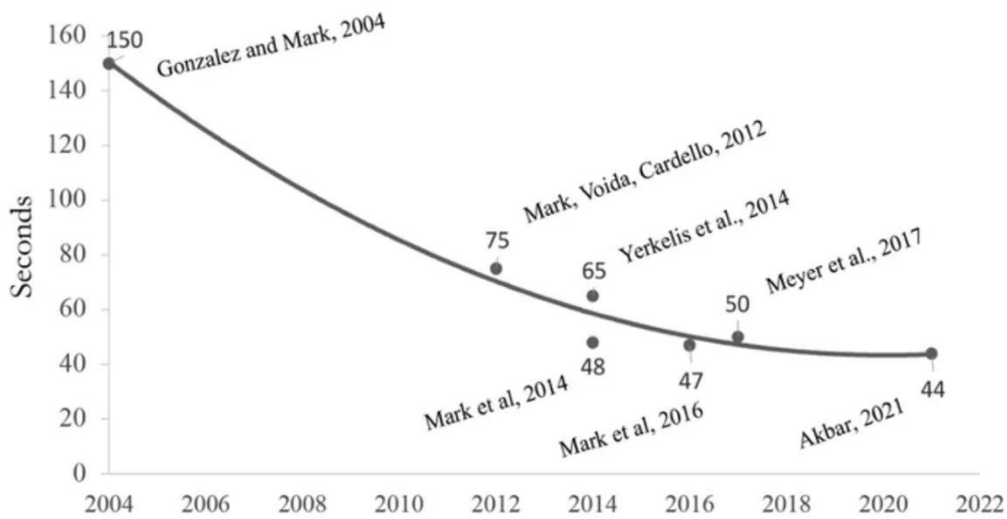
Figure 3: Mark, Gloria. "Attention Span- Average attention duration on a computer screen"

As we look to the future, the impact of social media on human behaviour is most likely to intensify, especially considering the ongoing development of AI and information that is readily available at our fingertips through AI chatbots and search engines. An anonymous student writer from the University of Massachusetts wrote a paper on the increasing difficulty is it to remember things. As a computer science major, they find themselves enshrouded in "the devastating abomination that we all know to be the internet". They recount how, in their younger years, they could easily remember details like birthdays phone numbers and even license plates. But now, with every piece of information stored on their devices, they realise that their memory has become just another casualty of the digital age, indicating technology has made our minds reliant on such devices and also the internet. (Anon. 2020)

"The Cost of Our Digital Addictions" by Matthew Hennessey cites psychologists at Columbia, Harvard, and the University of Wisconsin who reviewed four studies in which information recall was assessed with computer access, concluding that when test subjects knew they could access the information on a computer, they performed poorly. There is an abundance of quality information available on the internet in an easily accessible and convenient format. Because of this, it makes sense for us to rely on it. By using the Internet, the brain does not have to work so hard. The brain performs poorly less you use it, just like your muscles become weaker when you stop training them. (Hennessey, 2018)

Conclusion

10 years ago, if you asked a child what they wanted to do when they were older, they probably would have responded with "a policeman" or "an astronaut". Nowadays if you were to ask a child same question, they'd most likely respond with "a youtuber" or "a gamer". You could say social media has somewhat "brainwashed" most people, particularly certain demographics who are more vulnerable to the tricks of social media and there is no doubt it has exploited our evolutionary needs, through the use of algorithms, short videos, notifications and so on. Our motivation to learn is gone, thanks to the internet and how we have everything at our fingertips. Legitimate concerns have been raised where future generations may become lazier and more unmotivated.

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LAWRENCE SHERIFF ROUTE

1 Eryn Taylor (Holly Lodge): What is the impact of improvements in medical care on the lives of type 1 diabetics and what does the future hold?

During this essay, I will be talking and concluding how diabetes has evolved over time and how the medical acre has allowed people to access full lives and participation in whatever they aspire to do. Also, how a cure may be made in the foreseeable future.

What is diabetes?

(1) Type 1 Diabetes is an autoimmune condition that occurs when the pancreas has stopped doing its normal function of producing enzymes to help digest food. Causing the immune system to destroy the pancreatic cells. The pancreas contains insulin, insulin helps blood sugar enter cells and provide energy. Without insulin, blood sugar can't get into the cells and builds up in the bloodstream. A normal human's blood sugar level is around 5-8. Someone with type 1 diabetes either lacks insulin or may not have any left. For a type 1 diabetic, when food is being digested, the body relies on the fats around the body to do it for it. This makes your blood glucose levels go sky high every time you eat causing major side effects and long term complications; decreased life expectancy (if not controlled properly), blindness, extreme tiredness, lose weight, extreme thirst and many others. 1= diabetes.org.uk

How was diabetes perceived before it was fully discovered?

(2)Over 3000 years ago, the ancient Egyptians mentioned a condition that appears to have been type 1 diabetes. It featured excessive urination, thirst and weight loss. In the mid 1800s, people used `ants` to see if a person had diabetes. They would be presented with a urine sample and if ants came near it, it was a sign that is contained high sugar levels. This is because they believed the ants could detect a certain, `sweet distinctive smell`. (2)= @Medical News Today

What was the general life expectancy of a newly diabetic?

(3) Type 1 diabetes was known as a `death sentence`. It was always fatal within months or even weeks. 70% of people who developed type 1 diabetes `died within the first year`. And `90% were dead within the first 3 years`. This was because their blood sugar levels were not controlled properly causing their bloods to always be high which made them more prone to diseases such as; kidney failure, heart failure, blindness.

(3)=www.health.harvard.edu/blog/people-type-1-diabetes-living-longer

How was it treated?

(2)The early Greek scientists recommended treating diabetes with; a "milk-and-carb diet". For example, milk with rice and gummy foods, they believed this would "thicken the blood and supply salts". They also recommended tobacco because they thought this would "stabilize their blood glucose that was entering their bloodstream". And going on a carb free diet to stop their bloods going sky high. However, a few years later a new doctor recommended a diet consisting of 65% fat, 32% protein and 3% carbohydrates. Because he didn't like the fact treatments beforehand consisted of "many chemicals and drugs". There were also many other lifestyle measures that helped including; wearing warm clothes, avoiding stress, wearing flannels and exercising.

All these ways of managing diabetes did not prove particularly effective and people with this condition experienced even more severe health problems. (2)=@Medical News Today

Who discovered type 1 diabetes?

(2) Diabetes was discovered by someone called Joseph Von and Oscar Minko. Discovering it in 1899 that the removal of a pancreas in a dog would cause diabetes. This helped scientists understand the role of the pancreas in regulating blood sugar levels.

In 1910, Sir Edward Albert proposed diabetes developed when there was a lack of a particular chemical. He called it insulin, meaning island, because the cells producing glucose.

In 1921, Charles Best introduced pancreatic cells from healthy dogs into dogs with diabetes. Doing this, marked the discovery of the insulin hormone. Within months, people began injecting themselves with insulin hoping it would treat it. They lived another 10-15 years due to this discovery. (2)=@Medical News Today

What advantages has technology given to new treatments today?

(5) Technological advances have had a major effect on the management of type 1 diabetes. In addition to blood glucose metres, which take a small sample of blood to tell you your exact blood level. There is now insulin pumps, continuous blood monitors, and, most recently systems that combine both a pump and a monitor which provides an algorithm of insulin delivery.

This provides a much more stable and manageable life for people living with type 1 diabetes and has increased the life expectancy massively, from being an average of only 25-40 it is now 60-80, if not older.
(5)=@www.thelancet.com/journals/lancet/article

What symptoms do people show beforehand, to be seen a possible newly diabetic?
(1) There are 4 main symptoms of diabetes which are; thirst - always needing to drink no matter much you have drank, tired - being extremely tired and no energy, constantly going the toilet - especially through the night, losing weight - without trying or looking thinner. These are the 4 key symptoms but some others are cuts taking longer to heal, blurry eyesight.
If type 1 diabetes is left undiagnosed, it can make you extremely ill. It will lead to a condition called DKA which is where the lack of insulin releases harmful substance into the blood called ketones. Which can kill you. (1)= @diabetes.org.uk

What are the differences between type 1 diabetes and type 2 diabetes?
(1) They are different due to their causes, symptoms and treatments. The only similarity is if you have either, its because too much glucose is in your blood.
If you have type 1 diabetes your body doesn't make any insulin at all, thats why its an autoimmune condition. Whereas type 2 isn't an autoimmune condition the insulin just isn't doing its normal function.
Type 1 diabetes only affects 8% of people living with diabetes. But type 2 affects 90% of people living with it.
And, with type 1 diabetes you must count how much carbohydrates are in what you eat or drink to provide yourself insulin. Whereas type 2 can be treated without giving yourself insulin and going on medications. (1)= @diabetes.org.uk

Are there any ways to find out whether you have Diabetes before going through all the symptoms?
Scientists have developed a type 1 diabetes risk test that looks for marks of diabetes in your blood that can show up months or even years before any symptoms appear. These marks show whether the immune system has started to attack the pancreas. They do this by taking a small sample of blood.
This is good because it can allow people to prepare and not have to go through such significant symptoms.

Could there be a cure? And what might be used?
(6) Scientists are working extremely hard to find a possible cure. Stem Cell Therapy implantation is a possible new way to help. Stem Cell Therapy implantation is stem cells introduced to diseased tissue to stimulate the body's self-healing. The ability of stem cells is they can multiply and transform into other cells such as insulin producing cells.
(7) Another way is a Pancreas transplant. Pancreas transplants are only given to severely ill diabetics. A pancreas transplant stays with your remaining pancreas and the surgeon would generally connect it to your intestines so it can work successfully. If it works successfully you`ll no longer need to take insulin. Instead, the new pancreas will create insulin for you.
Although these sounds positive, there is not enough research about the stem cells and whether they would work, this is why scientists are waiting, before releasing this as a `new cure`. And there isn't enough working pancreas transplants for the whole diabetes population.
(6)=@T1D.strong (7)=@www.hopkinsmedicine

Who would get priority of getting the cure?
The NHS said `people who have had type 1 diabetes long term and haven't managed as well as they should get priority`. Because they are more likely to receive the severe side effects. So by being priority and receiving the cure they would have less chances of getting as severely ill. Whereas if a controlling and newly diabetic got the cure first this means more people would have chances of getting more ill.

What is the future research for Type 1 Diabetes?
(1) The future aim is to stop the cells from attacking the immune system. They are developing and testing new treatments that target the immune system, to stop it from destroying the beta cells.
The research shows they would replace the beta cells that have been destroyed by the immune system. So, people with Type 1 diabetes can make enough of their own insulin.
Lab made cells have already been implanted into animals and shown successfully. If this works on humans, in the future, it could stop people from **ever** developing type 1 diabetes. (1)= @diabetes.org.uk

2 Eesah Arif (Rugby School): What ethical dilemmas have been caused by the introduction of new medical techniques and what lessons can we learn from the past?

The past has shown that medicine is not just a domain of scientific progress but also a clear reflection of society's ethical priorities at any given time. Medical practices have developed from antiquated methods, and rudimentary approaches to the complex evidence-based methodology of the present. As medicine advances and we increase our understanding of the human body and illness, we begin to deepen our appreciation for ethical implications of medical interventions.

Medicine wouldn't be where it is today without the lessons and discoveries of the past, through the accumulation of knowledge over centuries each breakthrough and each challenge which society has faced medicinally, has contributed to the framework of the modern healthcare system. This constant growth, which is a reflection of past contributions and present achievements, shapes our approach to future health prospects and difficulties. This progress has been made possible by the interplay between the knowledge and inventions we produce today and the valuable lessons and encounters which we have learnt from the past. The foundation of medicine was significantly built by ancient scholars from different cultures who documented their observations and trials which helped develop early medical theories that foreshadow medical practices in the present. They emphasised the importance of empirical observation and strived to understand the causes of disease which laid the groundwork for the sophisticated medical practices of today. However, as we develop our technologies more ethical concerns come. Today, medicine has taken great strides, and technological advancements have raised life expectancy. However, in some cases, companies drastically increase prices without making any substantial improvements to the medication itself, which leads to concerns with many people with regards to ethical practices within the pharmaceutical industry. Although the UK is fortunate to have systems such as the NHS where medication is free through a prescription, the reality is quite different in many parts across the globe. In countries without the framework of public healthcare, when pharmaceutical companies inflate the prices of their drugs, those people who live in low-income communities or don't have health insurance, find themselves unable to afford essential treatments which ultimately results in skipping treatments or leaving them all together and this ultimately leads to severe health complications or even death. This predicament is worsened by the fact that a lot of pharmaceutical cooperations put profit above everything else and they concentrate on the creation of profitable drugs which are put over drugs that are desperately needed for the communities. Such measures have severe ethical ramifications because in the process of putting profit over patient, these companies violate the moral obligations that are put into place to guarantee that everyone, regardless of their financial situation, has access to fundamental medical care and the ideals of egalitarian healthcare.

A significant impact was made by the scholar Ibn Sinna who was a prominent figure during the Islamic golden age. His inventive methods and thorough understanding of conditions have greatly influenced contemporary medical procedures. His renowned work, 'The Cannon of Medicine' served as an encyclopaedia which covered various conditions like epilepsy and methods, for soothing agitation, and some of his methods for curing these conditions remain with society today. In 'The cannon of Medicine,' Ibn Sinna states, 'Organs of the head: It is useful in melancholia and epilepsy,' which refers the use of herbs such as lavender to cure neurological problems. He prescribes lavender and similar herbs as 'drugs which are helpful in: giddiness, coma, melancholia, phobia, and mania' which highlights the calming and therapeutic properties of such herbs for multiple mental health and neurological issues. This historical perspective has been deeply researched and is supported by modern scientific research which supports Ibn Sinna's claim of the therapeutic properties of lavender.

Evidence from a clinical setting suggests that lavender has demonstrated antidepressant effects. For example, the oral administration of lavender oil has been shown to mitigate generalised anxiety disorder (GAD) which effects are comparable to lorazepam (a standard anxiolytic medicine). A study which was conducted by Woelk and Schaläfke (2010) demonstrated that Silexan which is a drug made from the careful processing of lavender oil ensuring that it contains consistent concentrations of active compounds (specifically, linalool and linalyl acetate), was comparable to lorazepam in reducing anxiety in patients with GAD. The study found that the reduction of Hamilton Anxiety Rating Scale total score, displayed comparable results from both groups, 'with responder rates of 52.5% for Silexan and 40.5% for Lorazepam. Remission rates which indicate the percentage of patients fully recovering were 40% for Silexan and 27% for lorazepam.' These results suggest that Silexan was more effective than Lorazepam in reducing anxiety in patients with GAD.

This occurs due to the elaborate structure of the drug. Silexan has compounds such as linalool and linalyl acetate which are vital for the anxiolytic effects which are vital for the drug to work. These compounds are believed to help increase the binding of gamma-aminobutyric acid (GABA) to its receptors in the brain. GABA is an inhibitory neurotransmitter which causes the reduction of neuronal excitability throughout the nervous system, and by boosting the effect of GABA on neuronal activity (as Silexan does) it causes the reduction of anxiety. This graph illustrates the that the components in Silexan as discussed previously, increase the binding of ^{3}H-CGP39653. ^{3}H-CGP39653 helps study NMDA receptor activity which helps link lavender components to reducing anxiety and increasing the rate of GABAergic effects.

Unlike Silexan, Lorazepam carries risks such as dependency and side effects like drowsiness, withdrawal symptoms, and cognitive. Ibn Sinna's work reminds us that alternative treatments have a crucial place in modern healthcare and natural alternatives, like those that are derived from herbal medicine, challenge the pharmaceutical industry's dominance on the healthcare system. This dominance often leaves many people who question the intention of pharmaceutical companies who may prefer prioritizing profit over patient. In the past scholars like Ibn Sina exemplified a commitment to patient care and complimentary ethical practices, his work 'The Cannon of Medicine' is a clear example of integrating holistic approaches with herbal medicine. The ethical dilemma is, that

A — % ^{3}H-CGP39653 binding vs Lavender oil concentration (μl/ml)

B — % ^{3}H-CGP39653 binding vs Concentration (μl/ml); Linalyl acetate, Linalool

Affinity of lavender essential oil (A) and linalool and linalyl acetate (B) for the glutamate NMDA receptor. The displacement studies of [³H]CGP39653 were performed on membranes obtained from rat brain homogenates.

The present practice clearly contrasts with the past practices of Ibn Sina where he focused on using herbal and natural remedies which reflects the idea that healthcare should not be limited to socioeconomic status. This evolution highlights the importance of ensuring modern medical practices, in terms of ethics, prioritize patient care over profit and financial gain which draws lessons from the history to guide the future.

Historically we have relied on traditional ways of healing but naturally, change is inevitable, as we transition from traditional ways of healing to more advanced practice, we experience a shift in how healthcare is delivered. Humans rapidly advance and incorporate technology in almost every aspect of daily living, the fast nature of development inevitably brings more ethical concerns to the forefront of healthcare. For example, the integration of AI and similar technologies, aiming to improve the efficiency of healthcare. Some questions are bought up by this integration, like how much AI should be used for making judgements about patient care. The Hippocratic oath tenets, which have provided medical practitioners for a long time with a model framework, and as AI begins to become more significant in healthcare, its message becomes relevant.

One of the answers to these challenges lies in the principles which were set forth by Hippocrates. Hippocrates was born around 460 BC on the Greek islands of Kos; Hippocrates revolutionised the practice of medicine by shifting from the suppositious beliefs to ones rooted on observation and ethics. Dating back to 400 BC, the Hippocratic oath represents a foundation in medical history where it preaches values such as to 'abstain from whatever is deleterious and mischievous.' Remarkably, its influence and his legacy remains with some medical schools today continuing the tradition of reciting the oath as part of graduation ceremonies.

The Oaths principles -such as 'do not harm,' and prioritizing patient welfare- remain crucial in guiding the ethical use of AI in healthcare. AI needs to be protected from unauthorized access from people outside the systems. Not only does AI have access to personal and sensitive data but many think that AI is just good systems with bad data. In healthcare there is a significant risk that a non-human has access to life-or-death consequences. If the underlying data used to train such technologies is bias or discriminatory, then the effects in healthcare could be catastrophic. For example, biased AI may result in unequal access to treatments or inappropriate prioritization of patients. Unlike AI, human judgment is deeply rooted in ethical principles, such as those that are outlined by the Hippocratic oath which promotes the duty of treating all patients with care and compassion. Medics are trained to understand the context of each patient and consider factors like social circumstances, psychological state and their cultural background as opposed to being solely reliant on mere date points. A patient's socioeconomic status might affect their ability to adhere to treatment, or their cultural beliefs may influence their inclination to undergo medical procedures. This approach coincides with the prescription of only beneficial treatments as the Hippocratic oath states: 'I will follow that system of regimen which, according to my ability and judgment, I consider for the benefit of
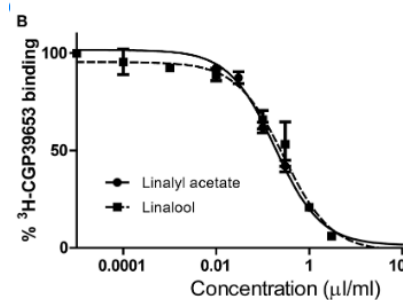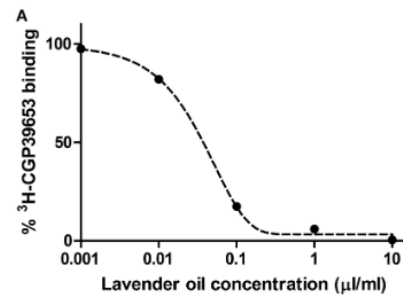
my patients.' If AI systems are going to be integrated into decision making in healthcare, how can we ensure they account for complex factors to provide equitable healthcare?

Every day around 350 people die due to lung cancer. Early detections are critical to help increase survival rates as it allows for the swift surgical removal of cancerous tissues before the illness spreads throughout the body. Although the use of low dose computed tomography (LDCT) scans are a dominant tool in spotting the early stages of lung cancer, radiologists have problems due to the sheer volume of images which they must analyse. But even with the introduction of new technologies to the healthcare sector the deadliest cancer still claims many lives.

A new technology produced by Harvard in collaboration with researchers at MIT helps analyses LDCT scans from patients in the US, helping predict the individuals' chances of getting lung cancer. This technology was developed by researchers at MIT's Abdul Latif clinic which was in collaboration with the Mass General Cancer Centre and Chang Gung Memorial Hospital. This invention which is named *Sybil* represents a significant step forward in the early detection of lung cancer. *Sybil* analyses LDCT scans as it conducts a much more thorough screening by analysing the LDCT scans and predicting the probability of a patient acquiring lung cancer within six years, all of this occurs without the professional assistance of a radiologist. This ability to predict a patient's risk of getting lung cancer within six years provides a highly valuable tool for early surgical intervention which increases the survival rate highly. The National Institute of Cancer states: 'After 5 years, 63.6% of patients who underwent lung-sparing surgery and 64.1% who underwent lobectomy had not had their cancer come back. The 5-year overall survival in the two groups was 80.3% and 78.9%, respectively.' This suggests that early detection substantially increases survival rates, and Sybil has the potential to play a crucial role with detecting early stages of lung cancer in the future. The system itself boasts impressive accuracy when it comes to prediction, as it achieved C – indices of 0.75, 0.81, and 0.80 across a broad range of datasets provided from the Nation Lung Cancer Screening Trial. As this technology continues to develop into a clinical setting, it holds the promise of significantly reducing lung cancer through its life saving algorithms.

This example clearly highlights how AI can be efficiently implemented into the healthcare system, and using its predictive capabilities to assist medics in making the correct decisions with patient care.

In order for AI to be used both effectively and ethically the reverse must be considered. An article in 2018 *by France L. Ruta* for *The Economist* discussed the risks of AI and it stated, 'We need to develop AI that aligns with human values.' For AI to really benefit healthcare we must understand that AI currently cannot feel human emotions such as love and compassion towards a patient. It must be designed in an according way that respects the ethical principles which have long been deeply rooted in medical practice. This includes the patient being treated with dignity and empathy, and its creators are transparent with algorithms which ensure that patients feel safe. However, AI will always fall short of achieving human ideals. No matter how advance tech creators make AI, it will always lack the intricate characteristics of human nature that are fundamental, to truly effective and compassionate healthcare. AI can process vast amounts of data and identify patterns much quicker than any human and this is how it can be correctly implemented into the healthcare system, but it can't genuinely understand emotional and psychological complexities of human experiences. Ultimately, AI in healthcare should be seen as a tool which coincides with human capabilities, not replace them. This approach respects the ethical dilemmas and ensures that technological advancements   serve to enhance and not undermine the core mission of medicine.

Overall, the evolution of medicine reflects a broader shift in ethical priorities, and highlights both the promise and pitfalls of modern advancements. While innovations such as AI hold immense potential, we must weigh them against ethical principles which are deeply rooted in history. AI's ability to process data and predict outcome as demonstrated by sybil, can vastly improve diagnostic accuracy but it must be implemented in a way that coincides with a healthcare professional and respects the patient's dignity. Ancient scholars like that of Hippocrates and Ibn Sina, championed patient care and equitable access-value which are heavily challenged by today's pharmaceutical industry. The industry's focus on profit and the heavily inflation of drugs, often at the expense of affordable access to essential medicines, vividly contrasts with the patient-centred ethos past. To resolve these issues, we need to align AI and pharmaceutical innovations with high ethical standards. This means that healthcare can break with the past in terms of embracing cutting edge technologies but maintain the values patient centred and equitable access.

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3 Will Bury (Rugby School): How does luck impact the way that humans are viewed to be moral or immoral?

In the modern-day justice system in the United Kingdom, along with the judgment of humans on a day-to-day basis, humans are subject to luck. This is called moral luck and was first written by English philosopher Bernard Williams in 1976 but was expanded upon by Thomas Nagel. The concept of moral luck suggests that any given human will be assigned differing moral blame or praise due to factors which they had no control over. Moral luck can be divided into four categories: constitutive, circumstantial, causal and consequential. Constitutive luck is dictated by the type of person you are and certain traits you are born with. Circumstantial luck is the way that a person finds themselves in a situation influenced by factors they do not control. Causal and consequential luck refer to the way that the moral choice a person makes does not correlate with the real-world outcome it produces. Moral luck has surely impacted a plethora of human history and will continue to do so.

I have aimed to gain a more in depth understanding of the concept of moral luck and how it is present in society. The primary form of research that I used was the book 'The philosophy of free will'. Nagel's essay (1979) is shown in pages 31 to 43. Nagel is a pioneer of the way that moral luck is thought about and was one of the first to discuss the topic in depth. I chose not to use Bernard Williams' work on moral luck. This is because Nagel used Williams' ideas as the foundation for his paper but also further expanded on ideas around the topic.

A human born to be envious or prideful may use the same will power to control bad impulses as a person with good impulses does acts of good. This, in totality, is the same effort to be good but provides different results. We, in the nature of being human, possess a variety of different degrees of envy, pride and all other emotion in the blueprint of our soul. This is explained well when Thomas Nagel says, "To possess these vices is unable to help having certain feelings under certain circumstances, and to have strong spontaneous impulses to act badly" (Nagel 37). It is like the way that some people excel in mathematics at school, and others find it far more difficult. We do not simply assume that one person tries harder than the other in this scenario, although in some cases this is true. Instead, society and the common person will acknowledge that one is born better than the other at maths, not that the other lacks the willpower to become better. Nagel questions the way that we view people with certain emotional vices and virtues at such a contrast to those with mental and physical ones. However, the reason as to why we cannot implement this way of judging one person's morality to the next is that we do not know the specific vices they possess. It is impossible in almost all circumstances to prove how much willpower a person uses to try to act morally. Thomas Nagel explored the thought of how much a person's mood and current affairs might cause them to do wrong. I found this to be a relatable topic, but it also incurred a great moment of sonder for me. If presented with a person with a negative demeanour, I, like many others, instantly rush to the conclusion that it is their own fault. Especially when interacting with people I do not frequently do so, somebody that treats me unfairly or possesses a particularly angry and unforgiving swager leaves the impression to me that they are a bad human in a general sense. I believe that most people in society today would do this. In fact, judging a person solely by the way they have treated me is an entirely fractional portion of their moral intentions and actions as a whole. One example that I believe most people have faced is a teacher. In the instance that a teacher you are not particularly associated with, or may have only just met, gives a strict punishment or a stern word to you, most people instantly think of this teacher as a 'bad' teacher. In reality, this is an extremely haste approximation of the teacher's character and proficiency as a teacher. It is easy to quickly and recklessly label teachers or any other people like this, and in many cases, it will feed into a person's negative feelings.

In society today, often there are situations where moral blame is placed or dismissed based primarily by the consequence of their actions, instead of the action itself. For example, two people punching someone out of anger at a bar can be punished very differently. In the instance that two men identical in every way engage in a physical altercation at a pub, one could only minorly injure their opponent whilst the other could end up killing them. Maybe one of the opponents falls and lands his neck on a chair and breaks his neck, but the other could just fall down to the floor. In such a scenario, the laws of our modern-day society would dictate only one of the men be sent to prison, on the other hand, another would be free with little to no punishment or consequence. It feels unfair that two men identical in motivation and ability should be affected in such a contrast. However, a view I take to better understand why this happens is by thinking of the first action as a sort of gamble. There is a chance, albeit small, that the

average pub fight escalates to a scenario in which one of the two parties dies. It will not happen every time but must happen in some cases. There would be an injustice if none of the many times aggressors did this, they faced real dire consequences, as there is always the possibility of it happening. The injustice present is the random luck and specifics of such an encounter, which in truth affects every decision a person will ever make. A comparable scenario could be driving past the speed limit late at night. It is not likely that you hit anyone, but you still run the risk, and some people that do this will hit people. This, in effect, is the kind of luck that Thomas Nagel aims to describe. The way a person is viewed as morally right or wrong is often shifted by factors they cannot personally control. "Someone who was an officer in a concentration camp might have led a quiet and harmless life if the Nazis had never come to power in Germany. And someone who led a quiet and harmless life in Argentina might have become an officer in a concentration camp if he had not left Germany for business reasons in 1930" (Nagel 32). This is a perfect example to indicate the drastic change of how we view one person to another, although they had equal capacity to commit the same act. The luck here lies in whether you have been placed in such a scenario. To be seen as brave or cowardly, you must first be presented with the chance to prove so. This leads to a further complication; should we or should we not punish people based from their willingness, given the right setting, to do a crime that they may not have committed yet. Nearly all human beings have the capacity to murder and yet choose not to. One explanation as to why some people commit murder is that anyone would, given the same circumstances that they face in life. this idea is notably more prominent in discussions around youth crime and drug use. An additional 5 years with the biological father decreases the probability of smoking, drinking, engaging in sexual activity, marijuana use, and conviction by approximately 5.3, 1.2, 3.4, 2.2 and 0.3 percentage points, respectively. This data was recorded by using the National Longitudinal Survey of Youth and its Young Adult Supplement (Springer.com).

"When we undermine moral assessment by considering new ways in which control is absent, we are not just discovering what *would* follow given the general hypothesis but, are actually being persuaded that in itself the absence of control is relevant in these cases too". Here Nagel explains the problem with how many philosophers have proposed ethical dilemmas thus far in history. Given a situation which is completely controlled and relies only on one key decision or factor, a person's moral values are not put into test in the way they would be in everyday life. In reality, simple decisions of right and wrong do not correlate to real-world consequences. There are many principles we can conclude from the concept of moral luck. One which I find to be comforting is that a human committing acts of wrong is not necessarily a bad person. Another, which I believe all of society should adopt as a default principle, is to not judge a person based strictly on a certain case of wrongdoing. Instead, I believe that we should look at the context of a person's actions and offer help and forgiveness to them. I recognise that this is easier said than done, but I am also doubtless it should be considered when assigning moral blame to a person.

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4 Diya Dhokia (Rugby School): Animals: Friends or Food?

In recent times, debates over the consumption of meat have escalated with increasing numbers advocating a plant-based lifestyle. Many incentives prompt this mindset shift including growing ethical, health, and environmental concerns encouraged by emerging research in corresponding areas. This fosters a heightened sense of compassion and understanding for the butchered animals along with growing awareness for the harmful effects on the body, such as inflated risk of heart disease and possibility of an early death (British Heart Foundation). Through the exploration of these factors, I aim to encourage reductions in meat consumption and elevate dietary habits, thereby, cultivating a healthier lifestyle.

Religion plays a critical role in the lives of billions worldwide. Religious beliefs have the power to govern followers' lives in aspects such as daily routines, clothing, and diet. For example, Christianity, in the Bible, teaches followers ideas such as 'dominion' (Genesis 1:28) - the idea that we have power to rule over nature on behalf of God. This concept includes authority over animals, and the right to hunt, breed, and eat them, however, many believe that this is immoral and cruel. With Christianity as the predominant religion in the United Kingdom, meat is a popular delicacy enjoyed by 84% of the population (Edwards). Contrastingly, Hinduism influences four in ten Indians (Corichi) to abstain from consuming animal flesh. Not only do Hindus limit their meat intake, but they also do not eat cows due to the belief that as a mammal, cows are a more complex life form. Also a prime dairy provider, cows are more beneficial than their surface level flesh, meaning that killing them is far less economical and wasteful. Hence, Hindus grew to utilise them in other ways (Amin) such as drinking their milk, for cheese, and in yogurts. Vegetarianism is so common in India, that any food containing meat is marked as 'non-veg', the opposite of Western society where only vegetarian food is labelled, emphasising the normality of the diet. This system shows the deep roots of religion in Indian society and complements the discipline held by vegetarians. Speaking of deep roots, Jains and stricter Hindus exclude root vegetables in their diet, with the idea stemming from the principle of 'Ahimsa', meaning to "not injure, abuse, oppress, enslave, insult, torment, torture, or kill any creature or living being" (Sen 1298-1302). Jains respect the concept of Ahimsa to such an extent that some monks walk the streets of India carrying a broom, sweeping insects away as to not accidentally step on them. This response reflects their peaceful and compassionate nature towards other Earth inhabitants, one we should all aspire to undertake. Unlike Hindus and Jains, Christians understand animals to be a practical utensil, using them for food, clothing, and entertainment - following Genesis 1:28, which encourages humans to "rule over animals." This sense of dominance held over animals leads to not only their consumption, but the keeping of pets, with 57% of UK households owning a pet (Martins). Pets are an outlet for some, a consoling companion used to relax, and a service for others, helping them with disabilities through struggles of life. However, it could be said that from the animal's perspective, they are confined and forced to live amongst another species after removal from their natural environment. Regardless, which animals are suited to keep as pets, and which should we keep in the wild? The Bible contains stories about dogs being used for chores but gives an overall negative impression, using insults such as "Watch out for those dogs, those evildoers, those mutilators of the flesh" (Philippians 3:2). Correspondingly, Hinduism condemns keeping pets for a comparable reason to the Bible - cleanliness. This is based on the Sanskrit phrase "Saucha," meaning purity of the mind, speech, and body. "Saucha" focuses on keeping good health internally and externally, thus the disapproval of pets due to germs and disease (Antaryamin). To summarise, Christianity proposes control over animals as humans are perceived to be of greater significance. Hinduism disagrees and places value upon other animals who are believed to be more important and provide a greater impact on Earth. These two major religions' views may not align perfectly, but the underlying message can be inferred as to treat animals with respect and recognise their indispensable role on Earth.

The nutritional benefits of a plant-based diet have been a controversial topic since its emergence. Many people choose the lifestyle with the belief that it will aid their mental and physical health, however, others determine that it leads to weakness and a lack of nutrients. For a diet to be healthy, it must follow the Eatwell Guide (NHS) which provides a visual representation of a typical day's worth of food. The guide comprises of five sections - fruits and vegetables, carbohydrates, oils and spreads, dairy and alternatives, and proteins – each making up a full plate of food when combined. The exact balance of each section does not need to be met on every individual plate, but you should aim for the total food consumed in a day to match the guide. Most of the food groups can be easily met by a vegetarian with the exception of protein, since meat and fish are traditional protein sources. This issue leads us to 'fake' meat or meat alternatives. Production of the plant-powered product rose heavily to comply with the demand for a healthy,

vegetarian protein source, meaning options are plentiful. These choices range from 'bleeding' burgers to thick-cut filets which mirror their favoured meat counterparts. As technology develops, each product becomes increasingly realistic, narrowing the gap between real and replicate. This means they have similar flavours, textures, and appearance but contain entirely different ingredients. A common misconception about mock meat is that it lacks nutrition and is ultra-processed, meaning it is swamped with unnecessary chemicals attempting to lengthen shelf life. However, after comparing 100g of a "Juicy Marbles" vegan thick-cut filet to 100g of filet mignon, this can be disproved. While the meat may have 8g more protein at 26g, the vegan replacement contains only 7g of fat with the meat at an excess of 17g, and contains a minimal 156 calories compared to 267 calories (Juicy Marbles) (Nutritionix). If both filets are cooked and served identically, we can determine that the plant-based plate will be healthier and more nutritional. The downside of plant-based meat is the nature in which it is composed. Some vegan meat tends to be ultra-processed, meaning it has undergone several processing steps and contains artificial additives (Banner). In order to duplicate meat, flavour enhancers, and other chemicals are added to the so-called 'plant-based' product (Torrens). Whilst these chemicals can be unhealthy, they are almost unavoidable in both animal meat and vegan meat, sometimes with the real meat encountering more processing. Some popular ultra-processed meats are hotdogs, bacon, and sausages (Thomme), all of which contain excessive sodium and unnecessary fat. With vegan meat also more nutritious than red and processed meats, the sensible choice is to opt for plant-based foods.

Moreover, beans, lentils, and pulses are also a nourishing source of protein and they are easy to implement into any meal. Not only are they cost-effective, but they also contain minimal processing and fewer added chemicals. This means it is possible to meet and exceed nutrient goals as a vegetarian, yet another reason to adopt a plant-based diet.

Many meat-eaters contend that it is 'natural' to eat an animal but is this truly the case? Studies have proven that humans are not conditioned to eat and digest meat in the same way a carnivorous animal might. For example, tigers have carnassial back teeth which allow them to shave meat off their prey, just like a knife blade (Seaworld). Human back teeth (molars) are composed to grind and crush vegetables, unlike the shearing tiger teeth. This is supported by our jaw movement, which, like herbivores, move up and down and also side to side, enabling us to chew fruits and vegetables comfortably (Peta, 2024). Humans also have short, soft fingernails and dull canine teeth, meaning we require the aid of knives and forks to break meat down. Contrarily, carnivores are favoured with sharper claws and larger teeth equipping them to tear flesh without the interference of tools. These biological differences disprove the idea that meat is 'natural' to eat, showing that our bodies are suited to eating fruits and vegetables instead. More corroborating evidence includes the length of our intestinal tracts. Spanning close to eight metres (Sethi & Villines), the human intestines are significantly longer than the typical carnivore, giving the body more time to break down fibre and absorb plant nutrients (Peta). Another comparable feature of the human body is stomach acid. A carnivore's stomach acid whilst consuming food, is equal to or below a pH of 1, which is immensely high. Human stomach acid is approximately 4.5 pH, a substantial decrease. This means we are unable to break down meat and kill harmful bacteria, proving our inability to eat raw meat.

There is also proof that humans have a compelling tendency to care for and look after animals. This is evinced by the separate terms used to discuss an animal. To illustrate, a cow spotted in a scenic, countryside field is referred to as a 'cow', yet that same cow after being cut, cooked, and served is called beef. Perhaps we created these harsher, unemotional terms to delude ourselves into accepting the act of killing an animal for food and to make the situation feel humane and reasonable. Another indication of our caring character is the reaction of our brains when met with the reality of the gruesome murder, required to eat the meat we so desire. Most humans are repulsed with the sight of blood, flesh, and internal features of any animal. Whilst cooking the flesh may make it appear and taste more appetising, no true meat-eating species shares this reaction. Thus, certifying our fabricated craving to eat the flesh of a fellow animal.

In closing, should we continue eating our flavoursome friends or merely appreciate their companionship as fellow residents of our planet? The accumulated evidence cherishes the theory that we were never 'originally' supposed to eat them. This is especially endorsed by the biologic differences between humans and certified carnivorous animals. Whilst some may argue that financial and environmental impacts also contribute more material to the topic, the chosen three (religion, nutrition, and biology) allude to traditional arguments before economic and climatic factors became a considerable discussion. This allows us to link these ideas to our ancestor's food patterns and understand the choices they made respective to cuisine. Despite the evidence in this essay, it is clear that eating meat is not entirely unorthodox or inconsiderate, with most not knowing otherwise. Nevertheless, I hope it has prompted a reflection of your dietary habits and stimulated an interest in the benefits of plant-based living.

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The British empire, once the largest in history until its demise in 1997, stretched across various continents and at its peak covered one quarter of the world while ruling over 500 million people. The range of countries Britian colonised includes U.S.A, Jamaica, India, Australia, Nigeria and more. Although through the empire's harsh enforcement of power and control overseas land became poorer as the money and resources were exported back to Britian as well as indigenous languages, religions and general traditions were supressed or altered as people were forced to assimilate to British culture. The changes made by colonisers resulted in long last consequences as challenges were projected upon the native people lasting through multiple generations. This essay will display both the colonisation period, the following results and damages left behind and how the British policies changed what it meant and felt like to be human in Australasia, specifically India and Australia.

The period of British colonisation in Australia began as Britian began facing the challenge of overcrowding of convicts in prisons. They used to export them to their North American colony however following the American revolution this was no longer possible, so they sought out an alternative location. The most severe criminals were sent away to prisons or penal stations, they were forced to work from sunrise to sunset facing whippings, being chained in irons or execution if they disobeyed or attempted to escape. The rest served free settlers with men doing laborious tasks like cutting trees and constructing buildings while women did domestic work such as cooking or cleaning. The initial devastating issues include violent conflicts such as the Frontier wars as natives fought to defend their countries due to the British carrying out massacres in order to expand their colony. The British also introduced deadly epidemic diseases such as measles, smallpox, tuberculosis and cholera to which the aboriginal Australians had no immunity allowing these viruses to spread rapidly contributing to the drastic decline of the indigenous population. Furthermore, the colonial authorities imposed British culture, religion and their language onto the native people. English became the dominant language which eventually led to the decline of indigenous languages which resulted in the loss and extinction of these languages which contributed to the loss of cultural identity. As the British expanded their control over Australia, they began implementing assimilation policies, defined by Britannica as 'the process whereby individuals or groups of differing ethnic heritage are absorbed into the dominant culture of a society'. *(Britannica – colonial Australia)* One of the most tragic outcomes of these policies was from the mid-1800s to the 1970s where aboriginal children were stolen from their families, known as the Stolen generations. Children were forced into institutions or adopted by non-native families, many suffered harsh treatment, cruel conditions and sexual abuse. The "Bringing them home report" by commissioners Mick Dodson and Sir Ronald Wilson highlighted the issues associated with the forced removal of children. They state that 'three of every ten children had been forcibly removed from their families' and 'there were also tragic disclosures of the ongoing medical, psychological and emotional problems, addictions, mental illness, incarceration, violence, self-harm and suicide that haunted the Stolen Generations'.

Following many years of debating and drafting, the six colonies joined together on January 1st, 1901, to become the Commonwealth of Australia as they gained dominion status, however the final relinquishment of British powers occurred on March 3rd, 1986. The Immigration restriction act of 1901, alternatively named the 'White Australia policy' restricting the number of 'non-white' immigrants allowed to enter Australia, defined by the National Archives of Australia as 'An Act to place certain restrictions on Immigration and to provide for the removal from the Commonwealth of prohibited Immigrants'. In order to limit this, they introduced a dictation test; to pass the test, they were made to write 50 words in any European language, as dictated by an immigration officer. The policy was fuelled by racial prejudice targeted at hindering particularly Asians and pacific islanders' migration into Australia as well as their underlying fear of immigrants competing for jobs or "threatening" the new cultural identity of their nation. Overtime the arrangement was deconstructed beginning in the late 1950s following the second world war as Australia realised, they had to increase its population and labour force. Initially the immigration programme focused on attracting Europeans but eventually due to pressure from internation bodies they understood the benefits of a multicultural society. The Migration Act of 1958 introduced a less complicated system of accessing entry permits and eliminated the controversial dictation test. The remnants of the policy were removed through the Racial Discrimination Act of 1975 which made it unlawful 'to discriminate against a person on the grounds of race, colour, descent or ethnic origin'. This whole concept highlights how following Australian independence the powerful influence and legacy of the British empire remains as there are still discussions over apologies and reparation for

affected families *(National archives of Australia - The Immigration Restriction Act and the White Australia policy)*
On February 13th, 2008, Prime Minister Kevin Rudd issued a formal apology to Australia's aboriginal people particularly the Stolen Generations. This national apology was regarded as a huge milestone towards reconciliation *(Parliament of Australia)*

The British raj had control over the India subcontinent from 1858 when it took over control from the British East India company, until its eventual end in 1947 with the independence of India as it split from Pakistan. India was initially used as a trading body by the British East India company so English merchants could participate in the East Indian spice trade and later added items such as cotton, silk, tea, opium and indigo and they also took part in the slave trade. They became involved in politics and as an agent of British imperialism from the early 1700s to the mid-1800s. On August 2nd, 1858, the Government of India act was instated transferring power over India from the East India company to the crown. This occurred due to the increase in uproar following the introduction of the new Enfield rifle where soldiers were made to bite off the end of greased cartridges. However, rumours spread that they were greased with cow and pig fat which is forbidden for Muslims and Hindus. Those who refused were given long prison terms, put in jail or fettered. This led to further commotion and on May 10th soldiers mutinied against British officers and the rebellion quickly expanded to northern and central India.

Instantly the transfer of power led to a multitude of problems for the Indian people. India became an economic colony as the British drained its wealth by exploiting its resources and increasing taxation. Indians were forced to grow crops such as cotton rather than the usual food crops which contributed to the famine that frequently hit. Additionally, the Indian workers were made to undersell their goods to the British so they could be sold at a higher price back in Britian. This led to an increase in poverty levels leaving the people even more vulnerable when famine hit. The British managed to sell the goods at cheap prices and they were given tax free entry into India. However, for Indian products they were heavily taxed when sent out of the country and the government often imposed a protective tariff on the Indian textiles. Overtime India changed from exporting clothes to becoming an exporter of cotton and a large importer of British-made clothes leading the weaving industry to its virtual collapse and left many weavers unemployed *(National institute of open schooling – Impact of British rule on India: economic, social and cultural – pg. 111-112).*

Moreover, they also introduced policies and altered cultural norms that brought social change to Indian society. The British began introducing the English language to India through strategies such as educating them in their language. They had the assumption that a few English-educated Indians would spread their culture throughout the population. As an incentive they primarily hired those who knew English, further compelling Indians to go for an English education *(National institute of open schooling – Impact of British rule on India: economic, social and cultural – pg. 118).* Child marriage became increasingly common in India, but it led to the chance of sickly children and widowing. However British rulers were cautious about dealing with issues that surrounded Indian society and religion, yet the government finally agreed to amend the 'Section 375 of the Indian penal code by raising a girls age of consent for consummation of marriage from ten to twelve' also indirectly telling parents to stop child marriage. On January 9th, 1891, the Age of consent bill was introduced. *(Age of consent (amendment) act 1891: Bengali reaction to a penal legislation with a social reform bias by Atri Kumar Chatterjee)*

On the 4th of July, Clement Atlee the British prime minister announced to the House of commons the Indian Independence Bill. They declared the separation of India and Pakistan as two independent dominions. From the 15th of August, the British government would no longer control or have any responsibility for the government in India *(Chronology of International events and documents – pg.386-388).*

A key figure in the movement towards independence was Indian leader Mohandas Karamchand Gandhi, his selflessness later earned him the title Mahatma meaning 'great soul' in Hindi. Early on in the 20th century he fought and struggled to gain racial justice in South Africa but is more well known for his work towards overthrowing British rule in India. *(Mahatma Ghandi by Christine Hatt – pg. 4)* Following his mixed success in South Africa he returned to India in 1915 due to the invitation from one of the leaders of the INC. He initially refused to get involved but after viewing the harsh methods used by British authorities, he began promoting non-violent civil disobedience campaigns. This was in response to the Amritsar massacre where thousands of unarmed civilians gathered by the Jallianwala Bagh to celebrate Sikh new year, the British viewed this gathering as a violation of prohibitor orders and began to fire without warning leaving 379 dead and more than a thousand injured. In 1930, following the damaging decades long taxation of salt as protest of the injustice Gandhi and followers marched to the sea to collect salt from the sea which was tax-free. This demonstration aided Britian to recognise Gandhi as India's top leader and invited him to London to negotiate with the Government of India Act. *(BBC Bitesize – Indian nationalism and the life of*

Mahatma Gandhi) The Quit India movement was planned by Mahatma Gandhi and the Indian National Congress as a nonviolent protest. The British authorities tried to stop protests by arresting Congress leaders was ineffective as it escalated into violence resulting in the death of one thousand Indians. It didn't achieve independence but pushed the British to consider decolonising India. He played a significant role in discussions leading up to the independence of India. *(Britannica – Quit India movement)*

Following their independence, they established a democracy in 1950 allowing political stability and rights for the Indian people and set up five-year plans. Initiatives like the Green revolution reducing poverty and famine as well as industrial projects. In 1991, India needed economic reform so made changes such as devaluing the rupee by 20% to make Indian goods cheaper overseas, licenses were no longer needed for products, brands of all kinds flooded the Indian bazaar. The economy thrived with the GDP growing by ten times. *(BBC news – 1991 reforms: the year that transformed India)*

Even though they made changes and recovered following British rule it still caused detrimental effects on the country including languages and cultural aspects that can never be retrieved.

The damaging impacts of British colonisation left a lasting legacy that continues to shape both nations. In Australia, colonisation led to mass displacement of Indigenous Australians, widespread disease, violent massacres and profound cultural disruptions. The 'Stolen Generations' exemplify the long-term harm imposed by the crown and the policy still effects the Aboriginal communities in modern day. Contrastingly, India experienced economic exploitation and altered cultural norms under the British crown. Although during British rule, the crown established railways, educational institutions and laws that largely influenced the way India is today though this makes no excuse for the damage done. In conclusion, the British brought significant changes in both India and Australia. The culture loss, exploitation and social injustice resonates in present time. The legacies left behind help remind us of the painful histories of many countries as leaders assist growth and work towards reconciliation with those effected.

6 Kit Howells (Rugby School): How did historical events of the 20th century affect the evolution and culture music in UK and US

The earliest musical instruments are believed to be 42,000 to 43,000 years old[83] and making music is one of the defining characteristics of human beings. It is possible that as long as there have been humans on the earth there have been musicians. However, the music that we play has, in my opinion, been increasingly moulded and changed by the times in which we live, and, more importantly, by the contemporaneous historical events. This is particularly evident in the evolution of popular music, and in this essay I will focus on three periods of the later half of the 20th century and seek to show how popular music evolved in these periods.

The Birth of Pop Music and Rock'n Roll

The beginnings of Pop music are generally believed to lie in the work songs of slaves in plantations, often used in hard labour to maintain rhythm in labour, in the southern states of America. Post-Abolition, this "Proto-Blues" music changed to form the different kinds of Blues music in various areas. It was the abolition of slavery and the freedom of African-Americans to travel and express themselves that enabled this evolution. This variation came from what is referred to as the First Great Migration (1910-1940)[84]; with many African-Americans moving from the south into northern, more urbanised areas and bringing 'the Blues', with them. The differing locations spawned differing styles, for example many Mississippi blues players such as Muddy Waters, Robert Johnson and Howlin' Wolf,[85] moved to Chicago[86], and the noisier urban clubs caused them to turn to louder electric instruments, such as early electric guitars and electric bass guitars, forming the Electric Blues genre in the late 1940s, with notable artists including a later Muddy Waters and John Lee Hooker[87]

After World War Two, there was a population surge in the western world that is commonly called the Baby Boom (1946-1964)[88]. The baby boomers were, in large part, the children of veterans of the Second World War and looked set to be the first generation of, post-industrial revolution, 20th century whose upbringing was, in large part, not blighted by war. These young people had unprecedented disposable income and leisure time. They did not want to listen to the music their parents liked, such as crooners like Frank Sinatra and Mario Lanza and Country music from Doris Day and Frankie Laine that were very popular in the late 40s and early 50s. Young people turned to something to drive their joy - rock and roll.[89]

With the Great Depression following the Wall Street Crash of 1929, in the United States big bands became less common as it was cheaper to have smaller groups, and these groups popularised a kind of heavy beat blues known as Jump Blues, which along with Rhythm & Blues and Jazz, later influenced Rock and Roll of the post-war era. Much of this music was referred to as 'race' music and only played on black music radio stations but after the white-focused stations closed at night, young, white teenagers tuned into these stations and it became very popular among the youth, inspiring those who would later popularise rock'n'roll to the masses such as Elvis and, later, Jerry Lee Lewis.[90] It was, however, Bill Haley and his Comets who would have the first worldwide rock hit with "Rock Around the Clock" in 1955. The fact that it was the theme to the movie "Blackboard Jungle" which was widely banned due to its liberal approach to race made the song all the more popular with young people.[91]

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[83] Ghosh, P. (2009) "Oldest musical instrument' found', *BBC News*, 25 June. Available at http://news.bbc.co.uk/1/hi/8117915.stm (Accessed: 8 August 2024)

[84] National Archives and Records Administration (2021) *The First Great Migration (1910-1940)*. Available at: https://www.archives.gov/research/african-americans/wwi/great-migration (Accessed: 9 August)

[85] Encyclopædia Britannica, Inc. (2020) *Mississippi delta blues*. Available at: https://www.britannica.com/art/Mississippi-Delta-blues (Accessed: 10 August)

[86] Komara, E. M. (2006) *Encyclopedia of the blues.* New York: Routledge

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[88] Encyclopædia Britannica, Inc. (2023) *Baby boom.* Available at: https://www.britannica.com/topic/baby-boom-human-population (Accessed: 14 August)

[89] Encyclopædia Britannica, Inc. (2024) *Baby boomers.* Available at: https://www.britannica.com/topic/baby-boomers (Accessed: 14 August)

[90] Sky HISTORY TV Channel (2024) *The 1950s.* Available at: https://www.history.com/topics/cold-war/1950s#1950s-pop-culture (Accessed: 12 August)

[91] Stanley, B. (2023) *Yeah Yeah Yeah: The Story of Modern Pop.* Second Edition. United Kingdom: Faber & Faber

This set out a dry tinder for the 'King of Rock'n'Roll': Elvis. The sexuality of Elvis' performances were unforeseeably popular with young women, an example of this is his appearance on the Ed Sullivan show, on 9th September 1956, when, after striking 'an outrageous valentino pose', the crowd 'drowns out the last few lines in ear-shredding screams'.[92] With the birth of rock and roll came the obvious creation of the generation gap, as teenagers aspired (and still aspire) to be anything but like their parents.

Vietnam and protest

One of the best examples of how historical contemporaneous events changed music is the Vietnam War (1954-1975).[93] In this period, the events of history have a clear effect on music history with changes in protest music and popular music. This time period is well known for its broad range of protest songs, from simple folk songs to the, then newly created, heavy metal, an aggressive form of hard rock.

The early Vietnam protest songs, beginning around 1965, were often in a folk format. One of the central artists in this era was Phil Ochs. One of his most popular songs at the time, 'I Ain't Marching Anymore' (1965), was a response to the Battle of Ia Drang, 14-18 November 1965, "the first major clash between U.S. Soldiers and North Vietnamese troops"[94], which resulted in hundreds of casualties for the U.S.. This song is an amazing example of music being used to speak against the violence.

As well as protest songs, there were many protests, some becoming violent, against the war and many countercultural riots also took place. One of the most notable of these is the Sunset Strip Riots, taking place in the area, commonly known as the Sunset Strip, surrounding Sunset Boulevard, West Hollywood, California, in November 1966.[95] The riots were a response to Police shutting down anti-war protests of teenagers in the Sunset Strip area. These riots produced one of the songs that is a key song in the soundtrack of the Vietnam war: 'For What It's Worth' by Buffalo Springfield. According to Historian Mike Davis this song would become the Strip's "battle anthem". This series of riots marked a change in culture; anti-government protest had not been so widespread and common before this period and music would follow as artists continue to be use music for protest.

Counter-cultural behaviour, the alternative social behaviour of some of the youth, at this time would make history with the phenomenon that was the 'Summer of Love'. The summer of 1967 is now known as the 'Summer of Love' due to the enormous gathering of hippies, counter-culturalists and youths in Haight-Ashbury, San Franciso. Between 75,000 and 100,000 young people attended and "they arrived to take part in a community that valued freedom, nature, and art over capitalistic mores"[96] with the idea of liberty from Society's bounds being a central idea. Participants protested the Vietnam war, experimented with drugs and sex thus giving it the name 'Summer of Love'. On June 16th, the largest event of the summer took place, the Monterey Music Festival featuring many internationally-known bands such as "The Mamas and the Papas, Simon and Garfunkel, Jefferson Airplane, Janis Joplin, The Who, Otis Redding, and a guitarist then little-known among American audiences: Jimi Hendrix"[13]. This completed the three-part cliché: Sex, Drugs and Rock'n'roll - the term first coined in a LIFE magazine article[97] and popularised by songwriter Ian Drury in the song 'Sex & Drugs & Rock & Roll' (1977). This level of freedom of expression had never been seen before with many being liberal with sexuality in a way that was not seen as acceptable at that time. This movement gave popularity to Psychedelic Rock often associated with hippies.

As the war rolled on and the public saw darker and darker levels to the things happening in Vietnam, the music also branched into a darker expression of protest. A notable performance that exemplified these darker feelings being expressed through music was Jimi Hendrix's rendition of "The Star-Spangled Banner" at Woodstock in 1969.[98] Using his guitar, he created sound effects reminiscent of bombs exploding, reflecting those exploding in Vietnam. The birth

[92] Yeah Yeah Yeah - The Story of Modern Pop – Bob Stanley
Stanley, B. (2023) *Yeah Yeah Yeah: The Story of Modern Pop.* Second Edition. United Kingdom: Faber & Faber
[93] Encyclopædia Britannica, Inc. (2024) *Vietnam War.* Available at: https://www.britannica.com/event/Vietnam-War (Accessed: 14 August)
[94] Encyclopædia Britannica, Inc. (2024) *Battle of Ia Drang.* Available at: https://www.britannica.com/event/battle-of-Ia-Drang (Accessed: 14 August)
[95] Jackson, A. (2022) *"Everybody Look What's Going Down": The Sunset Strip Riots"* Available at: https://daily.jstor.org/everybody-look-whats-going-down-the-sunset-strip-riots/
[96] Encyclopædia Britannica, Inc. (2024) *Summer of Love.* Available at: https://www.britannica.com/event/Summer-of-Love-1967 (Accessed: 17 August)
[97] Kern, E. (1969) 'Can it happen Here?' *LIFE Magazine (406)* page.77
[98] Meisenzahl, A. & Peace, R. (2023) *Protest Music of the Vietnam War* United States Foreign Policy History and Resource Guide website https://peacehistory-usfp.org/protest-music-vietnam-war (Accessed: 16 August)

of heavy metal, as some hard rock records at the time were known, is often marked in music by the release of the Album 'Paranoid' (1970) by Black Sabbath. Its title track was very popular on the ground in Vietnam. 'War Pigs' the opening track of the album was firmly anti-war. Geezer Butler, the bass guitarist of the band, noted in an interview that the lyrics of 'War Pigs' are "totally against the Vietnam War, about how these rich politicians and rich people start all the wars for their benefit and get all the poor people to die for them"[99]. The genesis of heavy metal at this time changed music history as it is the root of many metal genres, which are internationally enjoyed.

The 70s economic crisis and Punk Rock

The major global energy crisis of the 1970s brought its own impact on music. The crisis was driven by the Organization of the Petroleum Exporting Countries (OPEC) halting oil trade with many industrialised countries in 1973 and later by the Iranian Islamic revolution of 1978. "Crude oil prices increased four-fold in 1974"[100], this increase in prices lead to hyperinflation – "Over the decade, CPI inflation … peaked at 25 per cent" [101]– and would result in the recession of the 1980s. Although the world was in crisis, the UK had further problems in the early 1970s, marked by the notorious coal strikes, organised by the National Union of Mineworkers (NUM). In order to conserve coal reserves there were nationwide power cuts, known as the Three-Day Week, which "limited commercial consumption of electricity to just three consecutive days every week with severely restricted hours within those days".[102] This crisis resulted in the nation living by candlelight and freezing at night.

As notable musical historian Jon Savage pithily puts it to contextualise the socio-economic background to the emergence of punk "In 1975, everything was shit"[103]. Punk Rock hit the main stage in April 1976 with The Ramones self-titled album as a reaction by the youth to the economic crisis. It emerged as an expression of anger, boredom and the desire to be free. The main drive behind Punk was to be anti-establishment, countercultural and to shock the mainstream. Punk rockers often would dress and act to challenge and outrage the public and corporations who were, for example, funding or organising their shows. One of the key factors that enabled the spread of Punk was the fact that "there came this idea that anyone could do it"[104], this 'do it yourself' approach led to numerous bands forming to play Punk music. The ideas behind Punk (with its rebelliousness and aggressive sound) continue to influence music to this day.

One of the most famous examples of Punk Rock inspiring musicians after the end of the Punk era is the overnight sensation that was the Grunge genre and its most famous band Nirvana, who often obviously ignored or purposefully sabotaged what they were required to do, exemplified in their performance of their hit "Smells like Teen Spirit" on Top of the Pops on November 25, 1991.[105]

Conclusion

In summary, music has forever been changed by the events of history in its style, how we listen to it and how it is used by artists. Throughout the latter half of the 20th century artists used music as a tool to express their emotions and voice their opinions to the World and artists still use their music for observation, criticism, celebration and protest. One of the most powerful performances in recent years was in protest. At the BRIT awards in 2018, rapper, Stormzy, called out the former Prime Minister, Theresa May, to protest the government's mishandling of the Grenfell Tower incident. '"Yo, Theresa May, where's the money for Grenfell? /What, you thought we just forgot

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[99] Popoff, Martin (2006). *Black Sabbath: Doom Let Loose: An Illustrated History*. ECW press.
[100] Office for Budget Responsibility (2022) *The changing impact of fossil fuel shocks on the UK economy* Available at: https://obr.uk/box/the-changing-impact-of-fossil-fuel-shocks-on-the-uk-economy/ (Accessed: August 20)

[101] ibid
[102] Sky HISTORY TV Channel (2024) *Blackout: The Three-Day Week – the UK's original energy crisis* Available at: https://www.history.co.uk/articles/the-three-day-week-britains-failed-response-to-the-1970s-energy-crisis (Accessed: August 20)

[103] Simpson, D. & Hodgkinson, W (2001) 'Punk: How was it for you?' *The Guardian,* 10 August, Available at: https://www.theguardian.com/culture/2001/aug/10/artsfeatures

[104] ibid
[105] Irwin, C. (2021) *Why Nirvana Self-Sabotaged Their Performance on 'Top of the Pops'* Available at: https://ultimateclassicrock.com/nirvana-top-of-the-pops/

about Grenfell"'[106], he rapped. This performance shows that the drivers and expression of protest and challenge through music lives on in rap and many other music genres. Popular music continues to be used to express views, emotions and protests and thereby to provide us with a window into the impact of events on society, particularly the youth.

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7 Jessica Hubbock (Holly Lodge): Has the gradual raising of the school leaving age been successful in increasing social mobility in England since 1880?

During the course of this essay, I will be discussing and concluding if the gradual increase in compulsory education has been effective in improving social mobility statistics across England.

What is social mobility?

The expression 'social mobility' is a blend of the 2 words: 'social' and 'mobile'. With the word 'social' relating to society or its organisation and 'mobile' meaning movement from one place to another. The term 'social mobility' comes from the Russian-American sociologist Pitrim Sorokin who originally explained that social mobility was a person moving from one social status to another (1).

Pitrim then began to research what made social mobility an easier process and looked into things like college rankings. After some time, Pitrim Sorokin added on to her explanation of social mobility and clarified that social mobility wasn't just the simple increase of annual income, but also an overall increase in opportunity within society, such as better respected jobs, and an easier access to healthcare

How has the compulsory educational timeline evolved over time?

Before 1880, education was only ever available to those who attended church schools, Education was always underfunded and always come with some sort of price, which most people were unable to pay due to the general poor living standards across England at this time. However, since then, there has been multiple acts put in place to ensure that education is more accessible to everyone, regardless of their economic status (2):

1880: Education Act (3)	Forced schools to enforce mandatory education to any student between the ages of 5-10 years old.
1893: Elementary Education, School Attendance Act (3)	Age of compulsory education rose to 11.
1899: Elementary Education, School Attendance Act (3)	Compulsory education then rose again, ensuring that students remained in education until they were 12.
1914: Education Act (3)	School leaving age is rose once again. Increased to 14 with the abolishment of elementary school fees.
1944: Education Act (3)	Leaving age increase to 15, with the provision of it increasing again to 16, also abolished all secondary education fees, making it free to all.
1972: Education Act (4)	This provision was finally put in place, with the school leaving age now 16.
2015- Participation Age (5)	School leaving age then becomes 18, but gives you the option to either enrol into a college or sixth form to begin A levels, train as an apprentice, or become employed in a job.

What was social mobility like before education became compulsory in 1880?

Finding research related to social mobility during the 1800's was challenging due to the overall lack of research taking place during this time. However, this period for England was the reign of Queen Victoria with a plethora of

issues in the social sector. Like today, society was split into 3 economic groups: lower, middle and upper class. However, the people of the upper class were also divided into 3 sections, this consisted of; royal, those who were a part of the royal family, middle upper for people who worked in important offices or were lords, and the lower upper, who were wealthy men and business owners. People who were a part of the upper class often had the privilege of not participating in manual labour, but instead hiring people of the lower classes to do these jobs for them (6).

This was a time that cities and overall economies began to 'boom' as a lot of what are now considered 'successful' jobs, became more popular to the people in society at this time. This included shopkeepers and government workers. People who were in 'white collar' professions had the advantage to promote themselves within their jobs to earn more money annually. Therefore, people who weren't originally working within these professions found it imperative to connect themselves with these people, in order to be a part of better companies, with more money and advantage, easier. People of the middle-class backgrounds were also split into certain groups: the higher level and the lower level. Stereotypically, people of the 'lower' level worked for the 'higher' level (6).

However, for some people, this 'boom' wasn't so good. A lot of people who were a part of this middle class didn't have access to the basic necessities that those of the higher classes would take for granted, such as clean water or education for their children. Additionally, people part of the lowest class, aka the 'under class', were in a very vulnerable state and relied completely on the help of others of higher classes because of the complete lack of job opportunities (6).

Children also suffered severely throughout this time, child labour was soaring. Instead of education, children's focus would be on the jobs they were doing, this included roles such as coal mining and domestic servants. The percentage towards child labour was soaring at this time, because of the complete lack of effort the higher class put towards improving these working conditions. In addition, as the government directed all their attention towards the higher class, as opposed to those who genuinely needed the help, like the underclass and children in labour.

These conditions continued for years, and it was only until 1875 where the **Prevention Of Cruelty To Children Act** came into play, meaning that conditions long term for children were about to improve significantly because of the multiple education acts that were about to be introduced in the coming years, meaning that more and more children would be exposed to education, as opposed to child labour (6).

6:

How did social mobility change throughout the 1900's?
As World War 1 started, social mobility became stuck due to very clear social class structures, which meant very limited educational and economic opportunities for those who were a part of the working class (7)

However, as the War ended, people became driven to be more economically productive and independent, with multiple expansions in the education system. One of them being that people of the lower classes were able to gain access to the education system for the first time (7).

However, in 1979, Margaret Thatcher was elected as prime minister as a representative of the Conservative Party, she was known for predominantly focusing her attention towards people who were a part of the higher class and although she introduced a number of schemes that meant there was an increase in the number of people who owned a house. The majority of these people were those who were a part of the higher classes, and not the lower ones, meaning a lot of working-class communities were affected (7)

During the 1990's, the UK was under a Labour government, Tony Blair emphasised that education for all people was imperative and also introduced the Sure Start Programme that made sure early childhood education and care was improved significantly, all in an attempt to improve social mobility long term (7). This scheme involves making sure that children from disadvantaged backgrounds are exposed to the same opportunities that those from middle and upper class backgrounds are exposed to. It helps children to develop new skills and help to improve social and

emotional development, as well as a number of health services for not only physical health, but mental wellbeing too (8).

What is social mobility like now?

Although social mobility has improved significantly and continues to improve since 1880, there is still a significant difference in long term social mobility when it comes to different educational factors and opportunities in later life.

For example, according to an article released in 2023 (9). Around 5.9% who are currently in education are attending a private school, which works out to be 1 in 4 men and around 1 in 7 women.

When surveyed, 38% of those who attended a private school said that they believe participating in private education had an impact in helping them achieve a more 'successful career'.

However, we can also see by the table below that the number of students attending private schools is increasing as the generations continue:

People aged 18-24 (9)	37.62%
People aged 25-34 (9)	32.74%
People aged 35-44 (9)	28.75%
People aged 45-54 (9)	12.65%
People aged 55+ (9)	9.09%

With this gradual increase, it implies that people are relying on education to boost their social mobility as when attending private school, you are granted to more opportunities later in life that those in state schools are less likely to be given, things like opportunities to University and access into the higher paying jobs, leaving you naturally higher in the social mobility sector long term. [9]

What does the future of social mobility look like and what do you we need to do to improve it?

With the assumption that the percentage of young people attending private school is going to increase, more needs to be done for those who aren't fortunate enough to have that luxury, which works out to be around 94% of those still in mandatory education.

Private schools, unlike state schools, receive thier funding by charging people individually to attend whereas public schools are given a certain amount of money by the government, and while private schools have more money and access to better opportunities, people who attend state schools are stuck in a system where people in private schools are given more opportunity, simply because they have more money to spend on education.

As we enter a new government system as of July 2024, these leaders need to make sure that creating equal opportunities for ALL that want them is thier priority. There is various ways, one of them being by entering more students in to receive scholarships at University, making the higher education attending percentage higher gradually, meaning that more people can gain access to higher paid and more respected jobs within society, helping to slowly by surely close the gap between those who attended a state school and those who attended a private school.

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"Today is a great day for truth, as well as accountability. This case is not just about hacking – it is about a systemic practice of unlawful and appalling behaviour, followed by cover-ups and destruction of evidence, the shocking scale of which can only be revealed through these proceedings." This is a statement from Prince Harry himself after he was awarded £140,600 because British newspapers had been hacking into his phone and revealing private and personal information towards the nation. I am going to delve deep and find out how this has affected civilians, victims, people close to victims, (family and friends) and British newspapers.

If we look back to what has already happened in the past, we will find that this all started in 2011 when a young student named Milly Dowler's phone was hacked. This sort of behaviour from the newspapers continued even through the Leverson inquiry, until in 2014 when Rupert Murdoch owner of News of the World was charged with 'conspiracy of hacking voicemail's' Rebekah Brooks and Andy Coulson directors of communications at number 10 were also charged with 'conspiracy of hacking voicemail's' however, Brooks was cleared for any criminal wrongdoing. Coulson did in fact get 18 months in prison for conspiracy of phone hacking. Following that the trials began, Prince Harry won and was awarded £140,600 because mirror news had been convicted fifteen out of the thirty-three articles were a result of illegal measures. After looking at all the evidence that has already taken place, I can assume of what might happen in the future. However, to make a more reliable assumption we should investigate the opinions of the people and how they feel about this phone hacking scandal.

I believe that in the future two thing could happen:

1. Newspapers begin phone hacking again, believing they can pull it off and not caring for any of the victim's feelings. This would be particularly bad because as phones and technology grows, we are able to access more and therefore there will be no need for physical newspapers and that instead an online newspaper could be obtained allowing more people to access the news more easily and consequentially spreading private and personal information quicker and for more people to see. Which would have an even bigger effect on victims and people who are close to victims.

2. Another way this could affect people in the future is that phone hacking doesn't happen again however the people who have already been phone hacked would live with these outcomes for the rest of their life and for some people that may be too much to handle especially with all the paparazzi so then may resort to drugs or alcohol or maybe in some circumstance suicide as we do have evidence that sometimes when celebrities get very famous there is lots of pressure on them and this is pressure they can't live with anymore.

I plan to ask various people near me to get their views on how they felt about the phone hacking scandal so that I can get a civilian's views. I will then use primarily the BBC document called 'scandalous: phone hacking on trial' where they interview newspaper reporters and victims of this phone hacking scandal.

I would like to start by hearing how people feel about this awful scandal and ask them three simple questions:

1. What would you say was the worst part about the phone hacking scandal?
2. If you were to put yourselves in the shoes of the newspaper reporters, would you still think it was a dreadful thing taking people's confidential information? Please take into consideration that some people were fired if they did not make the front page at least eight times in a year.
3. Because of this scandal what do you think might happen in the future regarding phone hacking?

These questions should allow me to understand how the public felt about this event and then I can put those answers towards the main answer I am looking for 'how this will affect us in the future.

The first person I have interviewed is David McGreevy who is a Senior First Officer on the A380 for British Airways:

Me: Hello David, in your own words what would you say is the worst part about the phone hacking scandal?

David: That they used illegal means to pry into the lives of individuals and they exploited that information for their own financial gain.

Me: thank you, and if you were to put yourselves in the shoes of the newspaper reporters, would you still think it was a dreadful thing taking people's private information? Please take into consideration that some people were fired if they did not make the front page at least eight times in a year.

David: I appreciate commercial pressures that individuals find themselves under on occasion, this is no exception, however, that does not excuse for me, behaving with integrity i.e. moral soundness when

conducting your professional biasness. So, I do not agree with the actions of the journalist, despite the pressures to appear at least eight times on the front page of the newspaper. I think its immoral the actions that they did and reprehensible.

Me: Thank you, I just have one final question for you. Because of this scandal what do you think might happen in the future regarding phone hacking?

David: My hope is that it is outlawed, and made illegal, so that if individuals are considering this kind of action that they face the consequences of those actions. So, my hope is that it becomes illegal to hack any device, in particular for the media industry.

After interviewing my first candidate I have gained a good idea as to how he feels about phone hacking and what he hopes for the future. What I liked the most about Mr. McGreevy's answers is that for the future he hopes for change as opposed to thinking about what might happen if phone hacking becomes a problem again. I will ask another civilian and compare the results to make my results more dependable.

My next client is Mrs Sarah McGreevy who works at a Global Investors Services called IQEQ:

Me: Hello Mrs McGreevy, in your own words what would you say is the worst part about phone hacking?

Sarah: There were multiple terrible aspect, but, I think the lifelong impact especially on the young people, that were effected. You would not believe or be able to trust in any of your friends. I mean Milly Dowler's parents thought she was alive, that's horrific.

Me: Yes, thank you and I agree with you there the Milly Dowler incident was horrific. If you were to put yourselves in the shoes of the newspaper reporters, would you still think it was a dreadful thing taking people's confidential information? Please take into consideration that some people were fired if they did not make the front page at least eight times in a year.

Sarah: I think that even at a young age if I had gone into that industry, I would not have liked the culture of the industry. I think it's very wrong that those parameters were set for paparazzi, and I would say most of my blame goes to the executives, because I believe they knew what was going on, I believe they endorsed it even if they didn't do it themselves, and I think they perpetuated it with systems like you get sacked if you're not on the front page at least eight times a year. So, to answer the question, I am very sure there are paparazzi that left the industry because they didn't want to do it, and I don't think you can really answer this question with anything other than a yes, it is dreadful and they knew they were taking other peoples information, and spinning it and putting it on the front page, and even if it was the truth I am very sure they knew it was wrong, because they wouldn't want someone to do it to them.

Me: Because of this scandal what do you think might happen in the future regarding phone hacking?

Sarah: Well I, probably naively, but I choose to believe that phone hacking is no longer a practice of the media, and I guess I think that because they have had to pay millions and millions out and the organisations are all about profit, so effectively they have been forced to stop it. I think that practice has stopped, do I think blagging has stopped, probably not, I think that the witch hunt nature of the media, and the fake news stories that we see coming out of the media, and social media are the next problem. Which is not so much phone hacking, there doesn't seem much a need for phone hacking because there doesn't seem to be a need to fact check a story.

Me: So, you believe that phone hacking will not affect us much in the future, but false information will.

Sarah: Yes, absolutely we do not even seem to bother checking facts now. But specifically, what I really hope might happen in the future regarding phone hacking is that the executives all the way going up to and including Rupert Murdoch are prosecuted and found guilty.

Wow, thank you very much Sarah. The interviews on here are only two of many which I asked and after looking at all the data I found that the most used answer to the first question was that our victims had no privacy and what that can do to one's mental health. The most used answer to the second question was that although there were pressures however it is still wrong to phone hack and blag any scenario. Finally, the overall most used answer to the third question was that everyone involved in phone hacking comes to justice. When I look at answering my question at the end of this paper, I will make sure to take into account all of these answers.

We can also look at the people close to victims and how they managed having to see someone they love being put through so much mental pain. An example is a story of a young girl named Clare who was working in Harvey Nicoles at a beauty counter. She got to know a Slovakian security guard called Micheal Pech. They dated for 3 weeks and then Clare decided to end the relationship. However, on the 13th of September he crept up behind her and held a gun to the back of her head and shot her in the back of her head and as she fell, he shot her in the face he then held the gun up to himself and shot himself. This is all told to the mother and as you would expect she is extremely distraught and

is in a place of grieving we can only imagine how she must feel. However, 5 years later she gets a phone call from the Metropolitan Police to find out that within only hours of her murder Clare's murder her phone was hacked and so was her mothers by 'The News of the World'. For me it is shocking that someone feels the right to hack into someone's phone after they have been murdered just so they can get some juicy details and worse hack into the phone of a grieving distraught mother who is in pieces after hearing the news of their daughter's death, just to try and get the front cover. Quotes from her mother 'Thinking that Clare was abused after her death. That is the bit that really makes me angry' this small quote can defiantly allow us to understand just how frustrated she was with the phone hacking scandal. Another small quote 'nothing is private. Who knows? I have no idea, and it is the not knowing what they listened to, what they heard. That will haunt me forever.' Even reading this I can picture Clare's mother with anger and fear in her eyes. Helpless, not knowing what to do to stop these awful scandals from happening. Thee are only very few stories of people close to the victims dealing with phone hacking therefore I don't have much information to go off however from this short piece, I can already tell how hard it must have been for people to cope with.

If we talk about how the news reporters felt, we could look at a specific example of when the young schoolgirl, named Milly Dowler, who went missing, police began their search, and the parents were calling her phone until the voicemail box was full, then one day the voicemail box was no longer full and the parents were able to send more voicemails. This filled them with hope and changed the direction of the police search. However, it was soon found out that the girl was in fact dead, her phone was simply hacked by 'News of the World,' and this may have changed the outcome of Milly Dowler completely. The name of the man who hacked her phone was Glenn Mulcaire, who was hired by the 'News of the World' to hack phones. When it emerged in 2011 that he had hacked Milly's phone that shocked the whole country, and because of this 'News of the World' had to close. He then became the most hated man in Britan. As many news reporters began to crowd his home asking him many questions trying to get a statement, he then felt this feeling of having no privacy and ironically asked people to leave his house. He quoted 'please respect the privacy of my family.' What I find interesting about this extract is that he is more than happy to turn the media towards young helpless Milly Dowler, however when the media is turned back onto himself, he does not like it and is asking for privacy. One of the main examples of a newspaper reporter allegedly hacking (or endorsing hacking) into phones is Piers Morgan as he quotes 'I never hacked a phone; I wouldn't know how. I made it crystal clear to my journalists that we operate within the law. Can you be absolutely certain what everyone is doing all the time? Of course you can't, we had hundreds and hundreds of people in the newsroom.' Piers Morgan began in 1994 as editor of the News of the World, then he became Editor of the Daily Mirror in 1994 but was fired in 2004. Finally, he was the editorial director of First News 2006 to 2007. He is now hosting a show called 'Uncensored' on TalkTV and has been since April 2022. Although he was never convicted of any criminal activity many still believe he participated in phone hacking. An ex-news reporter states that 'there was undoubtably phone hacking, all of it wrong, but most of our stories came out of tip off's, from the associates of the people we were interested in might be a brother, a sister, the cleaner, a chauffer and we would pay handsomely. Its comforting to know that some people do regret it now and wish they hadn't done it in the first place as we know from this man 'all of it wrong'. From listening to these three people, I can gather that some newspaper reporter regretted it and that could path in the future for justice however some didn't some denied and some became hypocrites of their of façade and that could lead to a problem in the future because in all these cases (excluding Piers Morgan as we are unsure on his role in this) they didn't realise how damaging it was whilst they were doing it or if they did they clearly did not mind that.

Finally, if we look at the victims themselves and how they felt about this entire experience we might find they found it very scary and invasive. A starting actor named Sienna. She loved the acting part of her job however as she quotes 'the other side of it which I was completely and utterly unprepared for, was overwhelming. Sienna fell in love with her first co-star. it began very abruptly as she got 'papped', and then the next day there were 10 photographers outside her door. Sienna was not very happy with all the paparazzi, as on a news interview she had this contestation:

News reporter: 'I talked before about the paparazzi, how are you coping?'

Sienna: 'Not very well, it's a little invasive. I think it's a little unhealthy. But, I mean, I suppose you make your bed and you have to lie in it.

News reporter: 'I mean, their argument though is that, you know, you're public property now, but how do you feel about that?'

Sienna: 'I think there's a level where you become public property, but if you're a girl being chased down the street by five men in the middle of the night, then that's not…should not be legal.

From that comment about being chased down the street at night that explains to me that it is hard to escape the paparazzi and it must be very scary for such a young girl to have to go through. In 1990's and 2000's there were many stories coming out in the press however the number of stories in the press that were accurate was unbelievable for Sienna to comprehend. When Sienna and her partner went to meet somewhere in private there were paparazzi waiting for them, after a while they naturally assumed that there was someone in their inner circle revealing and leaking information, and because of this she became paranoid distancing herself from those who she loved. They had their phones at the office checked. Client's houses were swept for bugs, they began to use their friends' phones to make important calls because they assumed there was something wrong with their own. One day Sienna found out that there was a story coming out about her partner having an affair. This must have sent her into a state of shock, then the very next day she went to the theatre it was chaos there were 'at least 60 photographers outside' and 'I was venerable and heartbroken' Then three days later she found out she was pregnant. Nobody knew apart from her very close friends and her mum. She found it awful especially as she had a photographer come up to her and ask, 'Have you had your tits done to keep him?' this had a massive impact on her because obviously she was pregnant, and her reaction was 'I really didn't want to cry but its so unfair looking back on it. This is so humiliating it was so painful it was so F**king painful' and this gives us an idea of just how hard it was on victims, Sienna was practically broken after all these comments. However sadly this wasn't the end for poor Sienna. Around this time Nick Parker may have met with a medical records blagger to confirm if Sienna Miller was pregnant. This was done over the phone by blagging the employee of the hospital to give them the records they wanted. Sienna found out that the records had gone and then also found out that someone close to her named Rebecca Brooks knew she was pregnant. Sienna was very horrified and scared because she did not know who else knew and then as a result of this, she began to interview the only five people in her life that knew and interrogated them violently. When the fact that Sienna was pregnant came out in the news, she broke down. This hurt her so much and she felt as if she had no power. Sienna had an abortion, and the very next day was on stage. Sienna says 'I don't think I remember six weeks of my life; I actually think, I don't remember I was in such a deep state of trauma at that point. I totally blacked out' this shows how absolutely broken you can make someone feel, how discombobulated, scared, and unbelievable traumatized. There are many more cases just like this one where people have felt hopeless and unbelievably frustrated that they have no control over this phone hacking and no control over how much knowledge people have. This is shocking for me and now that people around the world can understand how it feels for people then I believe that this phone hacking could end and become illegal. My final example is of a young star/young victim named Charlotte Church. Her phone was hacked in 2002 and from then on her messages and voicemails in particular were attacked repeatedly and because of this she thought someone in her inner friend group was lacking stuff. Because of this she stopped trusting people and her circle grew smaller and smaller until she thought her own parents were leaking information about her. This sort of behaviour at such a young age could have long lasting if not permanent effects on someone because they feel they have no one to turn to and are on their own. Over the years the media had unlawfully obtained and published private medical information about her and her mother who later tried to commit suicide because of the sheer frustration fear and hopelessness she got from these newspapers. Churches mother was 'bullied into revealing her own private medical information' said by charlotte Church herself. When The Churches went to court against News of the World, they were awarded £600,000 in damages and costs. However, no amount of money will ever be enough to fix what has been done. I have studied these examples and many more of victims and how they have been compensated but also made aware to the world how horrific this is and because of that I believe that these victims won't go in vain and we will have a better, brighter, future where there is no more phone hacking.

To conclude what we have already learnt the civilians hope that in the future there is no more phone hacking and that all the people who phone hacked or endorsed phone hacking are prosecuted and found guilty. We have found out that the people who are friends or family of a victim are going to trial and so are the victims they are already trying to find justice where it is deserved and prosecute those who deserve it. Finally, our newspaper reporters, a large majority of newspaper reporters regret it which shows great promise for our future, however, some men have not been found guilty, Piers Morgan is one of them. Many believe that he did in some way contribute in phone hacking, (I am one of

them), but still sits on £2,000,000 a year. In my opinion if he ever was prosecuted and found guilty he should be sent to Greenland's Nuuk maximum security prison, however nothing can ever fix what has already been done. All the examples I have used here are just a few major ones of many I have looked at. I asked the question How has the phone hacking scandal effected people and how will it affect them in the future? It has affected people in the most awful way breaking them to their core, making them feel as though they have nothing and are just public property. As for the future, we can never really know, but my hope is that all those who were wronged and hurt, get back what they deserve, and those who wronged get what they deserve.

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9 Cassie Rodgers (Rugby School): Why do languages have shared words?

There are over seven thousand languages in the modern world and each of these languages belongs to its own specific culture with different ideas and that have taken different paths to get to their current state. These changes and developments are all interconnected and are part of why languages are so intrinsically linked to human development in both the past and present and will continue to be relevant into the future. This means that despite the vast differences that some languages possess from others, they are almost guaranteed to be connected with one another. These similarities are caused by many different factors, however, most of them can be simplified down into the language interacting with another. These interactions affect how a language will evolve, and can vary from empires of the past spreading their language to modern social media linking people and thus languages together.

Looking into history there are three main language families that can be observed: Indo-European, Sino-Tibetan, and Afro-Asiatic. Alongside other smaller branches such as the Austronesian branch, these languages evolved into the majority of surviving modern languages. This means that within the history of a language, there will be a time when it must have been much closer to other languages than it is in the modern day. For example, German, Sanskrit, Spanish, and English were once all Proto-Indo-European. This can be proven through tracing specific words back to their origins. Taking the English word 'I' through time brings you to the Old English 'ic', which in turn came from Proto-Germanic 'ik' or 'ek'. This same process can be carried out on the German 'Ich', Spanish 'Yo', and Sanskrit 'अहम् (Ahám)' with all of them taking the final step to be traced back to the Proto Indo-European (PIE) 'éǵh' showing how all of these languages are connected. As these languages evolved from PIE, they would have gone from being dialects within a language, with obvious but minor variations upon the 'standard' version, whilst still retaining comprehensibility to a person from a similar area, to becoming a clearly separated language with its own rules and unique words. However, due to having all been the same language at one point, some words will remain that are similar or the same within two or more languages, with these words being called cognates.

A key example of where cognates can be easily found are the Romance Languages. This can be seen through looking at Spanish, which takes much of its language and grammatic rules from Latin. This is because it was brought to the Iberian Peninsula by the Romans and from there Spanish started to exist as a dialect within spoken or vulgar Latin. Through both the natural passage of time and other outside forces such as the influence of Al-Andalas (the Muslim-ruled area of the peninsula) and by extension the presence of Arabic in the area, Spanish began to separate further from the original Latin until eventually it could be considered as its own language. Similar things happened to the other regions where Latin was spoken until Latin itself came to be considered as a dead language as there was nobody who spoke the original Latin anymore. Due to Latin's large presence in the past, these now unique languages all have words that they share, such as 'madre' present in both Spanish and Italian or 'familia' in Spanish and 'famiglia' in Italian which both come from the matching Latin words 'matre' meaning mother and 'familia' which originally referred to household servants and staff but has evolved to refer to the wider household including both relatives and servants.

The prevalence of Latin in modern-day languages is largely due to the Roman Empire and through this, it is shown how travel and trade are key for human interactions and therefore how languages evolve. One example clearly displaying this is whether a country calls tea a variation of the word 'tea' or of the word 'cha'. Both versions of the word originated in China, and it can be summarised by saying that if the word spread to a country via the sea, then tea is used, and if it was by land, then cha is used. Cha was mostly spread along the route of the Silk Road and spread as far as Sub-Saharan Africa, where the word is present as 'chai' in Swahili. Cha is also present in Korean as 차(cha) and Japanese as お茶 (ocha). However, it is believed that these languages would have adopted this word due to their closeness with the 'cha' using area of China, with the Japanese being particularly notable as it is uses kanji, the logographic writing system adapted from Mandarin, for the cha part of ocha showing a direct link to China's original word. The character for tea (茶) was the same across all of China but its pronunciation changed based on where you were in China. In Min Nan Chinese -a Southern Fujian dialect- the character is pronounced 'te' and the most important aspect of this is that the province of Fujian is a coastal province. The te pronunciation spread through the Dutch trading tea to Europe as the main ports in East Asia were located in Fujian and Taiwan (with Taiwan also using the te version of the character). This means when tea was imported into Europe it was given the name te. This then became tea in English and similar variations in other countries, such as the German Tee.

Human biology also plays a small part in why we have shared words. The words that would be a typical baby's first words like mama or papa are shared or at least similar across most languages and this is because these sounds are

the easiest to pronounce. The sounds any child will be able to make first are vowel sounds but after that it will be bilabial sounds, which are the sounds made when pressing the lips together, meaning m, p, and b. Following this, the next most common sounds are alveolars, which are made by touching the tongue to the alveolar ridge and forms the n, t, and d sounds. Babies will call out for their parents' attention using the only sounds that they and therefore it is theorised that this is why most languages have assigned these sounds with parental meaning. There are also many languages that reverse the m for mum and d for dad that is used in English such as Georgian using deda for mum and mama for dad. Additionally, some languages go further and use these sounds for less close relatives such as the Ukrainian for uncle being дядько (dyadko). The way that babies learn to form sounds is the same across the world and therefore leads to similar words being used across the world without any links in the word's etymology being necessary.

Another way that languages are sharing words is through modern inventions and social media. One such example is the word for phone. As previously mentioned, languages will adopt a word when there is not a satisfactory word already within the language, which is the way that te and cha spread, this can be applied the same with many modern words such as phone. Many languages immediately adopted similar words to phone when it spread worldwide such as the Italian telefono or Indonesian telepon. Some languages chose to create their own words for new objects such as 电话(diànhuà) in Mandarin or the Icelandic síma, but even within this minority of languages there are some that have created a new word that then falls out of use with a more anglicised version of the word becoming more common. For example, the official Korean word for phone is 전화(jeonhwa) but it is more common to see 핸드폰(haendeupon), which is directly taken from the English 'hand phone' as a sort of literal translation of what a mobile phone is. This method of mistranslation is also present in other languages such as the German for phone being Handy, which takes the same route of 'hand phone' that Korean does.

Words are often adopted into other languages like this; however, this is not necessarily a good thing. Out of the seven thousand languages, there is at least one that dies every week and at the current rate, it is predicted that 50-90% of languages will have died by 2100. The new technology that the modern world possesses is a large part of the threat to these languages, with the invention of Gutenberg's printing press being a definable moment of threat. This technology has created a standardisation of many languages and theoretically, it prevents the expansion of languages alongside the passing down of cultures through oral traditions. More modern colonisation is also to blame for the threat, as, unlike earlier empires where the languages evolved and merged, modern colonisation focused more on imposing its own language and crushing down local minority languages. When these empires ended, most countries imposed stricter regulations on languages within their own country in order to create or preserve a strong sense of national identity. Nevertheless, there are efforts being made to reverse the damages caused in the near past, such as the European Union giving several languages full status such as Irish or Maltese, alongside giving other semi-official status, like Welsh and Catalan. This is alongside them funding projects to help preserve languages that are mainly used orally, such as Romani, and therefore are falling behind in the modern world.

To summarise the words that languages have in common are words that have either been passed down and slightly changed across generations or words that have been adopted due to a lack of an appropriate word in the original language. Take for instance the te/cha across the world; the only places that do not use these words are places where tea naturally grows, such as in Myanmar where the leaves are called lakphak. This is because they had no need to adopt a new word as one had already existed for generations before te/cha spread to the rest of the world. This means that as humans travelled and learned from one another, then the languages we speak have also shared with each other at different points in time. Languages will continue to do so into the future creating languages that have more in common with each other than the current world's. However, it is unlikely for everybody to end up speaking the same language as each language has its own cultural identity that is unique to the people speaking it, and therefore hard to erase, alongside dedicated efforts being made for the preservation of languages.

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10 Izzy Skene (Rugby School): "Humans: past, present and future" How did northern Africa influence Mediterranean culture.

Introduction:

The mediterranean is the biggest enclosed sea in the world. The world 'mediterranean' broken down is 'medi' the Latin word for middle and 'terra' Latin for earth/land, literally translating to the middle of the earth. To the ancient worlds it was the centre of the western world, it was the main point between Europe, Africa and Asia, holding the trade routes.

Background:

The first Africans in Europe were the Carthaginians, now known as Tunis from Tunisia. They came to the south of Spain around 650 BC and were defeated by the romans around 146 BC. The Moors controlled parts of modern-day Spain and Portugal from between 711 AD till 1492 AD. And after the romans conquered Sicily over the Greeks and Carthaginians in 246 BC, more Africans invaded, they ruled from 827 AD till 1061 AD, they were called Moors by the Europeans and were Muslims who spoke Arabic. Crete was raided by the Spanish Muslims in 827AD, before the Greeks, the same time as Italy was, they ruled in Crete and the surrounded islands for 137 years, during this period most Christians on the island converted to Islam. So, we know that the Africans invaded Spain and southern Italy but Crete and other mediterranean islands such as Malta have history of invaders but only to an extent.

Crete is Greece's largest and southernmost island, its located above Libya and Egypt. Crete thrived during its bronze age civilization from 3000 BC to 1100 BC under rule of King Minos, the ruler where the name, Minoan Civilization came from, by Arthur Evans. Arthur Evans was a British archaeologist who uncovered the bronze age in Crete, after excavating the ruins of Knossos in north Crete. Evans main theory was that north Africans that had migrated were the 'Minoan' people of the time, as there were many similarities between artefacts from where he had been digging in Knossos to ones found in Egypt and Libya [1] countries that with a boat ride north would find Crete very easily. The theory was discredited as evidence suggested the civilization just exchanged through trade around the start of Greek Civilization in 1200 BC. Instead, Minoan skeletal remains were used to find DNA linking them to their ancestors. The papers uncovered an ancestral Neolithic population had arrived in Crete 4000 years before the Minoan Civilization, it said to be of Turkish and middle eastern origin, as there was large waves of migration from Anatolia (Asia Minor) around the same time the Neolithic's reached Crete [2].

Malta is another island we still aren't sure whether the Europeans or Africans invaded but there is still some evidence to support both. J.D. Evans OBE was one the leading British prehistorians of the later 20th century, he focused on the history of Malta as well as the ruins of Knossos. J.D. Evans believed that Malta, Sicily and Africa (Tunisia). He used the depths of the Mediterranean to support his proposition. From Sicily to the coast near Tunis (Capital of Tunisia) the depth is shallow at 365 meters deep, between Malta and Sicily is even shallower, 183 meters [3]. Matla's Cave of Darkness had bones of mammals from mainland Europe during the glacial period of the ice age 200,000 years ago, where the levels of the Mediterranean were very low creating land bridges between Sicily and Malta [4]. These bridges meant Malta had support from the upcoming Europeans civilizations nearby throughout the centuries, not much evidence suggests early African settlements though. J.D. Evans research led him to the conclusion that the flora of Malta bears a resemblance of north Africa, he later suggested that Malta and Africa were joined at some point but separated much earlier before Matla did with Sicily. It is said that the flora in Malta has eastern, western and northern African Mediterranean characteristics, "the main resemblances are with the flora of Sicily" wrote the Nature Trust, FEE Malta [5].

The land bridges questioned connecting Europe and Africa by J.D. Evans were also recognised by the strait of Gibraltar, that connects the mediterranean sea and the Atlantic Ocean. The narrowest point is only 8 miles long from Tarifa, Spain to Point Cires, Morocco. The strait contains depths of up to 900meter with the shallowest point at 300meters, bringing lots of debate as to if these two continents were conjoined at some point and if this led to African fauna in Spain and southern Europe and vice versa.

Food and Agriculture:

The thought of tradition food in the Mediterranean, it's a huge variety of different dishes and local cuisine, but the influence of Northen Africa throughout history has shaped the foods from the ingredients used to the methods. Arab domination into Sicily was around the middle of the 9th century, the first wave of invaders included Arabs apart of the Aghlabid Dynasty, which covered the northern areas of Algeria, Tunisia and Libya. Spanish Muslims were also

a part of the conquest following a century after Spain was invaded in 711 AD, this group of invaders were known as Saracens. They invaded a southern city in Sicily called Mazara del Vallo in 827 AD. A few years later in 832 the Arabs conquer Palermo a large city in the north of Sicily, creating a popular trading spot in the Mediterranean [6].

The conquering of Sicily was a success that saw Muslims bringing over lots of products to the Italian island. Some of the products introduced were: cotton, hemp, linen, citrus fruits, sugar cane, dates, saffron and pistachios [7].

Sicily is known for its citrus fruits especially its Lemons and Oranges, most grown on the islands fertile soil created by the active volcano, Mount Etna, sat north of the ancient city of Catania. Helping Sicily produce 4 million tons of citrus fruits every year, was the Arabs who first brought over citrus fruit plant trees and growing them around the island, the fruits grew quick in the hot sun that lasted all summer long and wet winters that kept the soil moist.

Pistachio is a common and well-loved ice cream flavour, or in Italy a popular Gelato choice, but the first pistachios were imported from Africa. The best pistachios in the world, the Bronte pistachio ("the green gold of Etna" [8]) from the town of Bronte west of Mt. Etna and only an hour's drive from Catania. The pistachios are picked every other year to keep the unique nut's price and popular demand running. Sicily is now the only region in Italy that grows pistachios.

Black mulberries, native to Asia were found in Sicily. There isn't much written on how they arrived on the island, but theories are that they brought over from Asia by the Greeks or Phoenicians [9]. It was the Arabs however that taught Sicilians how to use the berries to make silk. Silk weaving was one of the biggest industries of the Middle Ages, just as the renaissance was beginning. "Italian silk was legendary" [10], although most production now is made in China, where silk was originally created, Italy has always had a contribution to the silk industry, along with many other agricultural developments.

Sicilian staples? Arancini, created in Sicily during the Arab rule in the 10th century is made of rice, saffron, peas and meat, all brought over to the island by the occupiers. Arancini is recognised as the most important Sicilian Street food in the world, but its roots were inspired by Arab culture and cuisine. Couscous is a traditional Moroccan dish and was introduced to Sicily in the 1600's, more particularly Trapani, a popular fishing port for the Mediterranean. Couscous was brought over by the fishermen from Africa, the food is now used in a local dish combined with fresh fish. There is still a debate that couscous arrived with the Saracen invasion, staying after the occupation ended but slowly became less popular and faded out of the cuisine [11].

Pasta, the iconic Italian food eaten across the world but always led back to Italy. However, it is said that it wasn't the Italians that invented the food though. To start Pasta is made of Durum Wheat, a type of wheat used to make pasta and other foods such as couscous and bread. Durum Wheat was introduced into Italy by the Arabs, and the theory is that the Arabs ate spaghetti but with Cinnamon and Raisins [12] and was adapted by the Italians over the centuries. There are around 350 types of pasta, all created in different times and places, mostly liked created or influenced by the Arabs that were in Italy during the conquest of Sicily. The Arabic 'itriyah' is a food with similarities to pasta and rumoured to be the pasta brought over to the Mediterranean but could have been evolved differently to modern day pasta [13]. The 'Talmud' a text of ancient Jewish teachings, it mentions a type of noodle eaten with honey, in Sicily which dates to the 5th century [14]. An Arab geographer Al-Idrisi wrote in 1154 about a food in Sicily made from flour with a string-like shape, which discredits the theory that Marco Polo brought pasta over from China many years after this recording. A cookbook from the 5th century mentioned a dish called 'Lagana' made of layers of dough stuffed with meat, very similar to modern day Lasagna [15]. The book talks of the recipe originating from Greece who would have been under Persian (Delian) rule with influence from Egypt and the middle east. Yet a popular flatbread made for Lent in Greece is called Lagana. Although there are lots of theories about the origins of Pasta, almost all leads lead back to Italy and its production of Pasta using Durum Wheat, introduced and shown how to use by the Arabs from Africa.

Although some Spanish helped the Arabs invade Italy, Spain had endured the Muslim invasion in 711AD. Andalusia, the southern region of Spain was influenced the greatest by the Moors from across the Mediterranean. When the thought of Spanish cuisine is brought up the most famous and popular is Paella, but when you look back into the history of its ingredients, you end up with the Muslim invaders of Spain. Paella is a dish with many different varieties and ways to make it, but the main ingredients are rice, saffron and chicken/(seafood). Rice and spices were brought over by the Moors, between the 8th and 10th centuries. Saffron was taken over to Spain during the Caliphate of Corbada in 756 (emirate of Corbada), (see photo map below [16]), the caliphate was controlled throughout the whole of southern and central Spain and Portugal until 1031, when the Caliphate split due to war into smaller kingdoms.

On the eastern coast of Spain is Valencia a historic city, that was a major part of the rice production in Spain at the time, paella was created by the rice farmers collecting any extra rice they could and other items nearby such as

onions and ducks or chicken [17]. The Spanish word for rice is "Arroz" is from the Arab word "ar-ruzz", this is unusual as most Valencian Spanish also known as Catalan is derived from Latin, and other romance languages from north Spain.

Caliphate of Córdoba circa 1000 AD [16]

Vegetables and fruits were also introduced into Spain by the Moors, pomegranate, eggplant, asparagus and chickpeas were some examples. Chickpeas made a big effect into the local dishes and cuisine of Madrid, the capital (located just above 'Tulaytulah/Toledo' on the map above). During the winters thick soups and pot meals made for everyone to have included chickpeas. Cocido Madrileño, associated to Madrid's region is a traditional chickpea-based stew made in the Middle Ages by the Sephardic Jews, that migrated from North Africa.

Language:
The Italian is mostly derived from Latin after the fall of the roman empire but in the south, and on the island of Sicily after the Arab conquest a new dialect became popular and used very often throughout day-to-day life. The local tongue was known as Siculo-Arabic. Although, there isn't much documentation of the dialect that combined the two languages of Italian (Sicilian dialect) and Arabic, the most common possibility is that the language died out when the Arab domination left Sicily, and the trade slowed. Arabic was the spoken language for trade that was used by the Africans who travelled across the Mediterranean. This led to a mixture language with certain words used for trade and communication between the fishermen, locals and sailors. The common people may have been bilingual speaking both Arabic and Sicilian dialect over the years and towards the end of the Arab control, the ports of Messina, Palermo and Trapani were all very popular fishing ports where all different languages and culture would have to exchange between each other [7].
The citrus fruit brought over to Sicily then produced the Sicilian word for orange blossom 'zagara' which derives from the Arabic word 'Zahr'. Over 600 words in Italian are derived from Arabic, although the Arabic language had a significantly smaller prescence in Italy than Greek, Spanish, English and French. All around Sicily are towns and villages such as 'Caltagione', 'Caltanisseta', 'Caltabellotta' and 'Caltavuturo' begin with the word 'Calta' which means castle in Arabic [11].
The influence of Arabic in Spain reached its greatest during the Christian Reconquista which started in 718, a few years earlier in 711 the northern African Muslim's invaded Andalusia, this lasted 7 centuries creating a common language used throughout southern Spain, Andalusian-Arabic. Arabic loan words in Spanish start with A- or Al-. The Spanish word for saffron is 'Azafran' which stems from the Arabic word 'az-za'faran'. 'Algodon' Spanish for Cotton is from 'al-quton' in Arabic, 'Atun' tuna in Spanish from Arabic 'al-tun'.

Architecture and Art:

'Mediterranean style' houses are becoming more and more popular, originating in the south of countries such as Spain, France, Italy and Greece the houses contain certain features such as archways and terracotta roofs. The style had subtle hints towards African influence, more specifically Arab and Muslim themes. The design style mixing both Muslim and Christian styles was called 'Mudejar', it combined the Islamic geometric designs and Christian art of living creatures.

Muslims from North Africa, travelled across the strait of Gibraltar. The Europeans called them moors, as the word for North Africa in Latin was Mauretania. However, after the inquisition in 1492 which was the exposition of Jews in Spain led to most Moorish work torn down.

Cordoba's Mosque-Cathedral in Andalusia also known as La Mezquita, is Spain's grandest mosques and one of the oldest structures in Islam, from Arab rule in Spain. Although labelled as a mosque-cathedral, Muslim's cannot pray inside, as during the Reconquista it was converted to a catholic church [18]. It contains many hints of the Mudejar style with large arches of colourful tiles and geometric patterns beside stain glass pictures and gothic/renaissance figures and carvings.

Another popular Andalusian site is the Seville Cathedral was also a former mosque. It was built in 1198, the mosque was later Christianised (1248) by the King of Castile Ferdinand III, who lays the rest there now in the royal sector. The mosque turned Cathedral was split and turned into smaller chapels. By 1402 the city of Seville's officials decided to replace the old mosque-cathedral and built a new one on top. The new cathedral was finished in 1506, but later needed reconstruction in some areas. The Arab designs were mostly covered but still a few are standing today, the 'Puerta del Perdon' or the door of forgiveness stands tall, and was the original Moorish entrance to the Arabic style courtyard ahead called 'the Patio de los Naranjo's'.

The baths at Cefala Diana, just south of Palermo in Italy are another example of architecture built by the moors still present in the Mediterranean and southern Europe. The baths contain large archways with brick pillars, the thermal baths were dated back to the Arab domination and has properties to many other buildings around the area or Moorish style. A 45 minute drive from the baths is the cathedral in Palermo, that was converted into a mosque by the Africans and contains Islamic art and Arabic inscriptions on its exterior, although it was again converted back to a Christian cathedral lots of Islamic presence is in the church [13].

Art in Europe is most common associated with the renaissance eras, but the Mediterranean had been producing many pieces of artwork years before. In Greece ancient art is dated back to the Minoans which was impacted by the Africans. The bronze age civilization in Crete was one of the first. To the Greeks all black Africans were known as Ethiopians and were believed to be from southern Africa. In 323 BC the death of alexander the great meant cities like Alexandria consisted of both Greeks and Africans living together, this meant Ethiopians were regularly featured in Greek vase paintings, large portraits and plays. The Ethiopians were used as muses for the Greeks and their art which later ended up shaping the Greek artistry [19]. Even Greek colonies in southern Italy were producing art with the Ethiopians on. The Africans brought craftsmen to establish potteries in Sicily and train local in multi coloured glazing, creating a big presence in the pottery industry.

Conclusion:

The aftereffects of the Africans in Mediterranean over the last centuries have been prominent in all types of human life. The history in the past has cumulated traditions and norms which are still relevant and prospering today. Whilst looking forward to the future this relationship between the two neighbouring continents of Europe and Africa will continue to collaborate and work together in economic, political, geographical and cultural environments. People of all religions and ethnicities lived and live in this part of the world and it creates a unique diverse community that is influenced by one another's pasts, ideas and actions.

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11 Sam Taylor (Rugby School): To what extent have the advancements of drugs increased cheating in sport?

Humans have been finding ways to cheat or bend the rules for a very long time whether that be in friendly games with your family and friends or on much higher stages like professional sport. This is due to the fact that we are animals and that the current human has inherited the need to be better than your competition to survive from the early human ancestors from millions of years ago. One of the ways that the modern-day human cheats, in sport especially, is through the use of performance enhancing drugs. To review the extent that the advancement of performance enhancing drugs has had on cheating in sport, I am going to look at the timeline of the advancement of these drugs and compare them to the number of athletes disqualified for taking performance enhancing drugs for all of the Olympic games since 1968. I will also review what other factors have affected cheating in sport before using all of this information to conclude whether cheating can be called human nature.

Although there had been forms of performance enhancing drugs used in sport since the late 19th century and the early 20th century, these were usually a mixture of other drugs including the likes of heroin and cocaine. However, these drugs were made available by prescription only in 1920 which meant that they were no longer suitable. However, in the early 1950's another type of performance enhancing drug came onto the scene called amphetamines which were deemed as the first 'effective' performance enhancing drug. They had previously been used by soldiers in World War Two before being taken up by cyclist and other athletes with the effect of reducing the sensation of fatigue while they were exercising. This created a new market for performance enhancing drugs in sport which led to, in 1958, the FDA approving the sale of an anabolic steroid called Dianabol. This led to a further increase for these type of drugs in the market and the interest that they drew from athletes.

In 1967, because of the increase in the market for performance enhancing drugs and the deaths of a few athletes due to doping in the previous few years, the International Olympic committee established a medical commission to fight doping. This lead to them introducing the first drug test in the 1968 games. This resulted in the first disqualification of an athlete in the Olympic games due to doping. In the following Olympics in 1972 the international Olympic committee increased the number of drugs that they were testing for which resulted in them catching a total of 7 athletes. In the 1976 Olympics they added anabolic steroids to the list of drugs being tested. This resulted in them catching 4 athletes more than the previous Olympics. In the following 20 years although there were advancement being made in these performance enhancing drugs, countries around the world began to make them harder and harder to access making a lot of them either completely illegal or only available through prescription. This meant that in the following 5 Olympic games the number of athletes caught and disqualified stayed relatively low with 0 in 1980, 12 in 1984, 10 in 1988, 5 in 1992 and 7 in 1996.

However, with the arrival of the 21st century performance enhancing drugs were becoming more and more advanced in both their effects and their difficulty to be found in tests. Drug companies were also developing more and more new drugs. All of this resulted in more athletes choosing to use the drugs and the Olympic committee and the World anti-doping agency creating more tests and other ways to test for these new drugs. Because of all this the number of athletes caught and disqualified in the Olympics after and including the games in 2000 increased. In the 2000 games there were 15 athletes disqualified and in the following Olympics in 2004 the number rose to 37. After this there was another large increase in the number of athletes disqualified for the use of performance enhancing drugs over the next two Olympic games with 91 in the 2008 games and 132 in the 2012. One of the main contributors to these large numbers were the Russians with a total, over the two competitions of over 60 athletes being disqualified not including the athletes who were caught and disqualified before the games began. Due to them having so many athletes disqualified they lost a total of 18 medals in the 2012 Olympics and 10 medals from the 2008 Olympics which was the most by any county in each of the games. This large number of athletes using performance enhancing drugs was later discovered to be down to a Russian state sponsored systematic doping of their athletes to try and improve Russia's performance over all in the Olympics and win more medals. As a result of this a large number of Russian athletes were banned from competing in the next Olympic games.

After the scandal in 2012 and 2008 the internation Olympic committee and the world anti-doping agency, as well as other national anti-drug agencies. Took testing the athletes even more seriously further increasing the number of drugs they were testing for and introducing more tests for substances that would hide the use of performance enhancing drugs in the athletes' bodies. This together with the fact that athletes and countries were more worried about getting caught and banned after what happened to Russia resulted in the number of athletes who decided to risk using the drugs decreased resulting in the number of athletes being disqualified in the subsequent Olympic

games decreased massively. In 2016 there were 16, in 2020 there were 9 and only 4 were disqualified from the recent 2024 Olympic games.

However, there are other factors that have increased cheating in sport. One of these is the media. With the increase in sports presentation by the media around the world it has put more pressure on the athletes to perform better during matches. There is also the case of money. In a lot of professional sport, the better you perform as a player or as a team the more you get paid. This could be via individual salary or as prize money from winning competitions or events. Another example is the pressure that the players and team face from their coaches and fans. The players will always want to perform well to please and keep their existing fans and to attract more people to support them.

Another reason that players might cheat is because of the situation that they are in and the mentality they have. For example, if they are in a match and there isn't long left on the clock and their team is only just loosing, they might revert to a must win mentality which could lead to them to not worry as much about the laws of their game if it means that they win. All of these could lead to the players or teams using underhand and illegal tactics to perform better. These factors are more concentrated towards professional athletes although some can be relatable for younger athletes.

However, there are some factors that apply more primarily to younger athletes which could remain if they become professional. One of these factors is role models. If a young athlete has a preferred sport, they will most likely have a role model that they look up to in their sport. This can be both positive and negative. It could be good if their role model is a very honest player that always follows the rules, but, if the opposite is the case and the role model is known to break the rules often, then some of this might rub off onto the young player and they might think its ok to break the same laws. If that young player then becomes a professional, then they might continue to cheat on the professional stage. Another one of these factors is a perception of lenient punishment when they are young. When players are younger the officials of their matches might be more lenient or even completely ignore if a player does something wrong in matches, so that the players enjoy the sport more, which will result in the players getting the wrong impression of what is legal or not. If the player grows up without being taught the correct laws by a strict official, they might continue to play illegally if they were to become a professional.

In conclusion, although there are many reasons for why athletes might cheat, I believe that these reasons haven't resulted in an increase in the cheating in sport and that they keep it at the same level. However, as drugs have improved and become more effective, more athletes have chosen to use then illegally in their sport which I think is the main contributor to the increase in the levels of cheating in sport. On the topic of whether this shows that cheating can be considered human nature, I believe that it is not human nature as most athletes and other ordinary people choose not to cheat. For example, in the 2012 Olympics where 132 athletes were caught cheating, this was out of the 10,568 athletes that competed in the Olympics that year. However, although I don't think that cheating is human nature, I think that it comes from the competitive nature and the desire to be better than others, that is a part of every human's nature. I therefor believe that the basis of why these people choose to cheat is because of over competitiveness or because they focus too much on their desire to win instead of competing fairly and morally.

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RUPERT BROOKE ROUTE

1 Lexi Bruns (Holly Lodge): To what extent has legislation over disability improved the lives of disabled people in the UK?

In order to evaluate the impact of legislation of the lives of disabled people in the UK it is imperative to understand the positions and quality of life of disabled people before the implementation of legislation and how that has changed from the initial legislation in the inter-war years through to current day and how current legislation will shape the future lives of disabled people.

History depicts the journey disabled people have been on from the days of the Greeks, during Plato's Republic, the sick and deformed were considered inferior and were put away in "mysterious unknown places" Sadly, whilst not as extreme disabled people have faced social isolation for many years. However, we can also see through History how modern day legislation has developed. It is recorded that early Christian doctrine did not view people with deformities as a disgrace or being punished for a sin they may have committed.Despite these early beliefs, it was still a significant period of time before formal legislation attempted to address the inequalities endured by people with disabilities.

The early Christian teachings did not stand the test of time and in the 16th century, significant Christian leaders such as Luther and John Calvin indicated that people with disabilities were possessed by evil spirits. This resulted in people with disabilities being subjected to discrimination and religious leaders of the time often used physical pain as a means of exorcising the spirits they believed to be the cause of the disability.

The overall consensus from the historical past is that people with disabilities were often subjected to rejection, deemed to be a burden on society, an embarrassment or failing of the family and as such endured an isolated life with little opportunity to excel and dispute their deformities. At best people with disabilities were tolerated.
As with many minorities the only way to push their agenda to the forefront of political thinking was to protest and whilst there had been some legislation past pre 1940's there was still vast inequalities resulting in numerous protests, demanding for legislation to close the inequalities gap. A notable protest was the march by the National League of the blind, who marched from Leeds to Trafalgar Square in London.

Furthermore, at the opening of the 1948 London Olympic Games, the first competition for wheelchair athletes called Stoke Mandeville games was organised by Dr Guttman. This was a huge milestone for disabled people and for the recognition of the capability of disabled people. This development was a result of the immense number of injuries sustained during the Second World War which led to amputations. The Stoke Mandeville games provided a platform for people with disabilities to compete in activities previously only enjoyed by able bodied people. Due to the participants being injured war heroes, and society's appreciation for the sacrifices they had made for their freedom, their participation in the games was not questioned or challeneged, as it would have been prior to the war years.

The most significant legislation came into Law in 1955 with the launch of the Disability Discrimination Act. This was the first piece of legislation that ensured protection for all disabled people following significant and sustained protests for over three years.

This extremely important development in legislation was arguably a springboard to the formation of the first paralympics, which was introduced in 1960 at the Rome Olympics. As well as the Disability Discrimination Act, the introduction of the paralympics wouldn't have been possible without the recognition Team GB brought to capability of disabled people within sport during the Stoke Mandeville games. During the Rome Olympics, only ex servicemen were allowed to compete, however by the 22nd of September 1989, the International Paralympics Committee was created, lifting the restrictions on who was eligible to compete in the paralympics, allowing anyone with a disability to represent their country.

Present:

As in the past, Great Britain has led the way in transforming the Paralympic Games. London 2012 was a transformational Games, It has been recognised as a pivotal catalyst for societal acceptance of people with disability. London 2012 broke down invisible barriers for disabled people by incorporating and planning the Olympic and Paralympic Games together. The sponsors of the Olympic Games were also the sponsors of the Paralympic Games - huge multiglobal companies financially investing in the Paralympics for the first time raised the profile of disabled athletes as they model and endorsed their huge brands, whilst also raising the profile of disabled people and demonstrating that despite their disability they were still capable, still had dreams to fulfil and most importantly were equally of value to society. This was the first paralympics broadcasted to the media and put out for broadcasters to bid for and display. National broadcasters airing continuous viewing of the Paralympic Games brought the Games into people's homes, people's subconscious and changed peoples often misguided perceptions of the capabilities of disabled people. For the first time disabled people were seen for who they were as people rather than seen as only the disability. National statistics demonstrate the legacy of the Paralympic Games in London revealing that nearly 1 million more people with disabilities were employed in 2018 than in 2013. A record 2.7 million tickets were sold showing the change of disabled people being banished from society to being celebrated.

In 2010 as Great Britain prepared for the London Games new legislation was brought in requiring new buildings, public buildings to be accessible for all. Whilst this was a huge step forward and coincided with equality act of 2010, legislation fell short in its demands of existing buildings with the Government issues guidance and best practice without legislating for accessibility to be a legal requirement. Due to this significant numbers of buildings remain inaccessible for disabled people and will continue to be until legislation insists this is a requirement of all buildings. In addition, many of the present legislation focuses on the inclusivity of physically disabled people. There is a huge disparity for those people who live with invisible disabilities where physical access is not a barrier but understanding of their intellectual and emotional additional needs is.

Social acceptance of physically disabled people has increased with the increased legislation and the increase in the available opportunities for society to see disabled people functioning in what is deemed normal activities. Disabled athletes, disabled TV stars, and having characters in well known TV shows have all led to a society shift in opinion and acceptance. Whilst we have seen significant improvements in this area for people who are diagnosed with neurodiverse disabilities the acceptance is still lagging due to a lack of understanding of the conditions. Neurodiverse disabilities present different challenges to society due to the fact that creating inclusive environments requires society to fundamentally change the systems in which it has functioned for decades. The journey to inclusivity in this area is very much at an embryonic stage.

Future
As society becomes more accepting of disabled people and the current legislation is implemented in full the lives of disabled people will become more enriched and inclusive. However, there are still significant changes and legislation required to make that happen. A key area is funding. Not only funding for medical treatment but also funding to support provisions for education, accessible sport, community groups and assisted living. Dependent upon charity will only go so far in meeting the needs of disabled people and therefore the issue of inclusivity and equality is not only a disability issue but also a financial one.
Accessibility to all buildings continues to be a high priority to ensure that disabled people get to enjoy equal access to all opportunities that life has to offer.
Paralympic sport has been a catalyst to driving the social acceptance of disabled people. The future of Paralympic sport goes from strength to strength with new sports being added to the Paralympic programme. THe next Paralympic Games will be held in LA in the United States. Currently Paralympic sport has not had the same exposure in the USA as it has in the UK. With the Games going to the States the global exposure has the potential to to be as significant in moving the equality agenda forward as the London 2012 paralympics.

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https://commonslibrary.parliament.uk › accessibility-of-...

2 Bella Fieldhouse (Rugby School): What effect can appearance have on human behaviour?

Throughout this essay, I am going to explore the different effects that appearance can have on human behaviour. I will start off with active choices that people can make in changing their appearance – what clothes they wear and how they do their makeup fit for their environment. I will then touch on unconscious bias, before discussing the impact that being physically attractive can have on the way in which people treat you. I will then go on to discover the reasons behind this, such as if it is down to human nature and primitive survival instincts, or how we are raised and the effect our environment has on us. Finally, I will conclude with the ways in which it can be useful, but also how it can be harmful in some cases, such as creating stereotypes.

Whilst appearance can range from what you are wearing and physical attractiveness, to your accent and the way that you talk, I am choosing to only focus on the visual side of things. However, I acknowledge there are other aspects that can impact what people think of you, such as your personal hygiene and the way that you smell. Furthermore handwriting, your accent regional or foreign, as well as your use of grammar and speed of speech, can be connected to how intelligent people perceive you as. Lastly, and arguably the most important, is the internal aspect of self-esteem, which can affect your own mood so much, to the point that you deflect it onto others, affecting them as well.

The way that you present yourself can significantly affect how you are perceived. This applies to any of your physical features, regardless of whether you can change them or not. For example, your clothes can determine how seriously you are taken by others, ranging from your personal style to your profession, and the circumstance in which you wear them. For instance, if somebody were to turn up to an interview for a place at a well-respected office in beach attire, they would most likely not be considered for the job as the employer might question how serious they are or how much they respected their time. On the other hand, if you were to turn up to the beach in business dress, you would be guaranteed to receive some odd looks. Therefore, the environment in which you accustom your outfit to has an impact on how people perceive you.

In a professional environment, if someone is well-dressed, and presents themselves with confidence in their abilities, they are assumed to be intelligent and trustworthy to fit into any situation with ease. On the other hand, if they appear 'scruffy,' it could be assumed that they are unorganized or incompetent, as they are 'too lazy to look after themselves.'[107] What can seem like miniscule details (e.g. a tie done up wrong, an untucked shirt) can have an impact on how you are thought of, and in some cases may also affect your future. Similarly, people tend to assume your financial status based off your clothes and style, as if there were a person wearing a tattered shirt next to someone wearing a designer shirt, it would seem obvious as to which cost more, and therefore how much money they have. This is why some schools and places of work have uniform and dress codes, as it attempts to reduce you to your character and ability, not your financial status. Additionally, it maintains a professional atmosphere amongst everyone which allows focus to be on work rather than appearances.

Likewise, this applies to the way in which you wear makeup, if at all. While there are differing opinions on this, it is generally thought that unnatural, coloured, and 'outgoing' makeup is only suitable for certain environments such as a party, rather than natural makeup, which is appropriate for everywhere, specifically professional environments. This also has an impact on how seriously you are taken, and depending on whether the makeup suits and enhances your features, can have an impact on how attractive you are perceived as.

Being physically attractive is one of many features that falls under the 'halo effect.' Whilst other aspects of a person heavily contribute to their attractiveness, such as intelligence, personality and charisma, the halo effect is when one of these qualities impresses a person so much that it outshines all the other, less favourable, aspects of said person. This is a type of unconscious bias, which is a social stereotype formed by an individual, outside of their conscious awareness.[108] In a study done on the influence of facial attractiveness of applicants in hiring differences, they deduced that attractive people are more competent. Additionally, 'PMC' published a paper that also determined that faces that are less attractive, average, and symmetrical create impressions of lower social power, competence, intelligence, sexual responsiveness, and/or poorer health.[109] However, this does not necessarily mean that they would always get picked for the occasion. For example, in the previous study that I mentioned, they concluded that

[107] The Psychology of Image: How Your Appearance Influence Your Perception (linkedin.com)

[108] Unconscious Bias Training | Office of Diversity and Outreach UCSF

[109] Social Psychological Face Perception: Why Appearance Matters - PMC (nih.gov)

whilst people showed a preference for attractive opposite-sex applicants (a preference evolved from selecting a mate), women tended to prefer female applicants who were less attractive, compared to the ones that they perceived as more attractive.[110] This is an example of '(female) intrasexual competition' which is competition between women over a potential mate. This can include self-promotion or the action of degrading other women,[111] but was most likely to make themselves appear more attractive, and therefore feel less threatened by the applicant. Despite being an unconscious bias, it is similar to outcomes that stem from jealousy or insecurity, a more conscious choice.

An example of another unconscious bias from women that evolved from selecting a mate, is the tendency to prefer taller men. Subconsciously, height represents power to them, which represents the ability to protect and provide for any potential children.[112] On the other hand, men are more likely to prefer younger women, as subconsciously, they connect this with fertility, as a younger woman is more likely to have a successful pregnancy than an older woman. However, for both men and women the preference is towards fit and healthy partners, whether this displays itself through weight, or features such as hair and eyes. Although it is obvious that this does not apply to everyone.

Other examples of unconscious bias include the 'affinity bias' which is when we feel a connection to someone who is similar to us, and the 'perception bias' which is when people make stereotypes or assumptions based off someone's age, gender, sexuality, religion, race, or other notable characteristics. Finally, the 'horns effect' which is the opposite of the halo effect – when a negative characteristic sticks out to another person so much that it shadows the other positive traits of that person.

Finally, the last aspect of physical appearance that I am going to touch on is body language. This non-verbal communication has a remarkable effect on how others might perceive you. For instance, eye contact, good posture and smiling can convey confidence and friendliness. On the contrary, avoiding eye contact, slumping, or frowning might imply unreliability and disrespect for others.[113] This may have a significant impact on how others think of you because it can determine whether someone approaches you or not, regardless of the occasion. For example, if someone were smiling at others and looking comfortable within themselves, others are much more likely to find confidence around them and therefore want to spend time with them, than someone who was scowling, as it would seem obvious that they were not an enjoyable person to be around.

There are many reasons behind why it is common for humans to regard the appearance of others as so important. From an evolutionary perspective, this ability to form quick judgements based on appearance would have been crucial for survival. Not only to detect threats, but for other purposes such as finding a partner, based on fertility, health, strength, and other features that may be deemed as important.[114] New York University conducted research that proves that these judgements are natural instincts that humans have evolved as the 'brain begins to label people trustworthy or untrustworthy before we get time to consciously analyse their faces.'[115] As I have explained in my essay, these instincts are still very prominent in human lives today, and still have an effect on our behaviour, despite being primitive impulses.

However, there are aspects of these instincts that are attributed to the 'nurture' side of 'nature and nurture,' such as beauty standards and familiarity. For instance, your cultural upbringing can have an impact on what you perceive as attractive, as beauty standards can change across the world. An example of this, would be when my friend from Japan came to England for the first time, she was shocked to discover that a vast number of people prefer the look of a tan, with 19% of British people having applied fake tan within the past 12 months to achieve this look.[116] Instead of using bronzing lotions, makeup, and mousses, it more common to use skin lightening products in Japan, ranging from lotions, essences, and fairer makeup. This is because in some countries within east Asia, they associate a tan with physical labour, after spending hours working outside, whereas it is assumed that with pale skin, you spend longer inside, therefore it became a symbol of wealth and beauty. On the other hand, in more Western countries such as England, a tan could indicate a recent holiday abroad, which is also a symbol of either wealth or being 'well-

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[110] Facial Attractiveness, Sexual Selection, and Personnel Selection: When Evolved Preferences Matter on JSTOR
[111] Female intrasexual competition - Wikipedia
[112] Why do many women like tall men? - Quora
[113] The Psychology of Image: How Your Appearance Influence Your Perception (linkedin.com)
[114] Why We Judge People By Their Appearances (forbes.com)

[115] The Psychology of Judging Others | Mind Voyage
[116] Chart: The UK's fake tan capitals | Statista

cultured.' Pale skin does not necessarily have any negative connotations, but in extreme cases, it can give the impression of sickness and poor health.

In conclusion, I have shown what effect appearance might have on human behaviour, and how this can be used to influence people. I have also demonstrated that this can be down to your culture or instincts. For example, you can determine whether someone is fit for an occasion, be it a job or task, and how seriously they consider it. Particularly when it comes to body language, you are able to figure out whether someone is uncomfortable or not, and whether they would appreciate someone approaching them. However, there are some negatives to it, such as people can (either intentionally or not) be biased and create harmful stereotypes based on appearances. This is particularly unfortunate considering that it is not always a conscious choice, as is the affected persons race, gender, attractiveness and so on. Furthermore, it is extremely easy to dismiss this person down to one characteristic, especially after only one encounter, in which they may not have displayed their full personality to you or may change drastically within the time before your next encounter.

3 Joe Jaggard (Rugby School): How does social media effect social interactions between teenagers?

There are various factors as to why social media can affect social interactions between teenagers. These factors include: How long they spend on social media, what they spend their time doing, and the situations in which they use it. However, you may be wondering how this can affect their physical interactions with those of a similar age. These factors can be linked with humans as social media seems to be taking over our lives.

Screen time:

Screen time can affect teenagers in many ways, the most prominent being the reduced face-to-face interactions with their friends. This is because they can immediately text them anytime, and it doesn't take too long. This has led to less social interactions in real life, instead they choose to use social media in order to contact friends or family. Another affect screen time has is the reduced quality of communication. Social media can affect this as teenagers tend to use slang. This slang can influence teenagers to not form their sentences correctly such as incorrect grammar or use words that they have found on social media which others cannot understand. This creates distanced relationships with others whilst decreasing in personal interactions with friends or family.

Use of internet:

This is arguably the most important factor for teenagers who spend time on their phones, because they can be spending their time on their phones doing useless things. An example of this is aimlessly scrolling for hours on social media apps such as TikTok or Instagram. One could argue that it could be relieving stress. However, there has been a study showing that 120 16–18-year-olds got rid of stress better by being outside and around nature, in comparison to being inside playing games on a phone. You may be wondering how this can affect social interactions; this is because social media is addictive. This slowly leads to less interactions between friends and therefore results in poor social interactions in real life as they become isolated in their rooms and on their phones.

Situations in which they use social media:

Some teenagers often use social media in the wrong situations. Some examples include at the dinner table, whilst talking to somebody, or in school. These are the wrong places to use social media because it can seem as though the other people in the room are not your priority. This can affect how some teenagers interact with others as they do not have their full concentration whilst speaking to the other person. It can ruin relationships as the quality of communication is reduced whilst focusing on something else in the room at the same time as speaking to someone.

Why bad social skills create risks for the future:

One reason that this has a risk for the future is because public or social speaking has benefits for future jobs. Employers look for people who can speak clearly without being distracted and speak directly.

To add to this, social media can act as a distraction to many younger teenagers which results in less focus. It is proven that the more time spent on social media or your phone, the shorter your attention span is. It is crucial that you do not reduce your attention span as teenagers because this can affect exam results as they take time and need to be focused throughout the whole exam. For teenagers aged 13-18, their attention span should be from 30-50+ minutes long. This is the recommended time for an attention span, and doesn't need to be reduced for a few scrolls on social media.

How can the social interaction affect the teenager:

The social interaction can affect the teenager in many ways. For example, because they are more used to texting via social media or messaging apps then talking in real life can cause social anxiety for them.

Another way in which the social interaction can affect the teenager is by the body language that is being used between both people. For example, if someone is smiling whilst you are talking to them, then it can feel welcoming and that they are listening to you. Whereas if someone is distracted and constantly looking away then that can seem as though they are not that interested in you can which can create the sense that they are unwelcoming.

There are many benefits to the social interactions. These benefits include: a better mental state, can lower your risk of dementia, promote a sense of belonging and allows you to confide with others. These benefits show why it is so important that you are physically interacting with people and in doing so creating friendships.

How social media creates relationships:
Social media can also create relationships through messaging each other. However, this results in less face-to-face communication and instead just text through the phone which leads to more awkward conversations in real life. This can be because they rely on social media to use slang or take their time to think of an answer to a certain question or statement. I believe that social media strengthens relationships as it allows you to speak to them from a long distance, and doesn't mean that you always have to be with them.

How social media can affect the person:
Social media can make some teenagers be isolated inside of their rooms. There are some cases where being inside on your phone causes depression in young people, which makes them feel as though they don't want to do anything. If they are isolated, then they will be having less and less social interactions between themselves and others.
Socia media can also create a false look at reality. It can do this by creating false expectations of everyone. For example, influencers on social media can make it seem as though they have a perfect path for the perfect like, when in reality they have not.
Social media also exposes teenagers to cyber bullying, which can create insecurities for the person and also leads me onto my next point about how social media can affect mental health.

How social media can affect teenagers mental health:
Social media can have effects on people's mental health in many different ways. The most common one is depression. This is because some people with depression often feel as though they do not want to go out, and just want to sit inside all day and aimlessly scroll through social media. It is recommended that you spend at least an hour outside, but that does not mean the other 23 hours should be spent on social media. Throughout the globe, people spend on average 6 hours and 40 minutes a day on screens. This can be easily reduced as it worsens mental health, and that time could be spent doing things such as learning new skills or hanging out with friends. Not only this, but it creates deeper relationships and a better standard of social interactions between these teenagers.
Social media can also have external influences on teenagers. One of the main examples of this is body shaming which can lead to weight loss. In 2018, 45% of girls were said to have skipped meals. Contrast this to 2022 in which 60% of girls aged 15 would skip meals. This gives us the impression that social media gives people an expectation to have the perfect body. This can often lead to eating disorders as it puts pressure on the teenager to reach that expectation. It goes without saying that social media is become increasingly more popular, but it can be argued that it can also become the first step to mental health problems for many people.

How social media can create pressures on teenagers:
Social media can create multiple different pressures on teenagers. For some teenagers it is crucial that they are kept up with the latest news on the internet and speak about it with friends. If one of these friends does not know about this news, then they can experience what is known as 'the fear of missing out'. This can make people feel left out in conversations with friends and therefore create more socially awkward interactions. To add to this, it also weakens their relationships with one another if they are not talking as much as they used to.
Social media can also make teenagers expect a perfect life, for example some big celebrities with a mansion and expensive cars. Whereas life is a lot harder and often some teenagers can think that life is just a walk in the park, compared to the harsh reality of being successful takes a lot of sacrifices.
Furthermore, increased time on social media leads to less sleep. Your mobile phones give out what is known as blue light, which makes it harder for you to sleep well. The National Sleep foundation did a survey in 2011 and found that 18% of the people who were aged 13-19 woke up during the night to go on social media. This proves that if you use your phone before going to bed, then you will not have as peaceful sleep, in comparison to if you don't use it for at least an hour before you go to bed then you will have a better sleep.

Conclusion:
To conclude, I think that social media has many different effects on social interactions between teenagers. Many of these effects are negative such as: mental health risks, lack of sleep, poor communication skills, and less time spent outside. I believe that this is enough evidence for teenagers to know that it is wrong to spend so much time online as

it can clearly affect your social interactions with friends or family. Overall, I think that it is better to spend time outside creating social interactions rather than sitting inside scrolling through social media. Instead, we should be thinking about how to be human.

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4 Niyati Joshi (Rugby School): How have beauty standards shaped perceptions across Asia?

Beauty has always influenced perceptions about people across diverse cultures and regions over time. What is beautiful to some, may be a deformity to another. Beauty is forever abstract. Other people will have different perspectives on beauty; however, it can harm us as beauty starts to reach unrealistic ideas. It changes continuously as we see current trends and products develop contributing to the notion of beauty.

Globalization is one of many factors contributing to beauty standards. The fast rate of globalization has influenced the way attraction is perceived and defined across different countries. It has helped people to be more open-minded towards diverse cultures and traditions, however, the widespread diffusion of the Western world is promoted through social media platforms and global media outlets such as movies and global advertising campaigns. When someone mentions a 'Western' idea, people tend to think about lighter-skinned individuals. Western culture is becoming a global norm. The idea of a slim, toned body, straight hair, and Eurocentric features has become more desired globally as it is associated with ideas of beauty, success, and modernity. This in subtle ways promotes colourism in various cultures, where people incorporate Western standards, leading to practices like skin-lightening and altering natural features to fit in with the standards. A well-known Bollywood actress Katrina Kaif, who was born in British Hong Kong and raised in London, United Kingdom, herself talked about how there have been times during which she has 'felt the pressure to live up to a certain standard of beauty in my experience as an actor and a model' showing that who you are does not matter, women have to find an alternate idea of beauty rooted in something other than what the world says. She has a successful beauty brand called 'Kay Beauty' the leading Indian beauty and wellness e-commerce company and she talks about how her relationship with makeup has 'been a deeply personal journey right through my years as a model and an actor'. This shows that beauty standards influence everyone's perceptions, feelings, and mindsets no matter who they are.

About this idea, colonialism in India heavily influenced the beauty standards. It had previously been colonized by multiple different countries including Austria, France, Dutch, Sweden, and England. The British Raj colonized India for the longest time out of the Empires. They colonized India from 1600-1757 causing a substantial impact on the perspectives and opinions of the people in the country. Traditionally, beauty standards in India were diverse and varied across different regions. Factors such as body shape, complexion, and attire were influenced by local religions and customs, (and they still are. Mostly in less urbanized areas of the country, as the traditional beauty standards still stand). Lush hair is also considered a sign of health and youthfulness as historically, mythology often depicted female figures with long hair. The tradition of hair care rituals like oiling, braiding, and decorating hair with flowers have been passed down through generations reinforcing the beauty standard.

Before colonial times a fair complexion was associated with beauty and prosperity due to religious texts and depiction of deities with lighter skin tones. Traditional attire such as sarees and jewellery were also considered key elements in the beauty standards of the time. However, British colonialism brought Western standards of beauty which prioritized fair skin, slender figures, and European-styled fashion. It also had a lot of social and economic implications as fair skin became associated with higher economic status due to it promoting Western goods and lifestyles. Despite all these influences the traditional beauty standards did not disappear, yet they blended in with Indian beauty standards however there has been a growing movement towards being all accepting of diverse beauty.

With the fast-growing use of social media, platforms such as Instagram, TikTok, and Snapchat contribute highly towards beauty standards with all three platforms providing multiple unrealistic beauty filters. These tools are shaping social expectations, creating unrealistic ideas of beauty such as clear, untextured skin without any blemishes. It can also introduce the widespread use of filters leading to distorted self-perception, particularly amongst young users contributing to issues like low self-esteem, and body dysmorphia, and can increase demand for cosmetic procedures as people feel the urge to replicate these unrealistic features in real life.

Whilst social media is highly criticized for having negative impacts on people of all ages, it has given rise to a broader representation of beauty and presenting people of various ethnicities, body types, skin tones, ages, and abilities. It encourages the acceptance of diverse appearances. It has also created a body positivity movement as influencers have shown how easy it is to apply a filter and edit their pictures to match unrealistic beauty standards. Many influencers also offer advice to help people feel more confident in their natural beauty share the difficulties that they faced with issues such as self-esteem and try to normalize conversations around self-image and well-being mentally and physically.

Pretty privilege is also one of the factors contributing to perceptions about beauty standards. As defined by 'the Daily Free Press, the independent student newspaper at Boston University' "Pretty privilege operates on the principle that people who are more conventionally attractive based on societal beauty standards have more advantages and opportunities compared to people who are deemed less attractive." This means that people who are part of the idea of pretty privilege, receive more compliments and have better self-esteem due to believing that they deserve everything they desire as the people around them believe in them too. The well-known beauty standards accepted with pretty privilege include clear skin, a symmetrical face, or a certain body type. If it is not obvious, this also aligns with the beauty standards social media has decided to create for us to look up to. People who do not fit into these standards usually tend to feel less valued, this can limit the visibility of diverse forms of beauty narrowing the beauty standards. Pretty privilege can often create a social hierarchy where people considered more attractive are showered upon with more opportunities, attention, and validation in many parts of life, such as women, in particular, receiving 'free drinks at bars, price drops at coffee shops, people opening doors and even free of charge tire changes, simply because of the way they look.' This idea once again reinforces the clarity of pretty privilege, everyone sees it, no matter what gender they are. This is damaging to society as it makes it more difficult to fit in with these ideas of beauty, it makes women and men feel forced to try to compete with the people around them for such validation.

In relation to the idea of perfection and pretty privilege, is the increasing global popularity of South Korean skincare, known for achieving a flawless look and is promoted through K-beauty products, social media, and the broader beauty industry. South Korean beauty standards prioritize having a small V-shaped face, fair skin, symmetrical eyebrows, a slim body, and double eyelids. Double eyelid surgery is common in South Korea and is one of the most popular cosmetic procedures attracting international patients as well as locals. Over 80,000 people fly to South Korea every year specifically for plastic surgery. Rhinoplasty is also popular in South Korea to correct minor asymmetries, smoothing out small bumps and creating a more defined nose bridge. These procedures, along with the ideals they represent, promote the idea of a flawless, unblemished face which appeals to a lot of people and contributes to the rise in K-beauty globally. It is however concerning that you can find a billboard-sized advertisement in Seoul on plastic surgery with phrases such as "You too can be pretty". This constant exposure to unrealistic beauty can affect the mental health of teenagers, particularly during adolescence when much of their skin is naturally imperfect. The unrealistic beauty standards presented through social media and by some beauty influencers and companies may lead to low self-esteem. As a result, teenagers and young adults, both genders, may start purchasing expensive skincare to achieve the 'perfect, flawless' glass skin. This benefits large beauty companies that supply these products and profit from the insecurities of people of all ages.

In addition to this, the beauty market (defined as skincare, fragrance, makeup, and haircare) will benefit from these expectations as this increases the amount of money made. It generates approximately $430 billion in revenue and has proven to be resilient regardless of global economic crises. Beauty is now an industry that people from celebrities to successful business owners are taking part in. As consumers are increasingly shopping both online and offline stores E-commerce in beauty nearly quadrupled between 2015 and 2022 and its share now exceeds 20 percent.

Another component, adding to the increase in profits for the fashion industry is fast fashion. Fast fashion is when low in price clothes are produced adapting to the latest trends. However, this is not good as the mass consumption and production at the current rate, are affecting the environment. Whether it be from the influence of a celebrity or something trending on social media, it impacts the viewers as they may compare themselves and develop an expectation about the way they should dress otherwise they will not be socially accepted. This may lead to thoughts about their body image, lowering self-esteem for those who believe they do not fit these standards, this also increases the levels of landfills containing old pieces of clothing. Another reason fast fashion is not good is due to it being very unsustainable as many unwanted clothes end up in either landfills or charity shops.

In conclusion, the argument around beauty standards shows the complexity of cultural heritage, modern influences, and self-perception. Historically it revolved around traditional values and ways of dressing, yet now in the present, it revolves mostly around the influences of social media and celebrities. It becomes important that as a society, everyone is inclusive and has a healthy understanding of beauty, one that allows people to appreciate their unique qualities and not conform to unrealistic ideals. As human beings, it is difficult to not compare ourselves with other people and to not conform to the new trends and beauty standards, however towards the future we all have to learn that it is okay to feel that way and we should all appreciate ourselves and not get easily influenced by our surroundings and that beauty is defined by diversity rather than uniformity.

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5 Monika Kongor (Holly Lodge): Has the traditional conflict between science and religion held back society and will there be a coming together in the future?

The relationship between science and religion has been a topic of much debate and discussion throughout history. While some view the two as inherently conflicting, others believe that they can coexist and even complement one another.

As mentioned earlier, some people of religious groups may view science as something that cannot coexist with their beliefs, primarily when they feel that scientific theories or concepts contradict their faith[1]. This perspective is often based on the belief in a literal interpretation of sacred texts and the idea that these texts provide absolute truths about the natural world. As this is the case, these individuals may perceive science as challenging or even threatening to their religious beliefs.

However, not all religious people believe that their beliefs cannot coexist with science. Many religious individuals have tried to find ways to reconcile their faith with scientific discoveries and theories by interpreting sacred texts in depth to find any hidden meanings behind them. Additionally some religious people have tried to seek harmony between science and religion.

Similarly, some scientists may view religion as something that cannot coexist with their ideals due to a perceived lack of evidence supporting religious claims. As scientists often rely on empirical evidence [2] and logical reasoning to support their claims and views, scientists may also feel that some religious teachings contradict scientific principles.

Another reason may be because of the different worldviews[3].
Science tends to promote scepticism, critical thinking, and questioning of established beliefs. In contrast, religious faith often emphasises acceptance of divine truths and revelations as the foundation for understanding existence and morality. The difference in worldviews can create tension between scientists who prioritise evidence-based reasoning and individuals with strong religious conviction based on faith.

However, not all scientists believe that religion cannot coexist with their beliefs, in fact, many scientists (such as Isaac Newton and Blaise Pascal) view their religious beliefs as complementary to their scientific understanding of the world. They may believe that science can provide explanations for how the universe works while religion offers insights into questions about the meaning, morality, and purpose in life.

One historical conflict between science and religion that is particularly suitable to mention in this essay is the Galileo affair[4]. This event, which took place during the 17th century, involved a renowned astronomer Galileo Galilei proposing that the Earth orbits around the Sun rather than being at its centre as previously believed by most scholars. However Galileo's ideas were met with resistance from some religious authorities who saw his claims as threatening to their beliefs as he supported heliocentrism instead of geocentrism, which was believed by the religious authorities.

In 1633, after extensive debate over his controversial theories, Galileo was found "vehemently suspect of heresy"[5] by the Roman Inquisition and was put under house arrest for the rest of his life. The Church's condemnation of Galileo's ideas effectively stifled scientific discourse on the issue for a time, illustrating how conflict between science and religion can indeed delay societal progress.

However, although that is the case, this conflict did indeed contribute to raising awareness about scientific discoveries and sparking debates that helped shape modern perspectives on the relationship between science and faith. The conflict encouraged further exploration of heliocentrism, leading to a better understanding of our solar system and cosmos, which has had an undeniable positive impact on society as we now have a more accurate understanding of the universe in which we live.

Therefore, it is possible that conflicts such as the Galileo affair may have slowed down progress by creating resistance to new ideas or theories, especially when they challenged long-held beliefs, however these disagreements have also played a role in pushing both fields forward as scientists sought evidence to prove their theories while religious leaders grappled with reconciling faith and reason.

Another conflict that is suitable to mention in this subject is the Darwin versus Creationism conflict[6]. This particular conflict has been a significant point of contention between science and religion for many centuries.

Darwin's theory of evolution by natural selection posits that species evolve over time through gradual changes in their inherited traits, driven by the process of survival and reproduction. This theory challenges the traditional religious belief that God created life in its present form, as described in various sacred texts such as the Bible or the Quran.

This ongoing conflict regarding Darwin's theory of evolution and creationism has had far-reaching consequences on public perception. This has led to misunderstandings about both science and religion, as people's limited understanding of these complex subjects has caused the majority of them to develop misconceptions and stereotypes[7]. As a result, individuals have formed oversimplified views that set the two realms against each other.

This conflict has also contributed to social division, with heated debates over teaching evolution and creationism in schools often exacerbating tensions between those who hold differing beliefs. These divisions have spread into different parts of society, hindering cooperation on a wide range of issues that require collaboration for progress. This inability to find common ground perpetuates mistrust and animosity between groups with different perspectives, further complicating efforts to address shared challenges effectively.

However, despite these challenges, there are signs that a coming together might be possible in the future.

 One of these signs include the growing understanding that both realms can coexist peacefully within individuals' lives. Many people find ways to reconcile their religious faith with scientific understanding by interpreting sacred texts metaphorically or focusing on shared moral values, demonstrating that harmony between science and religion is not an all-or-nothing proposition.

Another development is the increase in dialogues and discussions among various groups seeking common ground. Interfaith dialogues have become more prevalent, bringing together scientists, theologians, and philosophers to engage in meaningful conversations about their respective fields. These interactions help to overpass gaps between seemingly opposing viewpoints while fostering mutual respect and understanding among the participants.

Regarding the future of this relationship between science and religion, it is likely that further advances in technology will continue to challenge traditional beliefs and create new conflicts. However, there may also be opportunities for collaboration if both parties can find ways to coexist without threatening the core tenets of each other's ideologies.

As the society becomes more educated and informed about the intricacies of science and religion, people may develop a deeper appreciation for both domains, recognising that they can indeed coexist without contradiction. By creating open-mindedness and respectful dialogues between individuals with diverse beliefs, it is possible to create an environment in which science and religion enrich one another and contribute to the shared goal: truth and meaning.

Additionally, both science and religion require a certain degree of humility in order to foster collaboration. Scientists must recognise that their understanding of the universe is continually evolving, while religious believers should be open to re-evaluating their beliefs as new insights emerge from scientific research.

The increase of humility between science and religion has the potential to foster greater social cohesion by breaking down barriers that have historically divided humanity. By recognising the value in diverse beliefs, societies can become more inclusive and tolerant, ultimately benefiting everyone involved. This increased understanding may also

contribute to a reduction in conflicts driven by ideological differences, as people learn to appreciate the complexities of various perspectives on existence and purpose.

In summary, the historical conflict between science and religion has undoubtedly shaped societal progress, often creating challenges that hinder collaboration and understanding. However, the evolving perspectives of individuals on both sides reveal a promising potential for coexistence.

As more people seek to reinterpret their beliefs in light of scientific discoveries and engage in constructive dialogues, the boundaries of both science and religion are beginning to blur. This can be seen through the development of the humility and open-mindedness of individuals throughout history as it has fostered a deeper appreciation for the complexities of both science and faith, thus encouraging a more inclusive and tolerant society.

Our society has the potential to navigate a future rich with technological advancements and philosophical inquiries, therefore highlighting the reason why it is crucial to embrace the dialogue between these forces as it is through their integration that we can enrich our understanding of existence and the shared goal of truth and meaning.

As mentioned before, the journey towards the desired harmony of science and religion requires effort from both parties - commitment to collaboration that may perhaps transform the narrative of conflict into one of unity and progress.

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6 Isaac MacColl (Rugby School): How did/does/will money affect football as a played sport, on a professional level?

In this piece of writing I will be discussing the impact, good and bad, and importance of money on the beautiful game. This will only be looking at the sport at a professional level and not amateur because of the way they interact with each other financially and the monumental expanse of the amateur football leagues across the globe could not be written in the word count that this essay has. Money is a form of currency which was created by humans as a universal way of trading and understanding someone's wealth and ability to provide what is necessary for a purchase. In the modern era most have some form of money and most understand it as a means of trade. Football is the most popular sport in the world[1], currently, and so most have heard of it and/or played it. These two if put together you create a football club which is football as a business, and fully depends on results. But how you get these results depends on form of players, skill and talent of players, facilities for the players to train in, facilities for players to play in and for the opposition to play against them in; and the list goes on for a very long time. The basis of that was that to acquire that list you require money and the more money put into a football team, normally, the better it will do. Of course, there are exceptions to this trend and breaches of financial fair play, which will be explained in another paragraph. This means that money is very influential for sports, as businesses, and that people can view it as unfair or that it is partially ruining the game and creating an unlevel playing field.

Money is used to fund everything to do with the sport, whether that be to buy the best players and complete their contracts or to buy shinpads or boots to play. This means that teams without money or financial support will not thrive at the professional level. This also means that smaller clubs who do not play at the top level/flight in their country. Even clubs as big as Coventry City and Fleetwood Town will struggle to make it to the top flight even though they have created two of the best players, Jamie Vardy and Viktor Gyokeres, of the generation and sold them on for huge amounts of money, relative to the club. But Fleetwood Town have remained in League Two since their "Vardy" era, being promoted in the 14/15 season and then being relegated in the 23/24 season[6]. This shows how teams who have talent but do not have the financial resources to contain their talent will lose it, as Coventry City sold Viktor Gyokeres to Sporting Lisbon in 2023 for £20 million but his current transfer value is £65 million[3], meaning that if Coventry had held onto their asset they could have made an extra £45 million, theoretically. But that, truthfully, could have never been the case as he was always going to be scouted by bigger teams with more money and led away from Coventry by massive contracts, that is if Coventry was not willing to let him go and considering his market value was £7 million below what they sold him for that seems unlikely. In conclusion the footballing pyramid which spans far deeper than you can imagine but also has more money involved in it than you can imagine, and that is just in England. Smaller teams do not thrive in this structure as bigger teams will always take from them with the "unlimited" money they possess and being a big fish in a small pond means you are the best at what you do in that situation, but you are also the most visible to fishermen.

The way football flows is promotion and relegation, teams come up and go down. This means that every season in every league, apart from the very bottom league, which is non-professional, several teams must leave and join the league, that being from clubs getting relegated from higher leagues and promoted from lower leagues. This means that teams have a goal to work towards and seek to go higher. The way that this is achieved is, normally, by adding greater players to your squad and therefore you are able to beat more teams and gain more points, the more points you have the higher you are up in the league. The circumstances of being promoted do not apply to the highest league, in England that is the Premier League. In this league is where most of the money in the country is held, in football, and the best of the best players play to win the league. Playing in the best league, for a club, means that you will get a vast amount of money for placing higher up. Even a club that placed dead last in the Premier League and therefore was relegated, in the 22/23 season, was given £103.6 million[4] by the Premier league for competing. This creates a scenario where clubs such as Southampton, who placed last, have a far greater amount of money than the clubs in the lower leagues and so therefore in most cases achieve instant promotion the next season, which also comes with its financial benefits. To create a level playing field across all the leagues the FA have introduced FFP (Financial Fair Play) and, briefly, it means that clubs must have more income than they spend across 3 seasons. This means that bigger clubs can spend more but must generate a massive income to level that. Returning to the Premier League and the other top leagues in Europe. In the top flights of each country, in Europe apart from Russia all the teams are playing for qualification and instant qualification into the Champions League, the biggest trophy in Europe

and all of club football. This means that bigger teams compete for a lot more money than smaller teams, which is logical, but creates a major divide in the sport and makes it very hard for smaller teams to push through into the top divisions rather than just the teams that get relegated than just get promoted back up.

This is in the present, but money has affected football very differently in the past. Firstly, money was of greater value even back in the early 2000s and so massive transfers were very different back in the early 90s and 80s. In 1990 the biggest transfer in history was conducted and that was Robert Baggio going from Fiorentina to Juventus for a sum of, roughly, £11 million. This transfer was also only between two Italian clubs and this shows that players were not able to travel internationally for transfers back then as it would be a massive change to their way of life and living. International transfers became a very common thing in the early 2000s when he travelled from Juventus to Real Madrid in 2001 for a world record £75 million. This not only shows social change but also technological change and domestic change. As changing regions is now a very common thing for players and it would seem mindless to deny an opportunity to play for a bigger club in another nation just because you do not want to move countries. The English FA only allowed foreign players to play in 1978, anyone not from the UK, in the English football pyramid. This shows how people were less caring about who was playing and only wanted to see quality football regardless of who they were watching. This meant that international companies could sponsor in the UK and involve more money in the First Division and players became richer. The big international sponsors of the 90s were Nintendo, OPEL, Kool and SONY[6]. As money became something most had plentifully, rather than shillings and pounds people were earning thousands at minimum wage, so did international transfers and sponsors showing advancement and expansion of the modern era and way of thinking.

Following on from the idea of transfers in the most recent paragraph, these are not always about the money and about the idea of transferring away from a club that doesn't give you opportunities or could be returning to a club that you played for in your youth career. This can provoke negativity in the fans as it is a sport about passion and when your favourite player leaves to join your rival club, or another club in the league, you can feel betrayed and hence angry. A famous example of this is when Luis Figo left Barcelona, a club where he had everything, for their most hated rivals Real Madrid. Not only did this spark a vast amount of media attention but also it enraged the fans to an extent where they threw a cooked pigs head onto the pitch, right in front of where he was playing, which is a symbol in Spain which directly means "you are a pig, you deceived, me you broke my heart"[7] and is a form of hatred but also a sign that the Culés, a term for Barcelona fans dating back to before 1909, loved him dearly and were so sad to see him leave them. The psychological aspect of a transfer is as important as the monetary side and domestic side, it can cause players to fail and not be what they used to be. Another good example of this is when Emmanuel Adebayor left Arsenal for Manchester City and not only an example of the fans psychology but the players too. Adebayor was one of Arsenal's upcoming players having scored 46 goals[8] across the three seasons in all competitions for the club. What the fans thought would be the next Henry was not meant to be, this being because he left the club for enemy club Manchester City. This was one of the most controversial transfers of the time and the fans were disappointed with him but not necessarily angry, up until Arsenal played City in the League that same season they sold him. In that game Adebayor scored a header in open play against Arsenal and instead of showing respect and not doing a celebration or holding his hands up to say sorry he ran the whole length of the pitch and celebrated directly in the Arsenal fans faces which enraged them causing them to try pitch invade and attack him. All of this leads up to the main idea about football and its psychology, and the passion which is part of that. How one man's decisions influence millions and the impact that has on the player and the fans.

Football is a sport created and played by humans and always has been. But this may change as we think about the future. As giant companies generate higher quality technology and far more realistic and advanced things are altered by it. Football has already been altered by this, as in the earliest days of football it was played with a heavy leather ball with heavy and dangerous football boots and thick shirts that did nothing against sweat and heat. In the modern era of football even fan made shirts have AEROREADY[9] fabric which absorbs your sweat and therefore keeps you cooler and feel nicer when playing football. This technology will be taken to the next level when being developed for professional athletes at the top level. This advancement requires funding and hence money. But this is only the near future and in the coming decades and centuries development will be far greater than we could ever imagine, hopefully, and football will be part of that development. Football, as a played game, could be altered entirely in the way it's played and the rules that affect it. Also, who plays it could be altered and it could become a sport that is

taken over by AI, speculated by NIKE[10], and this could be a reality. The way football would function would be entirely different and the way money affects the game would also be entirely different. Transfers would be viewed as more of a purchase than they are now, and teams would possibly not interact with each other. It would create a far bigger divide than today between richer teams and smaller teams as they would not have the money to buy the best AI. It would also mean that form does not affect football as AI, currently, do not get tired nor complacent. Football is a sport fuelled by the fans and the passion and if the aspect of form and interaction was removed then it would be boring and would probably be more of a business than it is today. But that is only idea, and it could go down a path where only boot and shirt technology is advanced and therefore it remains roughly the same and only rules and regulations are changed.

In conclusion, money influences everything and everyone and it especially influences a sport as massive as football. Money in the business side of football means that players have a value and hence the better they are the higher they get valued. This impacts football as a played sport as it means that richer teams can spend loads of their money on these higher quality players and hence are a stronger team and can beat the other weaker teams and perform far better domestically. But this creates a divide, like society, where the rich get richer and the poor get poorer and in recent years we have seen a far greater divide than ever before. As we see loads of promoted teams instantly relegated and teams in lower divisions just not being able to become promoted because they cannot beat the newly relegated sides. This means that it becomes repetitive and teams will tend to win a lot rather than a lot of teams winning the same trophy. The money big teams have also means that they can draw talents away from smaller teams therefore widening the divide. Overall money has, does and will impact football, on the pitch, negatively as quality is focused and not shared with the other teams, that being because of money itself.

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There are many main factors that have influenced the growth of F1 in past years, however, the ones that I researched to be the most important are: social media, Broadcasting, Brand Deals, Sponsorships and Advertising, Esports and Word of Mouth. These stood out to me when researching as they seemed to make the most impact. For example, since social media popularity has increased so has the salary of the drivers. As shown in 1999 M. Schumacher was the highest paid driver with an average salary of $30 million. Compared to the highest paid driver in 2024 M. Verstappen with an average salary of $55 million. This statistic shows how more money is now circulating in the F1 business and how these factors have affected that.

To find these factors I investigated past papers done on similar topics, my main source was a research paper done on 'Social motivations and consumption behaviour of spectators attending a Formula one motor racing event' I used this paper to find out specific facts and statistics that were necessary for backing up my opinions. I began by using a mind map to organise my ideas and find out what I believed to be the most important factors. After I had worked through my own knowledge, I used the papers that I had found to see if I could either back up my ideas or if I had to change them. I ended up being relatively accurate, however after I had finished my research, I found that many of the factors I had thought of myself had very similar characteristics and I ended up grouping them together in the final essay.

Many of the factors I ended up researching, I had found, had undergone substantial changes to supply the needs of the ever-changing general public. I found this was particularly prominent in Advertising and Broadcasting. This was due to social media. Social media gives companies ways to promote and share messages instantly to millions of people. One article I found said that 'The instantaneous nature of social media enables news to reach a wide audience in a matter of seconds.' This means that over recent years broadcasting news on newspapers or over radio has been less effective. Another article stated that 'Consumers spend around eight hours of their day with digital media, roughly double the time invested in traditional formats' this shows how and why F1 and many other companies have shifted over to online advertising rather than staying with traditional media as it is 'losing the attention' of users. I found this particularly interesting as it showed how the world of media is changing and the way that F1 is advertising with it. F1 is inherently connected to the experience of being human. The excitement, passion, risk, and reward – are just some of the things that make the sport so exciting and popular - all derived from basic human emotions. In this paper I intend to find the factors that have led to the huge growth of F1, which as we will see, are acquired from the human aspects of the sport.

Adding onto this one of the main factors of growth is Social Media platforms, the definition of social media is as follows: Websites and applications which enable users to create and share content or to participate in social networking. All 20 of the drivers on the F1 grid have social media accounts, and this helps for the publicity of the sport. As stated earlier the difference between the average salaries of the highest paid driver in 1999 and the highest paid driver in 2024 is around $25 million. On average Formula One© make around $513.75 million in sponsorship deals. These sponsors can be seen advertised on all of Formula One's Social Medias including, Instagram, X, Tik Tok and on their official app. Formula One also facilitates VIP tickets to Influencers and Content Creators. This gives the guests a chance to advertise Formula One to their page and to their fanbase, this again increases publicity for F1. This shows how social media is a key factor in the growth of F1 as it gives people more of an opportunity to start following the sport. None of this would be possible without social media, which is why it is such an important factor, as in the past, none of the fans today would have been exposed to it. Social media is linked heavily to all the other factors but, I believe mostly so to Advertising and Sponsorships.

Advertising and Sponsorships also play a key role in the growth of F1. The definition of advertisement is, any public notice, as a printed display in a newspaper, short film on television, etc. F1 annually spends a little over $1.3 million on advertising. This shows how important advertising is, as a company they must be trying to reach all audiences. This links to social media, as without it much of this advertising would not be possible. Sponsorship deals also bring in a lot of revenue for the teams, brands will pay around $50 million to have their company advertised. For example, Mercades Formula One team's main sponsor is Petronas. They pay Mercades $65.09 million annually to be their main sponsor. Which brings in a lot of money for the team and helps them create a better car, this makes the racing spectacle more exciting for the viewers. But it is also publicity for Petronas. The companies which have been allowed to sponsor F1 have also adapted over the last two decades. For example, Tobacco companies and alcoholic drinks are no longer

allowed to sponsor races or teams, as humans have come to believe it promotes negative habits. Teams also create their own advertising, for example, Red Bull Formula One Team advertise on shop bought Red Bull cans. This creates more fan following for Red Bull as people enter the sport through them, meaning they are more likely to support them. It also shows how advertising has adapted to make the most out of all opportunities over the last few years. Another example of this is, Heineken 0%, one of F1's main sponsors. This sponsorship gives Heineken the opportunity to promote their drinks to F1 fans. One example of this is their give-away of F1 Grand Prix tickets. The way to enter this is to buy Heineken Products. This means that Heineken and F1 get publicity out of the sponsorship. This deal is promoted on social media, reinforcing how crucial it is for advertising and how much it has helped F1's increase in popularity. This shows why Sponsorship Deals are an important aspect of the growth of F1. They give F1 a place to advertise themselves to audiences they may not reach otherwise. Much of the Advertising is shown on TV and social media, the sponsorships are displayed on the Broadcasting channels as well, which shows how many of these factors are interlinked. Overall, Advertising and Sponsorship have played and will continue to play key roles in the growth of F1.

Another factor of the growth of F1 is Broadcasting. Broadcasting is the transmission of programmes or information by radio or television. F1 is broadcasted live in the UK by Sky Sports. However, the issue is the public must pay to watch the live race, which could affect the number of fans. Despite the limited amount of places F1 is available to watch, it seems to have not affected the number of fans as there is a 4% year-over-year increase of fans showing how the sport is still developing even with limited access to viewing. F1 is the 4th most popular sport globally, again suggesting that despite the lack of opportunities to watch the races it still has a growing fanbase. Although the fans cannot watch the races live, the Netflix Series, Drive to Survive, has had a huge impact on the increase in popularity of F1. It is estimated that around 360,000 F1 fans entered the sport through the series, showing how it has played a major part of bringing new fans into the sport since 2019. Overall, Broadcasting and viewing seem to have less of an impact on the growth of the sport as other factors but, are still one of the reasons it is growing.

One of the last main factors I have researched is Word of Mouth. I believe this is important because it enables F1 to reach new audiences. Other studies have shown that Positive Word Of Mouth is "700% more effective than newspaper advertising, 400% more effective than personal selling, and 200% more effective than radio advertising". These statistics alone show how PWOM is more effective than any other kind of advertising. This means that PWOM could be one of, if not the most important factor for the growth of F1. The 1.55 billion fans could be seen as one of the best ways to advertise the sport to their friends etc. This is why F1 make the experience of going to a race as enjoyable as possible. Another study showed that satisfied customers, or in this case fans, tend to express their satisfaction more than dissatisfied customers express their dissatisfaction. Meaning, that the better experience F1 gives the fans, the greater positive advertising it will receive, with no cost. This is shown in the growth of fans. In the year 2000, the attendance of the Silverstone F1 race was between 60,000 to 140,000 people. Compared to the 2024 Silverstone F1 race which had an attendance of 164,000 people. This shows how the attendance of the F1 races has increased and this could be due to PWOM. Much of this PWOM is done on Social Media platforms etc. Many of these resources have not existed in the past which could be another reason for the recent increase in fans. Overall, Word Of Mouth is one of the key aspects of growth for F1.

The final factor of growth I believe is Esports and online gaming. Although it is not linked directly to the real race. Esports have become another way to attract fans of F1. The F1 game can be played by anyone with an Xbox or PS4 etc. and is another way to target audiences. It also makes the superhuman feeling of driving an F1 car available to people at home. One article stated 'According to Newzoo, eSports revenues will grow to $1.65 billion in the coming months' Showing how Esports is growing and F1 Esports with it. It is attractive to many young children as well, as they are able to access the feeling of driving a F1 car at home.

Based on my assessment I have concluded that the two important factors are social media and Sponsorships & Advertising. This is because I believe that many of the other factors would not be able to go ahead without these two. For example, many of the viewers of F1 would not know where it is being broadcasted without advertising. And in the past, there was not any online presence or media as it had not been invented yet. This shows how due to humans and social media the world of media is changing therefore meaning that advertising and marketing must change with it. It is now a crucial part of human life and F1s growth, and will continue to be into the future, this is proven in the fact that F1's social media followers have tripled in the last 5 years. This fact shows how crucial Advertising - Sponsorship and social media are for F1's growth and although all the factors I have researched are important these two are critical

and the most important for the sport. I also believe that due to the way that F1 is currently growing, humans will continue to enjoy the sport well into the future and beyond.

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8 Max Taberner (Rugby School): Where did Hitler take inspiration for the Aryan race, and how did this influence his leadership and the German people and what is its significance now?

Throughout the 19th Century European and American powers created theories of race that served the power of the state and for political gain. However the most profound of these theories was Aryanism in the mid-Twentieth Century. When a person of the 'Aryan race' is mentioned an image of blue eyes, blonde hair, statuesque features, exceptional strength and poetic personal qualities come to mind. However, this 'master race' is not as perfect as it seems - in fact, it never even existed. This fairytale was in fact a pseudoscientific historical race concept that emerged in the 19th Century and was later adopted by probably the most profound dictator of the 20th Century, Adolf Hitler. Hitler's utilisation of this concept of a 'master race' allowed him to spread racialist propaganda, maintain control of the masses and dehumanise a whole religion and many other minorities. In this essay I will explore the origins of the Aryan race, how Hitler adopted its ideologies and how he essentially weaponised it.

The first hypothesis, developed in the mid-19th Century, suggested that the 'Aryans' were a light-skinned faction existing in ancient Iran, an ancient Indo-European people. These prehistoric people invaded and conquered India, and in turn shaped the course of Indian culture with their, literature, religion and social organisation. The scholars' believed that the speakers of this Proto-Indo-European language, are direct descendants of a superior specimen of humankind. The catch is that there is no direct record that the Proto-Indo-European language or people ever existed. There is no anthropological, historical or archaeological evidence that supports any notion of this superior race. However this did not stop ethnologists in Western Europe from "finding" links between this ancient race and racial superiority. A key figure in the emergence of this "racial demography" was Arthur de Gobineau, who is best known for his works on legitimising racist agendas by using scientific race theory, which included the Aryan and Nordicism theories, in "An Essay on the Inequality of Human Races" (1853-55). In this essay he argues that there are intellectual differences between races, and by mixing them civilization declines and falls. The Aryan and Nordic races are highlighted as the pinnacle of mankind, superior to all others, however the inevitable interbreeding led to a decline in the purity of these ethereal people. Immediately there are direct correlations between de Gobineau's work and Nazi ideologies.

Following World War 1 Germany was placed under an armistice treaty called the 'Treaty of Versailles'. This treaty forced Germany, along with the Central Powers, to take full blame for the First World War. As a result Germany lost all of its overseas colonies, its military was crippled (reduced to 100,000 men) and had to pay reparations of £6.6 billion to the Allied Powers. This resulted in the German population suffering from disillusionment, economic hardship and international humiliation. Political instability and soon extremist ideas followed close behind, allowing Hitler to rise to power, through a combination of factors and harnessing the Aryan theory for his own.

Alongside his chief propagandist Joseph Goebbels, Hitler organised a campaign that won over the dilapidated minds of the German public. By using a wide range of media such as radio, posters, newspapers, rallies and films the Nazis were able to engage people with different political standpoints, appealing to more than one demographic. To the right is an example of a poster depicting the idealized "Aryan" family from the Nazi Party's Racial Policy Office calendar in 1938. It depicts a light-skinned, blonde-haired man, with an athletic physique, sat behind a capable looking, identical in features, mother who is cradling an alabaster baby (also with blonde hair). The man appears to have excellent muscular hypertrophy, more than the average, suggesting outstanding strength. The way he sits suggests a power over the woman, but not in a threatening way, protecting her but ensuring she is beneath him. An eagle circling them represents the Nazis, a symbol of strength and patriotism. It can also be said that the eagle represents the ever-watching Nazi leadership, evoking a sense of terror and submission within the public's subconscious.

Another example of Aryan propaganda was the Nuremberg rallies. The Nuremberg rallies (1923) were an effective tool for promoting the Aryan theory by creating a spectacle of unity and racial superiority. Through grand displays of choreographed marches and speeches by Hitler himself, the Aryan race was glorified and surmounted as the master race. The sheer scale and disciplined order of the events reinforced the Nazi narrative of Aryan dominance, making it visually and emotionally compelling for the public, in turn embedding Aryan superiority and Nazi power in the minds of the German people.

Alongside the Nazi-influenced leisure groups, such as the Hitler Youth and the League of German Maidens, indoctrination spread into the school system and German youth during the Nazi reign. The curriculum was edited to suit the totalitarian control of the new government, ensuring widespread understanding and loyalty of its people, young and old. For example, biology was now fused with 'race science', or eugenics, which taught that Aryans were strong, intelligent, and pure, while other races were deemed inferior or a threat. Other curricula included lessons on genetics, racial hygiene and the importance of preserving the Aryan bloodline. The racial indoctrination aimed to create a generation that was loyal, racially conscious and whose views aligned with that of the Nazi party.

To enforce this purity throughout the rest of the country Hitler issued the Nuremberg Laws in 1935. These laws stated who was considered Aryan and began the dehumanisation of the Jews (along with other 'non-Aryans'), by stripping them of citizenship. These laws reinforced Nazi principles by preventing marriage between Aryans and non-Aryans, just like the youth were taught in schools, preserve their so-called racial purity.

Joachim Fest, a German historian, writes in his book *Hitler (1973)*, "Hitler simplified Gobineau's elaborate doctrine until it became demagogically usable and offered a set of plausible explanations for all the discontents, anxieties, and crises of the contemporary scene." Here Fest explains how Hitler adapted and simplified de Gombineau's racial theories in order to make them more accessible and appealing to the German population, in turn addressing and harnessing the fears and weaknesses of the broader audience at the time. Hitler was less worried about the small complexities of the racial background of this super race and the arcane racial theories of radical thinkers such as Arthur de Gombineau, but instead focused on melting it down to the core ideologies. In doing so he was able to make a more comprehensible, appealing set of ideas that were aimed at the suffering German population after World War 1.

A factor that made the Nazi credo smoother to spread and take hold was the pre-existing prejudices of the German public. Examples of these preconceptions were anti-semitism, xenophobia, nationalism and post World War 1 blame. The stereotypes surrounding Jews in Europe at the time, wealthy, deceitful and disloyal, made them easy targets for an emotionally wounded country to make them their scapegoat for all their suffering. This discrimination of Jews follows a thousand-year-old antisemitic culture within Europe. Germany also had deep roots in nationalism, due to centuries of rule by a Kaiser, and therefore xenophobia would have been common. By tapping into these entrenched prejudices the regime rallied support extraordinarily quickly, legitimized exclusionary polices and further justified their racial hierarchy and their pseudo-scientifical race concept. As a result they paved the way for mass persecution, dehumanisation and homicide.

With the help of Arthur de Gobineau, Joesph Goebbels and the majority of the German population, Hitler was able to take away the fabric of what it meant to be human from certain groups in society. The systematic dehumanisation of the Jews, Romani and disabled people paved the way for the rise of Hitler and his Aryan race.

It is likely we will always see the aggrandisement and dehumanisation of certain groups for political gain. People will always look for a scapegoat when times are hard. Worryingly we can see echoes of this in the 21st Century, as far-right nationalism is on the rise in Europe and anti-semitism and anti-immigration sentiments continue to grow. It is unlikely that we would see such blatant racism in today's society, and yet we are seeing an alarming arise in right-wing ideologies, which are founded on the same principles of racial superiority. If we look to the future, what separates these riots from intensifying into something as dangerous as the Nazi regime? What stops the violent, discriminatory, racist ideologies shifting from private thoughts to political movements? The right-wing, anti-immigration riots in England in 2024 could be compared to the Night of the Long Knives. Donald Trump's accusations of Haitian immigrants eating pets, and spreading of other fake news, could relate to the propaganda and attribution of the Nazi party towards Jews and 'non-Aryans'. The creation of myth, urban or ancient, will continue to be used for political gain, but when those policies are adopted by the government themselves, that is when history will be repeated.

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Google Scholar, PDF	[Nazi-Deutsch/Nazi-German : An English Lexicon of the Language of the Third Reich (arild-hauge.com)](#)
JStor, Book	[The Theory of Aryan Race and India: History and Politics on JSTOR](#)
Google Books	[The Aryan Race: Its Origins and Its Achievements - Charles Morris - Google Books](#)
JStor	[The Great Aryan Myth on JSTOR](#)
ChatGPT	Q: What were 3 ways that Hitler utilised the Aryan Race and indoctrinated the German people – only give me headings A: Education and indoctrination, Legal Framework, Pre-existing Prejudices
Britannica	[Education - Nazi, Germany, Schools	Britannica](#)
Edge	[Eugenics: Definition, Movement & Meaning	HISTORY](#)
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Book	*Hitler*- Joachim Fest

9 Kohaku Saito-Durdey (Rugby School): Is it possible to live in a socialist world where the inequality is significant?

In today's society, the difference between wealth and poverty is increasing year by year, raising important questions about the politics surrounding our lives. Many countries, while adopting socialist values aimed at promoting equality, still live with significant inequality. This presents a complex world where the intentions of socialism often in conflict with economic differences. These systems can provide essential services and reduce some inequality, however, they may also create different classes that benefit unequally. As a result, the idea of socialism can become overlooked by the gaps between the wealthy and the poor. This essay will question the differences within socialist societies that struggle to keep equality with economic challenges.

Socialism is an economic and political system that focuses on equal ownership of goods. It aims for social equality, where resources are shared evenly among the population. Unlike capitalism, which values wealth individually, socialism prioritizes the community over personal gain. This idea can be seen in areas like education, where equal access reflects socialist values. However, capitalist views has challenged these views, especially in politics, leading to conflicts between socialism and capitalism. Understanding socialism is key to understanding, including ongoing inequalities within socialist structure.

In a socialist society, economic inequality is a significant challenge that can overshadow the thought behind shared equality. Although socialism is designed to promote equal distribution of resources, inequality often appears, leading to a sense of gratification among people. The thought that some people benefit from this while others do not can lower trust in governments. For example, evidence shows that unfair inequality, bias inequality roots back to uncontrollable factors, tends to decrease support for current governments, highlighting the fragility of democratic beliefs" (Reutzel F). Additionally, examining the impact of economic inequality in Central and Eastern European countries highlights how different -"socialist models" can lead to levels of disadvantage, complicating the understanding of economic well-being (E Bárcena-Martín).

In societies know by significant inequality, the differences in wealth and access to resources is noticeable. Many people struggle to meet basic needs, whereas a small percentage hold wealth. This inequality can be traced back to the foundations capitalism, as shown by many studies that highlights the understanding of poverty as a "natural state of humanity before modern economic systems developed" (Hickel J et al., p. 99-102). The increase in inequality over the past 50 years has led to a divide, with "many being left behind as environmental crises threaten our future" (Bieri S et al.). This emphasizes the need for an evaluation of how resources are distributed and highlight the importance of change. "To promote fair access to wealth and opportunities, making dignity a universal experience instead of a privilege for a few".

The effects of inequality go beyond economic differences, influencing social structures and politics. When certain groups lead political parties, it results in policies that don't address the needs of the population, which opens the divides within society. For example, as seen in the Chinese context, historical systems, such as the "civil examination" system, "have created enduring legacies that influence contemporary political participation". "This suggests that places with a history of equitable access to opportunities may experience less pronounced gender gaps in political participation today" (Liang B). In addition, cities across Europe, the implementation of the European Green Deal shows how inequalities can block sustainable development. "The difficulty is ensuring that all social groups, regardless of their status, are included in policymaking processes to foster equitable growth and mitigate social unrest "(M Chodkowska-Miszczuk).

Inequality can create social unrest and political instability, mostly in societies aiming for equity and justice. "When groups perceive that they are systematically disadvantaged, their frustration can lead to protests, revolts, and even violent clashes." For example, the existing structures can provoke feelings of exclusion among minorities, resulting in unrest. As described in (Pakulski J), "social scientists emphasize that inequalities of endowments and treatment can erode trust in institutions, prompting groups to challenge the status quo." furthermore, Movements started by injustices often bring people closer from different communities, calling for change. This shows that unrest isn't isolated; instead, it brings together diverse groups of people against a shared enemy which in this case is inequality. Ignoring these inequalities risks creating divisions, making it harder to create a stable society, especially in a socialist view that aims to promote equality.

Socialist countries that represent significant inequality has both challenges and opportunities for development of the country "The disparity often stems from the unequal distribution of resources and opportunities, leading to the degradation of marginalized communities." As written in (M Chodkowska-Miszczuk), cities can play a role in bridging these gaps through urban policies that address environmental and socio-economic inequalities. Furthermore, "the role of money transfers, as noted in" (Vusal A)," can stimulate economic activity and increase tax revenues." By improving and supporting local economies, this aims to close the gap on inequality. Tackling these challenges whilst, combining smart resource with the community , to make sure everyone has equal access to opportunities and a better quality of life with a collective effort.

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10 Fleur Topham (Rugby School): How has our appreciation of essentials in life changed over time, both in the old world and the modernised?

It is now obvious that, over time, people's views of essentials have differed, and the debate of "what truly is essential?" has become harder to argue, and the line between essentials and luxuries has become blurred. But why is this? As we are only human, it is understandable that change in our society is inevitable, the question being whether it is for good or not. We have developed over time and have adapted to our atmosphere, but with the added factors and threats of concepts such as AI or technology in general, it is becoming increasingly crucial to question whether this change is beneficial, or whether happiness can be found in simple life, content without burdens the media has birthed into our society. Many factors contribute to these changes in our view of the world, such as generational or cultural impacts and differences, but which is the most damning to our now blurred view of essentials in life?

before answering the confusing sub-question of "what actually is an essential?", factors must be considered, as, in all honesty, it completely depends on whom you ask.

[Abraham] Maslow's hierarchy of needs is a great way to value products in life, but with more generations and more views appearing it has seemed to become slightly outdated, at least in the eyes of more recent generations. Maslow (1908-70) believed that humans and the essentials to human life were to be arranged in a hierarchy consisting of physiological and survival needs at the bottom, being of the greatest importance, and intellectually oriented self-actualisation needs at the top, being of lesser importance while still holding consistency in human life. Physiological needs are what every human requires for simple survival, being of such great importance that any one of them can greatly alter someone's life: breathing, food, and water are self-explanatory in how important they are in basic living, but also shelter, clothing and sleep provide an important role in life. At the top with self-actualisation are factors of lesser importance such as acceptance and inner potential, which are obviously not needed for survival but create a better quality of life and overall sense of self. The inter tiers in the hierarchy include: safety and security, where one wants to experience order, predictability, and control in their life; love and belonging, referring to a human and emotional need for interpersonal relationships, affiliation, involvement in a group and connectivity, whose needs are specifically firm in childhood; and self-esteem, which includes self-worth, accomplishment, and respect. After safety and security, needs become more psychological than physiological, for example, employment compared to a sense of connection. Maslow believed that, before aiming to reach higher needs in higher tiers, one must achieve the needs of the lower tiers beforehand, especially when considering the physiological needs, as it is proven that the human body cannot function optimally if said needs are not satisfied. The higher up in the hierarchy the needs are, the more difficult it has proven to be to satisfy them. This is usually due to the "interpersonal and environmental barriers that inevitably frustrate us". It should therefore be noted that Maslow saw few people reach the level of self-actualisation, while many may have had short peak experiences. The hierarchy is also not set in stone as some people view some concepts to outweigh others, for example, some may self-actualise despite poverty, which can be considered easier in simpler living. Our behaviours are also usually motivated by multiple needs as we strive for more than one thing at a time.

While Maslow's Hierarchy of Needs was a great concept of its time and was obviously of such a standard that it is still referred to, respected and appreciated to this day, however, we cannot help ourselves from speculating whether the hierarchy is outdated, seeing as its general concept has not changed for what is close to a century (introduced in 1943 in his paper "a Theory of Human Motivation which was later refined in Maslow's 1954 book "Motivation and Personality"). For example, when asking some people in personal research, several across different generations and backgrounds supposed that they would view something as modern as Wi-Fi and technology to be essential in life now. While this at first sounds slightly ridiculous for how we could survive without Wi-Fi, when it is thought over, it does make some sense; to make simple calls and text messages (which, in very rare cases, have the potential to be life-changing) Wi-Fi is necessary, and this can alter life as it is for one. Connections are made through phones and Wi-Fi, and even relationships are made through technology, a study of American adults by Tawkify stated that 39% of heterosexual relationships begin via dating apps. However, this may not be the way forward as, according to the Pew Research Centre in 2023, only about 10% of people in committed relationships or marriages met their partner on a dating app. This argument is incredibly debatable, however, because Forbes claimed that through their research 72% of people claimed that when they had met someone on a dating site, it had led to a romantic, exclusive relationship. This is all to go without mentioning work and education where mostly everything can be done on laptops in the modern age. Lives can be completely changed by technology and Wi-Fi just as much as essentials in tiers as low as

love and belonging, safety and security, or arguably even physiological needs in some cases. So, the question remains: is technology (an) essential? Another great question is also still left unanswered: what is essential?

This question about technology slightly segues into the second main concept of what counts as an essential and what counts as a luxury, seeing as the line between the two has become blurred and seems to continue to fade as time goes on. When the concept of technology was previously mentioned, it was noted how several people across different backgrounds, and specifically, generations were split in agreement or disagreement on whether something such as Wi-Fi can be counted as an essential. This is a greater factor where, in a general statement, different generations will have different views of essentials. This is most supposedly because different generations have, of course, grown up in different periods and have been raised differently. For example, personally known people from Generation X have often mentioned how all that was essential in daily life for their parents and general family was to, at the end of the day, at least have some food on the table. The times have changed so that, as a people, we have become more knowledgeable, which is how we have created and improved technology. Many studies reference Millennials as the generation to be most affected by questions such as "Is Wi-Fi essential to life". The generation is already most likely to be living a life of luxury, already representing a fourth of personal luxury sales as of 2019, and industry experts argue that the generation is one of disruption to the tertiary industry, and that "luxury should be redefined on Millennials' terms". From a study affiliated with HEC Paris, around 3,200 buyers from all ages ranging from 18 to 75 across six countries indulged in an experiment to determine the differences between them as luxury buyers. While results showed similar base traits which were essential towards defining luxury (almost identical between every generation participating), there were differences when concerning "peripheral luxury characteristics". On another result basis from the same experiment, a greater difference was shown in the benefits different generations expected from "luxury consumption".

It is possible to survive without technology, but the concept is becoming increasingly challenging as time goes on, as the idea of "keeping up with the times" has, over time, become more survival-based. Technology now has a monopoly over society, so much so that many people choose to believe that they could not and would not survive without something as simple as their phone, and this belief is gradually becoming reality over time, this concept hitting close to home now more than ever before as large companies and technology itself does not show any sign of stopping the monopoly over society (predominantly in 1stworld countries, however many 3rd world countries are affected differently, in how there is lots of employment – mostly unethical – to simply have companies achieving to produce enough products).

Moving away from technology, and moving onto a more general basis, the generation you belong to can greatly affect your view on the physiological needs of life.

However, the limitations of this sub-topical overview of essentials are not stopped at the living generations of the modern world, but also into greater history. For example, long before technology and complications of the world were even thought of in terms of existence, basic needs were just that – basic. There was no real argument against what was an essential as there was such a simple answer: whatever kept you alive.

A commonly circled question on a slightly relative note to this is "Did cavemen (early, first, or "prima" homo-sapiens, evolved from homo erectus) have a better quality of life?". The book "Sapiens" outlines the effect on human happiness that a move from a simple hunter-gatherer society to an agricultural society, and posits that happiness, among many other things, was made worse by this transition. The essentials in life to prima sapiens before evolving into the homo sapiens known as modern-day humans were much more simple, yet, while life was simpler, they still managed a good quality of life despite passing much younger. Famous activities carried out by homo erectus, neanderthals and early homo-sapiens were as simple as art or dedicated family or tribe time for communal activities and events. While life was simpler, so were essentials and luxuries, but an arguably better quality of life came from them. As a disclaimer, it is obvious that human evolvement has been for the better, as we now live much longer and have greater chances of survival and a generally better life, but it is simple for us modern-day homo-sapiens to speculate as to whether a good quality of life calls for a simple one. This also echoes Maslow's Hierarchy of Needs in how a person either in poverty; or with a lack of shelter; or less food than the average person could still self-actualise and be more content with themselves and their life than the average person.

This is similar to the plot of the well-known musical "My Fair Lady", based on George Bernard Shaw's musical "Pygmalion", where the protagonist Eliza, formerly a woman of poverty and lower class who sold flowers simply to earn a living, stated that she was more content with her old life than the one she was forced into for a wager. Her new life as a woman of the upper class was too formal and pretentious, and Eliza famously states when angered at Professor Higgins, the man who had persuaded her into her new life: "I sold flowers; I didn't sell myself. Now you've

made a lady of me, I'm not fit to sell anything else". The Musical is set in Victorian times, so is slightly hyperbolic concerning the class system in today's terms, but the concept still stands.

Another, somewhat extreme example of being content with a simple life is the Buddha's journey in Buddhism. "Buddha" translates to "enlightened one", corroborating the idea that self-actualisation is needed to reach such a high standard in life as the Buddha, but how this concept fits in with being content in simplicity is how the Buddha led a very simple life free of luxuries and other needs listed below physiological needs in Maslow's hierarchy. On his path to awakening, Siddhartha Gautama renounced his life as a wealthy prince to embark on somewhat of a spiritual "odyssey" on a trajectory leading towards truth and enlightenment. He meditated and introspected for years before attaining enlightenment at Bodhgaya, and as well as achieving nirvana, he was said to have "transcended the shackles of suffering", referring to mortal human life in a constant cycle. To self-actualise, Gautama took the great first step of renouncing his wealth to lead a life away from temptation and luxury. This same concept follows many spiritual journeys in religions, such as Jesus in Christianity.

However, the question of "what is essential in life?" has still not been directly answered: over time, we, as humans in a growing society, have come to value more things as "essential" in our daily lives. For example, technology and Wi-Fi have become such a great feature in our day-to-day lives that it has practically become essential for many people to simply function. Something as luxurious as we thought technology was has come so far and become so advanced that we rely on it so much so that it is practically impossible to function without it. Life has become almost too simple in terms of luxuries for 1st world countries, that our basic human values seem to have started to deteriorate, and scientific studies have posited a suggestion that the human race has already peaked in terms of intelligence and that as a society our intelligence will deteriorate as well. Something so essential nowadays as technology has done just this. But on the basis of essentials generally, the concept of luxuries has become more complicated both as an idea and as a category. An essential, as previously mentioned, has no real definition, and it is debatable depending on who you ask, the same going for luxuries. Either way, continuing as we are in the modern age could be detrimental to judgements, and values, and our general intelligence is likely to deteriorate (on a relatively slow basis). As we are human, changes such as these are inevitable, but some as impactful as technology are definitely appearing as more detrimental to our society than beneficial, answering the question of whether our new values and judgements are for better or for worse.

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11 May Wu (Rugby School): Is a New Golden Age in Medicine About to Emerge?

Some believe that a new medical renaissance may be underway because of the dramatic advances in the medical field over the past few years. As a result, the public has a better understanding of the various parts of the body and how to take care of their health these days. Among the discoveries and innovations that characterize this new era are multiple sclerosis and AIDS. It's critical to reflect on a few significant turning moments in the difficult journey towards contemporary healthcare and consider how fresh advancements are positioned to build on past successes to usher in this new golden era of medicine.

Certain historic occurrences have signaled turning points in the field of medicine throughout history. Edward Jenner's smallpox vaccine, which was released in 1796, was a significant breakthrough that helped make vaccinations more widely accepted. Over the years, Jenner's efforts have avoided millions of fatalities, and they still save about five million lives a year (World Health Organization [WHO], 2021). The introduction of anesthesia in the 1840s transformed surgical operations by reducing discomfort and improving their usefulness. This discovery laid the groundwork for contemporary surgical methods, greatly improving both surgical outcomes and patient safety (National Institutes of Health [NIH], 2021). Similarly, in the 1860s, the germ theory of disease replaced the outdated "miasma" idea of disease, proving that germs are the source of many ailments. This paradigm shifts greatly improved public health by making modern sanitation and microbiology procedures possible (NIH, 2021).

Wilhelm Conrad Roentgen's discovery of X-rays in the 1890s gave medicine a ground-breaking diagnostic tool that allowed doctors to look inside the body and did away with the necessity for invasive surgery (NIH, 2021). Nonetheless, one of the most significant historical turning events of the 20th century was the discovery of penicillin by Alexander Fleming in 1928, which signaled the start of the antibiotic age. People lived an average of 23 years longer and bacterial infections were handled considerably differently after the discovery of penicillin and other antibiotics (NIH, 2021). These breakthroughs show how a single discovery may alter the course of medical history and improve human health.

Experts such as Dr. Bertalan Mesko, Director of the Institute for the Future of Medicine, predict that the 21st century will usher in a new golden age of medicine. Dr. Mesko and his colleagues acknowledge that the COVID-19 pandemic has been a catalyst for the rapid development of mRNA technology. While this approach was originally developed for vaccination purposes, it is now being studied for a variety of applications, including the treatment of chronic diseases, such as cancer (Mesko, 2023). Because mRNA vaccines stimulate an immune response to proteins produced by specific cells, they have proven to be very effective in preventing infection with COVID-19. This is not just a technology to treat viral diseases. Research suggests that mRNA-based drugs have the potential to revolutionize the treatment of many malignancies, especially advanced ones (NIH, 2021). Artificial intelligence (AI) holds great promise in every field, not just medicine. Artificial intelligence has the potential to speed up drug research, improve diagnostic accuracy and streamline administrative responsibilities. According to British Medical Journal writer Chris Stokel-Walker, artificial intelligence is capable of more accurate medical picture analysis than human professionals. Furthermore, AI algorithms can identify and predict the efficacy of potential drug candidates, which can speed up the development of new treatments, such as antibiotics needed to combat rising antibiotic resistance (Stokel-Walker, 2024). AI's effectiveness in performing routine administrative tasks, such as keeping track of patient records, writing prescriptions, and performing tests for common diseases, allows medical staff to focus more on direct patient care. This change could increase the overall efficiency of healthcare delivery and improve patient outcomes.

Medical advances are also tackling the problems posed by longer life expectancy. Longer life expectancy is evidence of medical progress, but it does not always translate into better health. The aim of the new golden era of medicine is to manage chronic diseases and improve the quality of life of older people. Furthermore, AI algorithms can identify and predict the efficacy of potential drug candidates, which can speed up the development of new treatments, such as antibiotics needed to combat rising antibiotic resistance (Stokel-Walker, 2024). AI's effectiveness in performing routine administrative tasks, such as keeping track of patient records, writing prescriptions, and performing tests for common diseases, allows medical staff to focus more on direct patient care.

Another area of potential progress is stem cell research. With the ability to differentiate into sperm and eggs, germline stem cells have great potential to improve fertility therapies and repair genetic defects. Novel applications of germline stem cells are being investigated by research institutions such as the University of Pennsylvania and the University of California, San Francisco. These results include improvement of chemotherapy-induced ovarian damage and embryo development after in vitro fertilization (IVF) (University of California, San Francisco [UCSF], 2021). These results represent a revolution in the field of reproductive medicine, providing new options for infertility patients and possibly improving the success rates of assisted reproductive technology.

Studying the microbiome has given researchers a better understanding of some of the basics of medicine. Some of our physiological activities, such as immune responses and metabolic processes, rely on the microbiome, which is composed of various bacterial communities living in and on the human body. Recent studies have shown that changing the microbiome may significantly improve the treatment of diseases such as anxiety, depression and inflammation (Nature Reviews Microbiology, 2023). As our awareness of the microbiome's impact on overall health grows, novel treatments for chronic diseases emerge. For example, fecal microbiota transplants have gained attention for their effectiveness against antibiotic-resistant bacterial diseases such as Clostridium difficile, which poses a major problem for the healthcare establishment (Nature Reviews Microbiology, 2023). Comparing these contemporary developments to key moments in history can help focus attention on the amazing advances in medicine. Jenner's smallpox vaccine introduced the concept of immunity, laying the foundation for modern preventive medicine. This idea has evolved into today's mRNA vaccines, which use genetic engineering to treat a wide range of diseases.

Malaria, a disease that has plagued humanity for centuries, reminds us of the obstacles medicine has encountered in the past and highlights contemporary advances. Like the historical impact of immunization on infectious diseases, the development of a malaria vaccine represents a major advance in the fight against this chronic killer. At the same time, efforts to solve intractable medical problems and improve patient outcomes are also reflected in the development of stem cell research and microbiome medicines. (WHO, 2021)

The use of 3D printing technology in medicine is another exciting development. By using collagen-suspended bovine cartilage cells to create a human outer ear, Cornell University's Lawrence Bonassar's groundbreaking work illustrated the promise of 3D printing (Cornell Chronicle, 2013). Today, more and more patient-specific implants, such as knee and hip replacements, are being made using 3D printing. These implants work better and have fewer problems than traditional implants (Cornell Chronicle, 2013). In the future, scientists are investigating the use of 3D printing technology to bioprint organs and tissues, which will make it possible to create complex surgical structures on demand. By addressing organ shortages and improving patient outcomes, this technology has the potential to completely transform transplant medicine (Cornell Chronicle, 2013).

Since its discovery in the 1980s, the groundbreaking gene-editing instrument known as CRISPR-Cas9 has advanced significantly. CRISPR is creating novel treatment alternatives for hereditary illnesses including sickle cell anaemia and cystic fibrosis because of its precise DNA modification capabilities (National Human Genome Research Institute [NHGRI], 2021). By inserting genetic modifications into the virus, the method is also being explored for its potential to combat infectious diseases such as HIV/AIDS, potentially disrupting virus replication and supporting global health goals (NHGRI, 2021). Promising results have been observed in clinical applications of CRISPR, such as the effective treatment of sickle cell anaemia in a patient who had been in remission for several years (NHGRI, 2021). With future advances in CRISPR and other gene editing technologies, treatments for previously incurable genetic diseases may become possible.

The use of nanotechnology in medical advancement is gaining increasing attention. The ability to manipulate matter at the atomic or molecular level holds great promise for the development of artificial organs, targeted drug delivery, and tissue engineering. Currently, cancer patients are treated with nanoparticles to reduce damage to surrounding tissues and to target cancer cells. These developments may not only increase therapeutic efficacy, but also reduce the adverse effects of traditional drugs (JIM, 2021)

The challenges posed by an aging population are also driving medical advances. Long-term conditions such as diabetes, heart disease, and neurological disorders are expected to become more common as the world's population ages. But emerging developments in regenerative medicine, such as stem cell therapy and editing, offer new hope for age-related diseases. In addition, home diagnostic tools and wearable technologies are growing in popularity for early detection and ongoing monitoring, promoting independence and improving quality of life for older adults (NIH, 2021).

Society is focusing more on encouraging and promoting healthier lifestyles to stem the rise of chronic diseases. With the help of public health initiatives that support regular exercise, a balanced diet, and mental well-being, many are attempting to lower the prevalence of diseases linked to a poor lifestyle, such as obesity and heart disease. Thanks to developments in artificial intelligence and personalized medicine, there is an increasing chance to avoid chronic illnesses with customized health measures, such as nutritionists and rehabilitation instructors (WHO, 2021).

The importance of mental health to overall health is being increasingly recognized in modern medicine. Researchers are looking for novel approaches to treat and support mental health issues through investigations into the human microbiome, genetics, and brain. Advances in digital therapeutics, such as smartphone apps and virtual reality therapy, are providing innovative technologies for treating mental health issues, such as anxiety and depression. The emphasis on mental and physical health in 21st century healthcare is clear. (BMJ, 2001)

In conclusion, advances in a range of sectors are causing significant changes in the medical industry. Thanks to these developments, medicine is set to enter a new golden age in the 21st century, with improved tools and services for the sick. Future medical research, in my opinion, has the potential to enhance people's health and quality of life across the world as we continue to push the boundaries of the field.

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WEBB ELLIS ROUTE

1 Nandini Chand (Holly Lodge): To what extent can it be argued that human nature inherently differs from all other species? Has this always been the case?

Intro to human nature; *what is human nature?*

Human nature is often referred to as the fundamental characteristics of humans, such as dispositions such as thinking [1], feeling, and behaviour. Human nature is essentially the basic qualities and traits that make humans, human. This includes biological instincts, psychological tendencies, cognitive capacities, and social behaviours. These characteristics are shaped through genetics, and cultural impacts and shown by behaviours such as empathy, cooperation, anger and moral reasoning.

Even though this philosophical study has been talked about for years by the likes of well-respected philosophers, scientists, and sociologists it is still highly controversial some completely denying the claim that human nature exists and that we are any different from other species.

The development of human nature; *were we always like this?*

Our closest relatives: chimpanzees and bonobos forage for fruit and food in small groups, but as soon as it is found, it is a case of each chimp for himself, if conflict does arise it is only solved by violence. Even when chimpanzees and apes do collaborative foraging the style is much more similar to lions and wolves than that of humans [2]. But *why is* there no other species remotely similar to humans? What could the reason behind this be?

To answer this question, we will have to travel back in time to 2 million years ago when a new genus emerged, the *homo* genus. They had larger brains and new skills in stone-making however this new genus still needed to compete with other species to survive, after all the golden rule of evolution and natural selection is survival of the fittest. They needed a new way to hunt and scavenge. Then around about 400,000 years ago early humans (*most likely homo heidlbergenisis)* [3] started collaborating to obtain food, in which they formed groups to hunt and gather food. This then became a compulsory practice essential to their survival and these early humans started becoming interdependent with one another to obtain resources. An important part of this was partner choice, individuals incapable of collaborating were not chosen as partners and therefore were left without food and individuals who were unwilling to cooperate morally and socially were also left shunned by their partners. This created a strong social selection for individuals willing to cooperate with others. This was the key point for the evolution of morality and human nature in early humans. Due to the collaboration of individuals both of them working together, they now had new ways of relating to each other, this created sympathy between the pair. This is often seen as the start of morality in humans. [4]

But is human nature even a thing; arguments for and against.

Human nature was first talked about by Aristotle in his book Nicomachean Ethics, in this book he talks about something called eudaimonia, Aristotle argues that all humans aim for some good. He calls the highest good "eudaimonia" he is not only a feeling of pleasure, but a state of flourishing achieved through a virtuous act which involves developing and practicing the rational aspect of the soul [4] . Aristotle also describes humans as "political beings" meaning they have the ability to form complex social structures and this is what separates them from other creatures, while other animals may herd and build communities in big groups, only humans build communities based around shared principals of justice and morals. He also argues that another reason humans are different from other species is due to their logos (speech and reason) which allows them to share their ideas of morality and justice (these being foundational for political life) [5]. However, there are also many arguments against these claims such as Charles Darwin's claims that human mental abilities are a continuation of those found in animals and our predecessors, he also argues that the difference in cognitive ability is not due to kind but due to a matter of degree. Darwin studied traits considered uniquely human such as problem-solving and emotional responses in animals. What Darwin found was that both humans and animals showcase emotions such as joy, sadness, fear and anger. He claimed that emotions have a common origin and that facial expressions are similar despite humans and all the animals studied being different species. Darwin also focused on facial expressions as a key aspect of emotional communication, he also talked about the posture and movements of animals to convey emotions and how animals also use body language to convey different emotions such as aggression, submission and playfulness. [6]

Another renowned philosopher, Plato [7] describes human nature as the human's tripartite soul consisting of reason, spirit and appetite. Reason (logos) refers to a human's rationality that seeks truth and knowledge it is the

highest most divine aspect of the soul linked with wisdom, Plato believed that reason should guide other parts of the soul to knowledge and virtue, spirit (thymos) refers to the human's spirited part that is run on willpower and emotion, associated with courage and honour, in a well-balanced soul the spirited part cooperates with reason to reach virtue and justice and appetite(Epithymia) refers to the human's desire, cravings are basic needs [7]. However, others argue rationality, morality and emotions are all behaviours animals also exude not something only humans express. Plenty of studies and experiments show that animals use these behaviours to communicate just like we do; New Caledonian crows are known for their sophisticated use of tools, and researchers have observed that this species of crow can use sticks and leaves to get insects out of hard to reach places showing a level of problem solving and reasoning [8] . Not only that but animals have also shown empathy and grief both emotions that Plato would've considered the thymos side of the soul. In a study done on primates such as chimpanzees, bonobos rhesus monkeys show signs of empathy and consolation behaviours, in a study chimpanzees would often console and comfort a distressed member of their group by hugging and grooming them, this shows an awareness of the emotional state of others and a desire to help others [9]. Not only empathy but chimpanzees also show more complex emotions such as grief and mourning; after a member of their group passes chimpanzees will remain by the body showing signs of distress and holding funeral-like vigils for their deceased member. Other primates such as gorillas have shown similar behaviour, gorillas are known to carry around the bodies of their dead children for weeks showing signs of an understanding of loss and mourning [10].

Immanuel Kant, a German philosopher claims that humans have a unique capacity for rationality and moral reasoning which is what separates them from other animals. Kant's ethical concept of the categorical imperative is what he considers highlights the moral dimension that separates humans and animals, according to him humans are capable of acting according to moral laws and principles, whereas animals act based on instinct and/or immediate desire [11] . He also argues that humans unlike animals are capable of being rational, in his theory of the categorical imperative he talks about 3 formulas of the categorical imperative, the second being "the formula of humanity as an end in itself" Here he speaks about how, one should treat humanity, oneself or in others as an end and never merely means to an end. This highlights the intrinsic value of rational life and insists that people should not be used as tools for achieving one's goals [12]. On the other hand, you have human behaviours such as direct and reciprocal altruism that go against this theory. Altruism is a concept in psychology, philosophy, and social science that refers to actions that benefit others at a cost to the personal self. Reciprocal and direct altruism refers to this being done for personal benefit, as a favour [13]. If Kant's theory were right, why would such rational beings who are capable of using the categorical imperative exude this behaviour? Not only reciprocal and direct altruism but humans also show many other behaviours considered to be of the "hypothetical imperative" which Kant claims to be behaviours only animal's showcase [12]. The hypothetical imperative includes human behaviours such as economic behaviour where individuals make choices based on conditional preferences and goals [14] and moral decision-making models such as utilitarianism show that individuals make decisions suggest that individuals make ethical decisions based on the expected outcomes or benefits of their actions [15]. Not only do humans showcase the hypothetical imperative but animals also showcase the categorical imperative. There has been a study conducted with capuchin monkeys that shows the primate's reactions to unequal pay, the results show that monkeys that were paid/rewarded less showed signs of agitation and refused to participate [16]. Showing a sense of fairness and aversion to inequity.

Conclusion;

When starting to research this topic I thought I had a clear understanding of human nature and what clearly separates us from animals, after researching I find myself disagreeing with my past thoughts. Through research, it is clear that the behaviours that philosophers considered only human are also shown by animal behaviours such as empathy, problem-solving and communication of feelings. Now my view on whether human nature *is inherently* different from other species is that it is not! I personally believe it is a matter of degree and not kind. All species have the same feelings, thoughts and emotions as humans but the degree to which humans have these feelings may be higher

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2 Scarlett Hammon (Rugby School): Asses the problems Mars poses to humans

Mars is one of eight the planets orbiting our sun in the solar system, it is the fourth planet from the sun and around 56 million kilometres at its the closest distance between Mars and Earth. With our current space technology robotic missions take around 8 months to travel to Mars whilst any human mission would take even longer. More than ever scientists are trying to find ways for humans to safely travel and to safely live out on Mars, but what are the problems Mars poses to human life and is there anyway to get around them? For humans to be able to live and thrive on a planet it needs to have several important features, including a steady water supply, a steady food supply, the right climate and atmosphere and very little to no radiation, however, Mars poses all of problems, so how bad are the problems and what can be done to solve them?

The first problem Mars poses to human life is its lack of water, in order to survive all organisms need water, however, on Mars due to a low atmospheric pressure water cannot be found on its surface, although, scientists do believe that there is evidence of the presence water once existing on Mars, and are slowly discovering traces of water on Mars even today. The first piece of evidence suggesting that water once existed on Mars was when NASA's Mars exploration rover 'Opportunity' discovered hematite, because hematite usually forms in wet environments this led scientists to believe Mars was once covered in water. Furthermore, the hematite spherules were suggested to be concretions (a hard, compact mass) which are formed by the precipitation of aqueous fluid. Scientists also found evidence of ancient water in a valley called Gediz Vallis, where a small channel, starting from the top of Mount Sharp, ran down and through the valley, suggesting that a small river once eroded Mars' surface. There was also evidence of wet landslides in the same valley causing debris and large boulders to collect at the bottom of the valley. NASA also confirms that they have found liquid water flowing intermittently on Mars by using an imaging spectrometer to detect traces of hydrated minerals on slopes where darker streaks appear to ebb and flow over time, suggesting that there is water to be found under the surface of Mars. Water being found on Mars' surface is highly significant as it increases the possibility of life being able to live and thrive on Mars.

Secondly Mars environment makes it vey hard for humans to survive and grow any food needed to sustain themselves. The first problem is with the soil found on Mars' surface, whilst the soil does contain some of the minerals and nutrients needed for plants to survive and grow, it does not contain enough. On Mars about 2% of its soil is made up of air and water while the other 98% is composed of mineral matter and because Mars atmosphere is so thin there is very little atmospheric gas in Martian soil, the soil on Mars is also homogenous meaning that its soil can be found across the whole planet. Martian soil contains no organic matter due to no living things being present on Mars meaning that whilst plants theoretically are able to grow in Martian soil due to all the essential nutrients being contained in the soil there are still too little amounts of nutrients for healthy plants to grow so fertilizer would need to be added. The second problem is that Mars also experiences very harsh temperatures and climate, whilst on Earth organisms are used to an average temperature of around 14 degrees, on Mars average temperature sink to around -63 degrees, giving Mars a colder, drier and harsher climate, Mars atmosphere is also too thin to trap any heat. In order for any plant to be able to grow it would need to be planted in a greenhouse to gain the optimum temperature at which it grows at around 14 – 30 degrees and to protect it from the harsh climates. The harsh climates would also make it very hard for humans to survive on Mars as we would freeze, meaning that we would either have to wear space suits or create a habitat resistant to the harsh climates.

The third problem is that like Earth, Mars also has an atmosphere, but they are both very different. Mars' atmosphere is 95% carbon dioxide, 3% nitrogen, 1.6% argon, and it has traces of oxygen, carbon monoxide, water, methane, and other gases, there is also a lot of dust. This is unlike Earth's atmosphere, which made up mostly of nitrogen (78%) and oxygen (21%), both of which do not harm life, with the oxygen enabling organisms to respire and therefore live. However, Mars' atmosphere creates several problems for many organisms including having little to no oxygen meaning organisms are unable to respire, Mars atmosphere is also rich with carbon dioxide and some carbon monoxide which can be toxic for most humans. Relative to Earth, Mars' air is extremely thin with it surface pressure varying between around 6 to7 millibars (bars are the amount of force it takes to move an object) whilst air pressures on Earth are around 1,013 millibars, this makes it almost impossible to for any multicellular organism to breath due to the little amounts of oxygen and pressure, as well as low pressure allowing tissues to expand and therefore putting pressure on joints and causing pain. Furthermore, if the human body is exposed to low enough pressure the surface fluids and even blood can begin to boil at normal body temperature. Mars' atmosphere also varies with altitude and seasonal changes unlike Earth atmospheric pressure which only varies with altitude, this happens

because the amount of CO2 gas in the atmosphere changes with the seasons on Mars. During the southern summer months mars experiences the highest pressures whilst in the northern summer months it experiences its lowest pressures. This means in order for humans to survive on Mars we would need to create a pressured environment that changes over the seasons to accommodate the pressure outside with the right amount of oxygen which would be expensive and time consuming to do, however, if scientist managed to find a way for plants go grow on Mars' the carbon dioxide in the environment could be used to help them respire and therefore produce more oxygen through resperation.

The final problem Mars poses to life is the amount of radiation its surface experiences, Mars has no clear protective magnetosphere (a region around a planet dominated by the planets magnetic field) unlike Earth which allows life to thrive. However, scientists believe that at one time Mars also had convection currents in its core creating a dynamo effect (a geophysical theory that explains the origins of a planets magnetic fields, in a dynamo mechanism, fluid motion in a planets outer core moves conducting material across an already existing weak magnetic field, generating an electric current. This electric current also produces a magnetic field that interacts with the fluid motion to create a second magnetic field which together lie along the axis of the Earth's rotation and are stronger than the original magnetic field), however scientists estimate that around 4.2 billion years ago either the rapid cooling of Mars core or a large impact caused the dynamo effect to stop. As a result, Mars atmosphere was slowly stripped away by solar winds over 500 million years meaning that between the loss of Mars' atmosphere and magnetic field it was exposed to much higher radiation than that on the surface of Earth as well as occasionally experiencing solar flares (an intense burst of radiation from the release of magnetic energy). This means that the radiation on Mars is around 22 milliards per day (rad/radiation absorbed dose is the amount of radiant energy absorbed in a certain number of tissues) or about 8000 milliards per year, compared to the usual 620 milliards organisms on Earth usually experience per year. The human body is only able to withstand around 2000 milliards per year without any permanent damage, meaning the levels of rads on Mars could lead to health issues such as radiation sickness, genetic damage and even cancer. However, there are many short- and long-term solutions to the problem of radiation some of them including: research on developing better shielding for both astronauts, electronics, and any plant growth needed on Mars, habitats being built directly into the ground to provide a natural shield from radiation and proposals to build above ground inflatable habitats encased in ceramics using Martian soil

Overall Mars presents a lot of problems and challenges for any life trying to live there, including it harsh climate and atmosphere, the high levels of radiation, its lack of water and the difficulties in trying to grow and sustain food on its surface. However, with ever advancing technologies and enough money it is possible to create solutions to the problems discussed, whether it's creating new and advanced environments with the right levels of atmospheric pressure and gasses humans need to survive, using greenhouses to help protect plants from dangerous levels of radiation or extracting water from under Mars' surface, many of the problems discussed can be solved by using the right technologies and methods.

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3 Diamond Kayode-Osunlana (Rugby School): Why Do Teenagers Care So Much About What People Think of Them?

According to Steinberg and Monahan, the adolescence is a unique time in the human experience, and it is often associated with a strong desire for social acceptance and a higher awareness of self-image (1531). However, parents and psychologists often wonder why exactly this is. What is so different about the adolescent brain compared to that of a child or an adult, that makes them act out in ways that deviate from their typical character, and engage in behaviours such as substance abuse, illicit activities, drunk driving, and other risky ventures (Simons-Morton et al. ch. 6). What types of factors affect how much a young person cares about the opinions of others? In my research, I investigated age and psychology to come to a conclusion on what determines how much an adolescent is affected by their peers' perception of themselves.

To gather data for this essay, I researched many articles online, as well as conducted interviews for willing teenaged and adult-aged participants. Only 2 in 5 teenagers were willing to be interviewed, however, 4 in 5 adult participants were willing, which could also be seen as a testament to adolescents being less comfortable with social interaction. Teenagers willing to participate in an interview were mostly female, and the same was true for those aged 20 and above.

One thing which was common in most of the interviewees was that adults generally said they didn't care what their peers thought of them, more commonly so than teenagers. When asked why, most answers were similar and went along the lines of 'only caring what those close to them thought of them', rather than the opinions of strangers, or people that they didn't hold in high regard such as workplace peers. However, all who were working specified that they did care about the opinions of their workplace superiors, as they cared for the security of their work positions. From this, one thing became clear to me, and it was that most people, no matter the age range are likely to never stop caring about the opinions of others, and that that is not necessarily a bad thing. The statements 'always be yourself' and 'don't care about what anybody thinks of you' lack nuance and tend to lack relevance to most situations, in which someone having a positive opinion on you could benefit you greatly, such as job or university interview. Humans are also social beings, who need acceptance and a sense of belonging to thrive, as written in Maslow's Pyramid of Needs (Kendrik et al. 292-314).

There is evidence to suggest that the need for approval and acceptance by peers is as dire as an inclination towards appetite (Connor, 207-215), so it aligns with the general data of the interviews, that even if an individual stated that they 'didn't care what others thought of them', when asked further questions, all cases had exceptions. So why do

teenagers seem to have such a notorious reputation of being obsessed with the way others perceive them? This could be because they do care more. According to Magis-Weinberg and Berger, teenagers, who typically have not undergone full neurological development yet, tend to lack a sense of self, and due to this, tend to have lower self-esteem. With these factors present, they are more likely to seek external validation, as they feel as though an extrinsic source has a more reliable view on who they are, than they themselves. This is unlike most adults, who are fully developed neurologically, and rely less on external validation, as they tend to have a whole and complete identity. This is also unlike most children, as they often are not self-aware enough to have insecurities, which are learned with age and experience (Beck, 11-82)

However, as we live in a digital age, it is undeniable that social media plays a large role in the psychological development of teenagers. It was reported in the 2021 *The Common Sense Census* (3) that US teens had an average of 8 hours and 33 minutes of screen time daily, which is a 29.75% increase since 2015, a time when social media did not hold the cultural relevance which it does now. Scientific evidence suggests that there is a direct correlation between excessive hours spent on a screen, and higher risk of mental health struggles, such as anxiety, depression, 'chronic comparison', and others. The benefits, however, for reducing social media usage are copious. According to Faulhaber in *Limiting social media use provides psychological benefits,* for young people they include reduced amounts of anxiety, reduced amounts of depression, reduced amounts loneliness, and reduced amounts of a fear of missing out. This study suggests that a large number of psychological problems with the younger generation could be attributed to excessive screen times, and that it could be possible that teenagers are becoming more and more insecure due to social media, causing them to have an even deeper reliance on external validation from peers. The reduced 'fear of missing out' being recorded as a benefit was a testament to this, as it further reinforces the concept of young people always wanting to be included. This could be another plausible explanation as to why it is an even more common stereotype today that teenagers are obsessed with other people's opinions of them, more so than teenagers from the 20th century, who didn't grow up with technology as we know it today.

It is impossible to talk about self-consciousness without mentioning self-expression, and asking the question, is this simply a western issue? According to Kim and Sherman in the article *"Express yourself": culture and the effect of self-expression on choice* (1-11), studies revealed that European Americans valued self-expression much more than East Asians and East Asian Americans and mentioned how the effects of cultural backgrounds were significant in the psychology of varying individuals. It can be inferred from this study, that one's country in which they were raised plays a crucial part in not only their personality, but also their psychology. It is not surprising to find that the

research subjects who were from areas of the world with a more collectivist philosophy and a more homogenous population tended to be less non-conformist (in this case). An attempt was made to find articles on similar topics with research on people from other parts of the world, such as Africa, but were not easily accessible. It seems that trying to 'fit in' is not only something that Western teenagers grapple with, but something that people of all ages globally go through.

It is clear that teenagers' reliance on external validation, to a healthy extent, is a normal and expected part of adolescence. However, it is worth wondering how our lives would look different, if no value was placed on the opinions of their peers which didn't benefit them in any way. When asked this, a girl, aged 19, who stated that she did very much care about the opinions of others, even the unnecessary ones, gave this response, saying: "I would wear whatever I want, make the decisions I want to make without second guessing myself, and do the things that I have always wanted to do throughout my life'. From this, I inferred that she believed her life would be better if she released the weight of unnecessary opinions from her mind, and that she would have more freedom. To certain extent, all the points mentioned were things fully up to her; dressing how she wanted and making her own decisions for her own life, yet she spoke about them as if she was not in control. I believe that this perfectly parallels the experience of many, who all succumb to the rule of an invisible entity: the excessive need for acceptance and validation. It controls people's lives, thoughts, and feelings, but when confronted, is not at all powerful, or even feasible. It seems to be that we believe others are going to judge us for being ourselves, so we hide who we fully are, and as a result end up living life as a watered-down version of ourselves. ￼

To conclude, whilst many factors influence how much someone cares about the way their peers perceive them, such as age, ethnicity, nationality, psychological development, social media usage and comparison, and maturity, the main one seems to be fear. A fear of being left excluded and isolated for expressing individuality. To end with a question, if we all feel this way, whether only briefly, from time to time, or every day, then who are we truly trying to impress?

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Banking has always been an incredibly important part of society as it controls all the purchases and financial transactions in the modern world, but how significant was it during the ancient civilisations and how has it developed since?

Ancient Mesopotamian banking was extremely complex, and with the first currency, silver shekels, being thought to have originated in ancient Mesopotamia, the first evidence of banking was in Babylon when the rich would store their gold and silver in religious, temple banks where "In financial or monetary transactions the position of the Babylonian temples was not unlike that of national banks; they carried on their business with all the added weight of official authority." (Bromberg 77). The first ever temple bank was introduced around 1880 BC and "was that of Samas, the sun-God and lord of justice and righteousness, at Sippar, the so-called "eternal city" of Babylonia. No Mesopotamian fane had such a reputation and longevity in the banking sphere as did the sun-god's shrine." (Bromberg 77) which was around for 3 to 4 thousand years. These banks could also be used to take out loans, which typically had high interest rates of 20% - 33%, and pieces of land used as collateral, although it was not unusual for someone to become a slave to pay off a debt. However, there was an odd tradition in ancient Mesopotamia where the debt collectors would clean the slates of everyone who owed them money, "The earliest known debt cancellation was proclaimed in Mesopotamia by Entemena of Lagash c. 2400 BCE." (Vereycken 3) This would typically be to help with "government reform", "by limiting the power of priesthood and a usurious land-owner oligarchy." (Vereycken 3). This system of forgetting debt was even written about in article 48 of the Hammurai code, a stele covered with inscriptions, where it states, "Whoever owes a loan, and a storm buries the grain, or the harvest fails, or the grain does not grow for lack of water, need not give any grain to the creditor that year, he wipes the tablet of the debt in the water and pays no interest for that year.", which mentions the clay tablets with which financial contracts were written with at the time. Many of the banking practices found in ancient Mesopotamia have been found to have heavily influenced later civilizations such as the Greeks and Romans, and even set the foundations for modern banking.

In Ancient Egypt finance was centred around the bater system where you would trade certain goods and services for other goods and services as the only real currency used was grain until the Persian invasion in 525 BC where precious metals such as gold and silver were exchanged for goods as well. The Egyptians also had a series of temple banks where the priest would take record of all the financial transactions, as well as grain banks, which had also become very developed and grown to be comparable with modern banks due to the sheer number of transactions, workers, and sites, including one of the first government-controlled banks. These grain banks were so advanced that they used deposits and loans to expand their economy. When the rich would deposit their grain at these banks, the banks would give them a papyrus receipt which, when brought back would let the depositors collect their grain as well as anymore that they earned due to interest. Short term loans were also given out to help smaller farmers reach the next harvest, typically with a required repayment of 150% of the loaned grain. However, taking out loans like these would be extremely dangerous due to the enormous debt bondages of one of the debtors children, and if the debt was not repaid, the child would be enslaved for the rest of their life, displaying how seriously these banks were taken and how necessary this grain was if people were willing to give up their own flesh and blood into slavery: "a person could have heartlessly put his own children up for security on a loan with full awareness that his own flesh and blood would be enslaved if the debt were not repaid in time. We can all too well imagine a poor harvest leading to a high-stakes loan of grain from a ruthless creditor, in turn leading to the seizure of young children – who are then enslaved for the remainder of their lives." (Karev 371-372). The Egyptians were also well known for their documentation system due to its skilfulness and complexity, all transactions and financial agreements were scrupulously recorded on papyrus, which helped for larger scale affairs to happen. The ancient Egyptians also introduced taxes in 3000 BC, although this was done through the government instead of through the banks. "the ancient Egyptians developed multiple methods of tax collection.", "the crown taxed communities collectively, ordering estate owners to hand over goods contributed by their retainers." (McMahon)

The Ancient Greeks had a similar banking system with some very notable temple banks such as the Temple at Delphi and the Parthenon, which were considered secure due to their being sacred, as well as private money lenders and depositories known as "*Trapezitai*", with the wider Greek currency being the silver *drachma* which were controlled by the minting. The most common function of Greek banking was money lending, in which the law was known to heavily favour the creditors rather than the debtors which caused lots of trouble to the poor which resulted in many

crises. In the 6th century BC, "the people of Athens were burdened with debt, social division and inequality, with poor farmers prepared to sell themselves into slavery just to feed their families." (D'Angour). The city of Athens was of the point of revolution when "the aristocrat Solon emerged as a just mediator between the interests of rich and poor. He abolished debt bondage, limited land ownership, and divided the citizen body into classes with different levels of wealth and corresponding financial obligations." (D'Angour). It shows that for a situation to get to this point, something must have gone extremely wrong with the original system to the point that people were willing to sacrifice their own freedom just to provide living commodities for their dying families. Ancient Greece was not one consistent country, but made up of lots of smaller states, each with an independent currency, which meant, for trade to happen between states, it was necessary for the banks to facilitate currency exchange between them, making the banks in Ancient Greece some of the first to do so, showing how advanced they were and how they paved a path in which modern civilisations have followed. The Greek banks also helped to finance maritime trade as they would give loans to merchants who were trading with countries around the Mediterranean, as the merchants were typically unable to pay upfront. The interest rates on these trade loans were extremely high at "12.5 to 30% and the ship was often the security on the loan" (Cartwright), however, if the ship was wrecked or the cargo lost, the loan did not have to be repaid. This meant that giving out these loans was extremely risky as a creditor as if anything went sideways, you would receive nothing back for your loan, putting them in a high risk, high reward situation. Although still quite dissimilar with modern banking, the Roman banking system was much more complex than that of Mesopotamia, Egypt, and Greece, and as society got more defined, so did the power and role of the banking system. The main, empire wide currency of Ancient Rome was the *Sesterces*, which was originally made from gold, however, when the minting was requested to make more coins but had no more gold, they began to trim the original coins and melt them down with other metals such as copper and bronze, devaluing the currency, showing one of the first examples of inflation. There were two main types of bankers in Ancient Rome: the "*Argentarii*" were private bankers who accepted deposits and loans, they were administered by the government and worked quite similarly to the Greek "*Trapezitai*", "the *argentarii*, who were common bankers and did business on their own account" (Schmitz 750). The "*Mensarii*" were state appointed public bankers, who were put in position to help the lower classes pay off debt in times of financial crisis, "*Mensarii*", "were a kind of public bankers at Rome who were appointed by the state", and "they offered ready money to debtors who could give security to the state for it" (Schmitz 750). An example of a financial crisis was "the Crisis of the Third Century" or "the Imperial Crisis" in which due to civil war, invasion, and plague, the Roman empire nearly fell. All this caused crippling economic depression and thus caused the plebians to be in desperate need of money as they will had been wrung dry by the extreme governmental taxes and banks, causing a chain of getting into more debt to pay of your old debt, this shows how necessary it was to have the *Mensarii* to get the poor back onto their feet. Money lending was an important part of society with the patrician's lending money to other citizens and even the government. These loans typically had a high interest rate which was regulated by the government to a certain degree, and it was frowned upon if you set your interest rate as excessively high. The typical collateral for loans were land and housing but the collateral would become more expensive the riskier the loan was.

In the Modern-Day banking in exceedingly important and is a relatively central part of everyday life. Modern currency varies between countries, in the same way as it did in the ancient world, yet it is not in the same format as we not only use coins, but also paper money, as well as credit and debit cards as well as online banking, which has become the main course of action in the present-day contrasting with the methods used in the past. There are also both public and private banks now as there were in the ancient civilisations, with the main difference being, that public banks are predominantly owned by the government and private banks are privately owned, similarly to how it was in the past. The advantage of using a public bank is that the deposits are safer, as it is rarer for something to go wrong with the government than a private bank, yet you get less interest on your deposits, and the advantage of using a private bank is a higher interest rate on your money, although it is less secure. The main requirement of banks today is still deposits and short-term loans, yet they are conducted in a different manor. When storing money in a bank you can retrieve it within moments notice through your phone, contrasting with having to commute out to the bank and waiting several days to receive your money if it was a sizable amount. Loans can also be conducted online and typically with a 12% interest rate and collateral is typically an asset such as a car, a house, or some sort of personal property, showing that loans are very similar as they were in the past, but just with less dire consequences, as if you are unable to pay out, instead of your child being forced into a lifetime of unpaid labour, you might just loose your watch

In conclusion, although there are many differences between how banks were and how they are, you can really see how the banking format from these ancient civilisations paved the way in which banking in the present has developed and gone, as although it is conducted differently, it still follows the same principles.

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5 Billy Morrison (Rugby School): Should prosecuted criminals go to prison (in Britain)?

I. Introduction

Should criminals go to prison? Our initial reaction is yes, they should. However, is it really the most effective form of retribution, or do we only think that because it has been ingrained into our minds by society that it is undisputably the fairest form of justice? Well firstly, why do we use prison in the UK? The modern idea of prison began in 1215 after King John signed the Magna Carta which declared everyone had a right to trial before imprisonment. After that, prisons, along with the court system, gradually evolved into what they are today. I think we can all agree that maintaining law and order is essential for this country, so I am not contesting the law enforcement system or the court system in the UK, I am only questioning the effectiveness of prison itself.

Methidology:

I used Google scholar for specific research and opinions and used ChatGPT for vague inspiration and summary of points. I used google to find specific statistics e.g crime rates in prison.

Is prison morally viable?

The very concept of prison is the subject of controversy, and it is many people's belief that they are totally immoral. Libertarians believe that the government do not have the authority to imprison anyone. For them, the imprisonment of a human being is a violation of their individual rights, and all people have a right to freedom. There is much validity to this position as many people do not accept the government as totally presiding of them so shouldn't be imprisoned by them. Karl Marx believes that prisons are used by governments to maintain the class system and the dominance of the upper class over the lower class, and criminalising poverty. This argument states that prisons are not in fact used purely for the retribution of criminal's safety of the community, however, is used to ruin the lives and devastate the finances of the working class to maintain the social class, which shows that prison is fundamentally immoral.

In counter to those arguments, despite the fact that freedom is to some degree a fundamental right, if someone's freedom compromises the safety of the community, for example someone convicted of murder, then prison should be the course of action. Not only this, but Immanuel Kant simply argues that a criminal should go to prison because they deserve it- prison is the fairest form of retribution for criminals, as they have abused their right to freedom and will suffer the consequences of their actions by being denied that right. Lastly, in answer to Karl Marx's argument, governments would rebuttal that in today's society criminals receive rehabilitation to minimise the chance of re-offending, and in court the judges do tend to factor in the circumstances/ position/ background of the offender and adjust the sentence accordingly.

Though by no means does this weighing in of arguments mean we can draw any valid conclusions, it is fair to say that prison is fair in the sense that very dangerous criminals should face some manner of detention and isolation from society to protect society from them and as a form of retribution, but prison does disproportionally affect poorer communities which is a reflects its immorality to some degree.

Are prisons effective?

To answer the question, we must evaluate the positives and the negatives of the current penile system.

Positives of prison:

Firstly, by isolating serious criminals from society means that they are prevented from continuing to cause harm to people, and by existing deters people from committing crimes as for fear of being jailed. Additionally, due to their nature prison allows for inmates to reflect on their actions and take some accountability for their actions. In regards to the victim, by sentencing the perpetrator to prison can give them closure. Prisons also have programmes such as academic programmes and vocational courses which are designed to help re-integrate inmates back into society, which helps them find employment and decreases the chances of a re-offense. Finally, prisons provide substance abuse and mental health programmes which they might not have had access to outside of prison.

Negatives of prison:

Despite prisons costing the taxpayer almost seven billion pounds to run in 2024 alone, many prisons have poor conditions such as overcrowding, being unhygienic and being unsanitary. Prison is often very dangerous as abuse of all kinds is very common. The guardian found that this year alone there were over two hundred instances of sexual assault in prison, and approximately 12000 instances of major physical assault. Prisons disrupt families by tearing away parents from their children and can lead to children growing up without their parents. Prison has a profoundly negative economic effect. Not only prisons are very expensive to maintain, but the person who is convicted lose

their job and therefore their salary. might they be fired from their job, but once the convict is released from prison it can be extremely difficult for them to find employment with a criminal record. As opposed to rehabilitating and recovering criminals, prisons often reinforce criminal identities, Meaning the inmates struggle to detach themselves from criminal activities when released. Unavoidably minor criminals in prison will encounter much more hardened criminals, which can create more opportunities for further criminalization and criminal networks. Lastly, many people believe that prison is not the most moral way of persecuting criminals, especially criminals who did not commit a violent crime. It can completely ruin your life, as shown by the reasons listed above, and often does not have its desired effect on people.

In balance, the positives of prison are outweighed by the negatives. True, prison does allow for criminals to take some accountability for their actions, however, prison usually does not cause people to improve themselves, instead prisoners have an exceedingly high chance relative to the average person of developing mental health problems. Prisons do provide programmes to help re-integrate prisoners back into society, however these programmes could be provided without sentencing them to prison, which can deeply negatively affect people. Finally, one of the stronger arguments in favour of the current system is that by imprisoning people, they cannot continue to cause harm to society. To counter that, I would argue that an alternative system would work on rehabilitating the criminals and re-integrating them in society without serving time. However, there will inevitably some people who will always commit crimes, regardless of the rehabilitation treatment they receive- in that case some manner of punishment will be inflicted, likely a similar sort of detention centre, however with much improved conditions and with far fewer occupants to reduce altercations and disputes.

alternatives to prison:

Firstly, all non-major, non-violent crime should never result in penalty, and their record should not be tainted with a criminal offence on it. Instead, the sentencing should always be some manner of therapy and skills teaching, as well as financial support- the criminal's motivations as well as their mental state need to be understood. They should receive support and comfort, which will massively improve their outlook on life. Not only this, but if the offender is struggling to find employment, they should receive basic skills teaching in the industry they wish to work in. This would involve work experience in jobs requiring the qualifications they have attained and be taught specific skills in the job they wish to have. Lastly, if the offender is struggling to pay their bills, the government should provide financial support. Whether that involves temporarily accommodating them in a shelter and paying for their food whilst they find a job, or just sparing them a small amount to help pay their bills. This is crucially important as if they are supported properly, they are far less likely to re commit a crime. There should also be an investigation into the perpetrator's domestic circumstances. If they are living under difficult circumstances at home, if they are between ages 16-18 and living with their parents they should be removed from the home and brought into custody, before finding an adoptive family. If they are either over the age of eighteen, or living with a partner who is badly influencing them or abusing them, they will be advised strongly to move out of their current home, and financial assistance will be provided. Depending on the circumstances and the magnitude of the crime the offender should do a minimum of 4 hours monitored community service, primarily to show there will be some manner of retribution for their actions whilst also helping the community.

Repeat minor offenders:

Given the amount of support that the offender receives after they're initial crime, the criminal has no excuse for a re-offense. With that taken into consideration, the punishment can be somewhat harsh. Therefore, some manner of mandatory work should be the sentence with the criminal receiving the minimum wage whilst living on or near the site in accommodation provided by the state. Again, depending on the severity of the crime, the work shall be adjusted. For example, if the crime is petty theft from a supermarket or small shop, then the length of the work will be short, e.g from nine to five for a month, and the manner of the work will not be too laborious, for example working in a fruit field. However, if the re-offense is more severe such as criminal damage, the length and manner of the work will match the severity of the crime, with the criminal working long hours under factory conditions. This may seem harsh; however, it is justifiable considering the support they received after the first offense.

More serious criminals:

With reference to criminals who have committed a severe crime, however with justified motivation, should receive the treatment and support network of those who have less severe crimes, involving therapy, economic support and skills teaching to find employment. However, the perpetrator will face more major retribution, in the form of victim-offender mediation, and depending on their crime potentially house arrest. Victim offender mediation involves the perpetrator meeting the victim in a safe environment with the goal of restitution. This will involve discussing the

impact of the crime on the victim, and potentially compensate the victim in whatever way possible, whether that be through returning stolen goods, or economically compensating them. House arrest would be for people who the court finds to be potentially dangerous to society. This would involve the offender not being able to leave their homes, whilst being under tight surveillance from police. Food/ groceries, as well as toiletries and other essential items would be provided. This would be for a time period the court see fair. For criminals who committed serious crimes without motivation, mental institutions or detention centres would likely be their sentence.

In conclusion, prison is not very effective, and there are questions about its morality too. We concluded that prison disproportionately affects marginalised communities, increases chance of mental health problems for those inside as well as crippling people's finances and tearing up families, and a shocking number of assaults happen in prison showing that prison is unsafe. The alternatives mentioned previously decrease most of the potential negatives of prison whilst serving as a fair form of retribution.

ChatGPT- (06.08.24)

10.2 Marx and the basis of Critical Criminology – Introduction to Criminology (pressbooks.pub)- (06.08.24)

is prison morally acceptance - Google Scholar- (06.08.24)

Crime and Justice | Libertarian Party (lp.org)- (06.08.24

Safety and order - Prisons data - Justice Data- (09.09.24)

https://www.google.com/search?q=saults-in-prisons-hit-four-year-high-3272952%23%3A~%3Atext%3DPrisoner-on-prisoner%2520sexual%2520assa&safe=active- (09.09.24)

6 Francesca Odueyungbo (Holly Lodge): How does music reflect the progression of modern society?

Music has always served as a mirror for our society. Throughout the last 100 years, there have been massive societal shifts and each one has been reflected in detail through different genres and their popularity. Not only has the progression of our world influenced what genres and musicians are considered popular, but we have been influenced by the music we listen to. This in itself is interesting because these could potentially have very positive and extremely negative effects on the world we live in. Through this essay and the research I have carried out, I will attempt to answer the question of, " How does music reflect the progression of modern society?"

HISTORICAL CONTEXT

Historically, music has always been there to mirror societal change. An example of this is the rise in popularity of jazz during the 1920s (known as the "Jazz Age"). Jazz is such a "unique and fascinating style of music because of the lyrical and musical freedom it gives, making it a symbol of self-expression that young people enjoyed regardless of their race and class "(1).The popularisation of Jazz music at this time bridged the gap between Black and White culture.(1) Despite the genre swiftly being taken over by white performers, it was nevertheless the first time in popular culture that a minority group was involved in creating a music genre. Prominent figures of this time consisted of Duke Ellington (1899-1974), Louis Armstrong, and Bessie Smith. Louis Armstrong (2)(1901-1971) was one of the most influential figures in jazz and made it what it is today. Some of his most known songs are so timeless that they're still played everywhere today; including "When the Saints", "what a Wonderful World", and "La Vie en Rose". A talented trumpeter and vocalist, Louis was "one of the first African American entertainers to 'cross over' to wide popularity with white and international audiences". Bessie Smith (1894-1937) was a famous blues singer, who was another prominent figure of the Jazz Age as her powerful voice influenced many vocalists, even after her death; including icons like Aretha Franklin and Billie Holliday(3).

In addition to this, the Jazz Age easily reflects what society was like at the time since it was influenced by many social factors. One of the biggest factors was the great migration, which facilitated the spread of jazz to Northern American cities, in which it became more popular. The great migration was "the movement of millions of African Americans from rural southern communities to urban areas in Northern and Western states" (4)This was in order to escape racial violence and to find economic opportunities which were quite accessible for some people in the 1920s. These opportunities were most accessible in Northern states such as New York and Chicago, where the arts flourished. The 1920s was a time of both social and economic change which greatly impacted the development of jazz during that time. The 20s in America was when nearly everyone was thriving due to the "economic boom", which gave Americans the financial security they previously didn't have. Many could enjoy luxuries such as cinemas, new technology, and music. Radio became more popular as an entertainment medium during the mid-late 20s as it was a cheap source of entertainment and information. It exposed more people to jazz(and swing), as stations during the Jazz Age began to play more music of this genre. (5)This of course led to it becoming discovered by more people. As jazz became more mainstream, prominent white artists were given much more time on the radio than African Americans, despite them being the ones who popularised this genre and gave it its signature sound. Examples of white jazz swing musicians include Glenn Miller, Benny Goodman and Artie Shaw. This highlights the marginalisation that black people in America experienced in the 1920s, therefore portraying the idea that jazz music and its history does reflect the society it was made in.

Another example of music reflecting its society is the rise of hip-hop as a voice for marginalised communities in the 1970s. It was created by African Americans as a response to social and economic challenges in New York City. N.W.A., Grandmaster Flash, and Kurtis Blow all paved the way for later artists during this time, defining what it means to be a rapper for generations. By the beginning of the 1980s, hip-hop was spread beyond NYC and to the rest of North America, with rappers like Will Smith and 2 Live Crew making their mark. Hip-hop quickly became a platform for African Americans to stand up against brutality, racism, and violence, giving many a place for self-expression and bringing more diversity to mainstream music. It went above and beyond the definitions of a music genre; hip-hop became a culture to live by.(6) A way of expressing your identity through not only music but fashion and street art. Hip-Hop during its early years also shows the changes in society between the 20s and the 70s. Instead

of relying on others to support their music production like during the 20s, black people created their own record labels and produced songs themselves, with rappers like Dr Dre and Jay Z being prime examples of this. It also empowered many black women during the 80s and 90s as it brought more black women to the mainstream, with rappers like Queen Latifah and Salt-N-Pepa being a massive element of what made that "classical" era of rap and hip-hop so iconic and special. They " offered an alternative to raps originally male, and often misogynistic views".(7) This is significant because it sheds some light on what life was like for African American women in the 80s, still being discriminated against but fighting back and demanding equality and inclusivity in all areas.

COMPARISON

Progression is defined as "the process of moving and developing, or of getting nearer or achieving something".(8) Using this definition, it can be said that when comparing the Jazz Age to Hip Hop, it easily reflects how society progressed between the 20s and the 80s. Not just through the music styles themselves sounding vastly different or the lyrics and vocals changing massively, but through the way the music is perceived and how much it is encouraged. The amount of discrimination faced by African Americans during the Jazz Age was due to the time they were in. The 1920s was marked by intense racial segregation and racism in the US. The music industry wasn't exempt from this, which led to the ostracisation of black artists despite their contributions. As stated previously, the promotion of white jazz artists on the radio was one of the many causes that led to jazz (and swing) becoming predominantly white American, despite it being black people who created it. However, this didn't necessarily happen with Hip-Hop. I found 3 rankings of the Top swing and jazz musicians of all time and 3 of the top 10 Hip-Hop artists of all time. In each of the three jazz rankings, there was at least 1 White American musician; Glenn Miller, Benny Goodman, and Chet Baker all made appearances on these rankings.(9) However, in all 3 Hip-Hop rankings, there was only one white rapper in all of them- Eminem.(10) 50 years after it was made, the genre is still led by African Americans. Furthermore, not only is it still a platform for self-expression for black people, but it also has become more and more inclusive over time. Statistics show that according to public opinion, racial diversity is the most prominent in the Hip-Hop genre.(11) This illustrates how Hip-Hop (and RnB) have become places of self-expression and diversity showing our progression as a society.

CONCLUSION

My question at the beginning of this was, "How does music reflect the progression of modern society?". Over the past century, popular music has served as a powerful mirror of the world that surrounds it; developing and changing as society changes. During the last 100 years, it is clear that there has been an immense amount of progression in terms of inclusivity and equality. Although nothing is perfect, the shift in the way African Americans are perceived in American society is noticeable. They contributed the most to the creation of Jazz and swing, as well as Hip-Hop and RnB. However, the changes between those 50 years (1920-1970) were massive. On top of this, the development in the last 50 years has been enormous too. Hip-hop has had lots of changes; with more developments in its style. It has developed so many subgenres that are so distinct that it has made Hip-Hop a worldwide phenomenon(12). It is still one of the most popular genres 50 years on from its creation, whilst jazz stopped being popular by the mid-50s. However, with the introduction of new technology and new artists, all of this could theoretically change. With the world slowly improving its social values, there could be a lot more social progress which could influence what the music will be like, so possibilities for future music are endless. Music is rightfully considered a "universal language" since it can help people understand each other and bring them closer together through its storytelling. In my opinion, music reflects the progression of modern society by illustrating one of the positive changes it has been through since 1920.

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7 Eva Passemard (Rugby School): Does rioting give humans an opportunity to express their true beliefs?
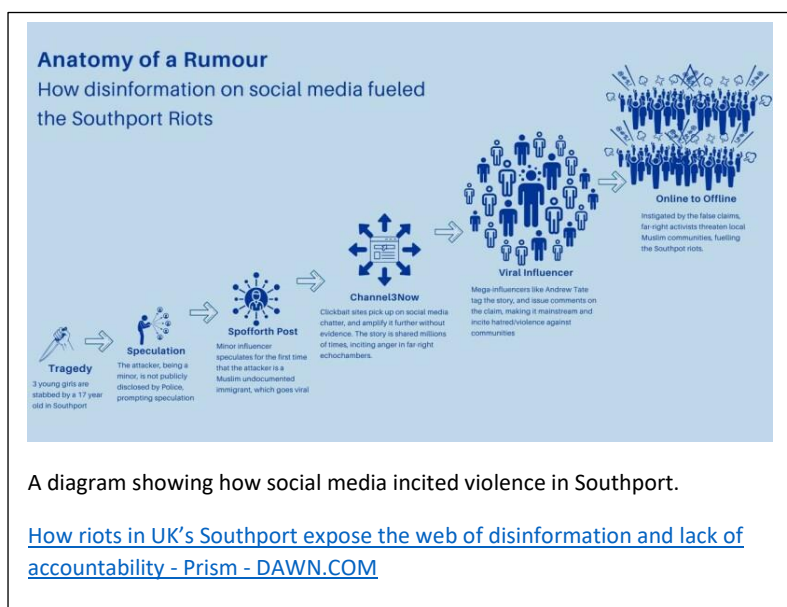
Protesting is seen by many as a human right and is the preferred method for showing discontent by most organizations as a means to bring about change. An act of protest must include the following elements: "the action expresses a grievance, a conviction of wrong or injustice; the protestors are unable to correct the condition directly by their own efforts; the action is intended to draw attention to the grievance" (Turner, 1969: 816). This implies that protests are used for expressing discontent towards an issue which cannot be solved by the protesters without exterior influence. It could be argued that protesting is a part of human nature, as it clearly expresses discontent and a desire for difference. However, protests can turn violent due to the frustration and passion that is often linked to the cause of the protest. A riot is defined under English law as "Where 12 or more persons who are present together use or threaten unlawful violence for a common purpose and the conduct of them (taken together) is such as would cause a person of reasonable firmness present at the scene to fear for his personal safety, each of the persons using unlawful violence for the common purpose is guilty of riot." (Public Order Act 1986). There is therefore a large difference between a riot and a peaceful protest, and throughout history there have been many examples of each, with varying levels of success. This illustrates that one form of demonstration doesn't necessarily prove more successful than the other, yet people continue to choose to riot, even knowing that it's illegal and often leads to the physical or emotional harm of others. I will be discussing the riots across the United Kingdom that have taken place in over the summer of 2024, and analysing why they happen, how to respond to them, and how to avoid them, whilst still encouraging freedom of speech.

Humans may choose to riot instead of protest for multiple reasons, despite knowing that protesting is the peaceful and legal alternative. The Social Service Review stated that "Those counties in which the expenditure is large are those in which the industry and skill of the labourers are passing away, the connexion between master and servant has become precarious" (1969). Although this review was written fifty-five years ago, the message is still relevant: developed countries where the public has a high level of education results in conflicts between those with power and authority, and those who work for them. Often there can be resentment and a sense of injustice, which can lead to sudden bursts of violence when an incident provides the opportunity for a protester to be violent. Many riots are sparked by a social injustice, such as a killing or unjust law passed. This is the cause of the recent riots across the United Kingdom. On July 29th, a violent knife attack injured ten people and killed three young girls in Southport. The next day, rioters gathered around a mosque, attacking Muslims and police officers, even setting a police vehicle on fire and throwing bricks. Their behaviour was fuelled by false information spread online that the attacker Axel Rudakubana was Muslim. This is an example of humans taking an opportunity to express their true beliefs through the chaos of rioting, and although it has now been confirmed that Rudakubana is not Muslim, it seems that the riots are using the initial violence to perpetuate their racist ideas. Across the country, people began to riot in major cities. The far right used this as a chance to spread hate for immigrants and those who have sought asylum in the United Kingdom. Soon the riots morphed from disgust at the attack to disgust at immigrants, and the message of the upset was lost. This explains how the riots across Britain turned from outrage at the loss of children's lives to a racist movement, but to understand why people choose to riot, the psychology of the rioters needs to be examined. When people feel discriminated or oppressed, they often riot rather than protest, which could suggest that many people who are rioting feel discontent at how issues are being handled by the government such as immigration policies. This could possibly be linked to the United Kingdom becoming an increasingly liberal country, and a left-wing party winning the recent general election. Right wing supporters may turn to rioting in order to express frustration and dissatisfaction with the government and the more progressive, multicultural direction that the country is heading in. Therefore, it can be concluded that rioters choose to riot due to intense feelings of frustration and a need to express this in a way that draws attention to their emotions. It allows for the rioters to express their true beliefs unapologetically, as riots consist of large groups of people. Rioters may feel validated in their views as they are around numerous people with the same outlook as themselves, and this means that riots allow rioters to express their true beliefs.

The British courts have responded to the violence on the streets, but it has lead to criticism on how they handled the riots initially. This has lead to the question being asked of how best to respond to riots. Firstly, not everybody at the site of the riots is necessarily participating or holding the views. It's thought that the young people participating may not fully understand what is happening, or what they are rioting about, but instead are drawn by the allure of mindless violence. A thirteen-year-old girl was convicted after rioting in Aldershot, which implies that people rioting

may not necessarily understand what is happening. However, what has become clear is that during riots, when the police's attention is diverted, humans show their true priorities. Looting is common during riots due to the chaos and disorder. This gives humans an opportunity to express their true beliefs during riots: they may not actually care about the riot, but revert to selfish tendencies, instead thinking that they deserve products in the shop more than the corporations, possibly seeing themselves as deserving due to their financial situation. Here, true tendencies and motivations are revealed, and it leads to the question of whether all humans are inherently selfish when they know there is likely to be no consequences. The penalty for rioting is different to violent disorder, as the latter has a reduced sentence as it's relating to a group of less than twelve people. However, the sentence for rioting is up to ten years, and already people are being quickly convicted. Jordan Parlour is an example of this, with him writing online that "every man and their dog should be smashing **** out Britannia Hotel" on 4 August (The Economist, 2024). The fact is that Parlour never had any intention of attacking the hotel, but the mask of anonymity that social media provides allowed him to feel safe enough to express his true ideas and mindset. His frustration came from the use of taxpayer money to support migrants. Within five days, he was sentenced to twenty months in prison. The quick sentencing helped to show the public that the police would be swift in the response, and that even if no physical harm was done, an online post is enough to convict you. Keir Starmer, the Prime Minister was previously the director of public prosecutions, and he helped place over 1200 people in prison during the 2011 riots. He has encouraged the authorities to be harsh to anyone inciting violence or being violent. However, the response has been viewed as inadequate by many, and more measures should be taken in future to prevent rioting. Once information is spread online, it's almost impossible to eradicate, and due to the algorithms of many social media websites, an echo chamber effect of conformation bias can be created. The response has been insufficient in protecting people from Muslim communities and the riots and violence has given people an opportunity to express their racist views, whether that be online or in physically being violent.

Rioting is part of human nature, as is protesting, and it is debatable if it's ever truly possible to stop riots, but there were certainly measures that could have been taken to minimise the damage the recent riots have caused. I will look at how the British government could have potentially stopped the riots, and how they can put measures in place to stop them in the future. Firstly, the sentencing needs to be quick and decisive in order to discourage other people from doing the same. If it's broadcasted widely in the media that the punishment is severe, and that the police and courts are the ones in power, many people may choose not to riot, for fear of the law. This asks the question about whether law can control human behaviour, and certainly if some people knew that the law was harsh surrounding rioting, they may question whether they truly want to riot. It needs to be common knowledge that inciting violence

A diagram showing how social media incited violence in Southport.

How riots in UK's Southport expose the web of disinformation and lack of accountability - Prism - DAWN.COM

is also illegal, which covers online posts encouraging others to riot. This can reduce the spread of misinformation and hate online, and the conformation bias echo chamber may not easily be created. Secondly, the police needs to be quicker in the taking down of online misinformation. The diagram on the left shows how online speculation can lead to a snowball effect and violence fuelled by false claims. If the police manged to quickly take down and convict the speculators or the minor influencer, then it perhaps wouldn't have reached a wider audience. Thirdly, the government also needs to bust anti-immigration myths, and highlight how much value immigrants and migrants add to our country. There are many multicultural communities across Britain, and some of our

greatest achievements as a nation have been accomplished by people who's ancestors did not live in Britain. Most of the frustration seen in the riots can be attributed to people feeling oppressed or marginalised. Recently Britain has faced issues in almost every sector: healthcare, policing, prisons, jobs, transport and energy. When the public sees these services struggling to cope with the volume of people, they turn to those who have recently moved into the country and blame them for taking these valuable resources. To truly limit the number of riots, something must be done about the problems at the core, and the inherently racist views that some of the public have about these

issues. It's in human nature to often look for groups of people who are different from them to blame, and there are countless examples throughout history, with the most prominent being the Jews during World War 2. Germany had many problems and blamed the Jewish people, among other marginalised groups for causing them. On a less extreme scale, this is also what is happening in Britain recently. Humans use riots as an outlet for their frustrations at the system, and to communicate their thoughts about other groups, meaning that riots give them an opportunity to convey their beliefs.

To conclude, riots have been used by many people in Britain as a way to express their feelings towards Muslims and Migrants. Often by wearing masks, they hide their faces from the police to try and hide their identities. This shows that they are still not fully confident with showing that they stand with the movement, and that they want to not risk legal action against them. The chaos and violence of riots lets many people feel like they can do what they want without consequences. The police are assaulted and verbally abused, but the rioters would likely never do that if they did not have the feeling of safety in numbers that is provided by the large crowds that rally to watch or participate. Lots of people feel they can truly say and act how they want when they are rioting, and this often reveals their true intentions. They may not be outwardly racist, but when they have likeminded individuals around them, they feel comfortable enough to convey their true thoughts. The recent riots in the United Kingdom have showed that there are still people that hold racist beliefs, and they show them during the riots as it provides the perfect opportunity. The feeling of being immune to the law and its consequences allows people to act freely, and they believe, without consequence. Rioting allows ordinary citizens to display their true beliefs and feelings which otherwise would remain hidden.

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8 Phoebe Rogers (Rugby School): How has NATO effected the political state of Europe since its formation?

The North Atlantic Treaty Organisation, also known as 'NATO', was formed as a deterrent to the Soviet Expansion in 1949. The main point of NATO is that if one member country is attacked, it is seen as an act of violence against all the members. It started with just 12 countries and now has a whopping 32 countries including major world superpowers like the USA, France, Germany and the UK. 3 out of the 5 permanent members of the United Nations, those with VETO power, are a part of NATO which shows how much global influence NATO has over the entire world despite only 16% of the countries in the world being a part of NATO. With roughly 1/8 of the world population living in a NATO country, I strongly believe that this does effect being human on a global scale. Due to how important this organisation is, I will be discussing the different ways that they have affected the political state of Europe in the past, present and future.

This essay aims to investigate the impact of NATO on the political state of Europe and whether it had a more positive or negative effect. Most of my research has been in the form of the NATO website and many articles from Google Scholar and JSTOR. I have also learnt a lot from family and friends who know a lot about the topic and who have worked with NATO in the past. I found many graphs and statistics on the NATO website as well as trustworthy sites like the BBC and my history textbook, as much of the GCSE History course overlapped with my research. I chose these because I knew that they would have lots of information and would be very reliable. One way in which I have been limited through my research is that I have only really encountered modern, western views on the situation which may have limited my full understanding on what different countries and people feel about this topic. Overall, I think that my research has been effective and has been sufficient in answering my original question.

There are countless examples of times where NATO played a big role in European conflict and peace at the time of the Cold War. At the time of the Cold War, NATO having an alliance with the USA allowed the USA to keep their nuclear weapons in Türkiye. In response Russia stationed its nuclear weapons in Cuba (which is just a few 10's of miles from American soil) and this became known as the Cuban Missile Crisis. During the Cold War, NATO countries in the West of Europe had an obligation to be ready to support the USA in case war broke out as well as countries in the east of Europe that were a part of the Warsaw pact that had to be ready to support Russia. Due to the countries being a part of NATO, they were automatically separated from the rest of Europe and the west and were made to feel like an enemy of Russia. This would have in some ways helped to make Russia feel like they had more people against them and NATO being around at that time will have aggravated Russia and the east even more. This firmly divided Europe into East and West; NATO and the Warsaw pact.
On the contrary, NATO was also a major part of keeping the peace in Europe and it helped a lot in stabilising and contributing to the growth and development many European countries after the Cold War. After the end of the Cold War, NATO openly said that they wanted to create a closer relationship with the USA and east European countries. This was partly due to the reunification of Germany and the ending of the Warsaw pact which got rid of the threat of Soviet Expansion. This meant that NATO no longer had much that they were trying to deter as the main reasons for their expansion in the west were gone. This will have helped people in Europe to feel safer and had heavily reduced the chance of more conflict arising. In whole this made the political state of Europe much less divided and brought in a lot more peace.

While some people wonder who will join and leave NATO in the future, others question whether NATO will have a future. With the ever-present growing situation between Russia and Ukraine which is tied in with NATO, you must question how NATO will continue to affect the peace and the conflict in Europe. Russia has always been incredibly nervous about NATO expansion towards to east of Europe due to so many formerly USSR countries ending their alliance with Russia and becoming closer to the west. This has also removed Russia's buffer zone between the East and West of Europe. Now as Ukraine has so openly expressed their interest of joining NATO tensions are rising. Currently 4 out of Russia's 6 European bordering countries are a part of NATO with Finland joining in just the last year. But although Ukraine is not a member of NATO, they are in a close companionship and have openly expressed

their support for each other. With the increase of tension between the east and west of Europe along with the expansion of NATO it could lead to a more divided Europe just like we have previously seen with the iron curtain. On the other hand, NATO could in some ways stabilise the political state of Europe and create more peace. The more countries there are in NATO, especially when they are world powers like the UK and the USA, it heavily decreases the chance of war against any one of the western powers. This is because if a country wants to fight a NATO country, they will effectively be fighting against most of Europe and North America which is fight that no one in their right mind would want to fight. Countries will also be more reluctant to having conflict against countries which are in close alliance to a NATO country as it could in turn end up involving NATO. All of this means that in the future, if more countries join NATO, there is a good chance that there will be peace in Europe.

One of the main topics that is arising about NATO right now is involving one of the commitments you must make as a NATO member which is that you need to spend at least 2% of your GDP on your military. According to the visual capitalist, only 11 of the NATO countries are spending at least 2% of their GDP including the UK, the USA, Greece, and Finland while the countries not paying enough includes France, Germany, Italy and Canada. NATO heavily relies on the USA for its money with the USA having the highest GDP out of all the NATO countries. One graph produced by NATO shows the comparison of payment between the USA and the rest of the NATO countries in 2023 with the USA paying $743 billion and the rest put together paying $356 billion. This information shows us how dependant NATO is on the USA for its funding which in turn is a great issue for the other NATO countries. The countries which are not spending enough money will have to increase their defence budget and therefore there would have to make cuts in other areas. This could lead to governments losing elections and parties with a lower commitment to defence spending being elected in their place. Therefore, NATO would not be building a strong enough military and there could be a greater risk of conflict due to this weakness. The threats today are as real as they have ever been so it is vital that Nato has a strong military. However, because most Nato countries have not experienced an invasion within living memory, it is difficult for the electorate to realise how important defence spending is. I hope you can see how in some ways right now NATO is negatively affecting the political state of Europe.

I hope that I have given an interesting insight into the role that NATO has and will play on the political state of Europe through my research on this topic. I have researched many examples of the good and the bad that has and will come from NATO from their effect on the Cold War to their influence on the Russia - Ukraine war. From what I have learnt while completing this essay, I believe NATO's influence has has a positive effect on the political state of Europe with it helping to grow and connect Europe in ways that no other organisation has been able to. It has also created a safer Europe for the people allowing them to live happily and comfortably at home. Although NATO has not been perfect and has led to many harmful acts, on a whole I strongly believe in the organisation and its effectiveness.

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9 Preethika Yedla (Rugby School): How do the skills children gain through extra-curricular activities impact their approach to work in the future?

Young children's participation in extra-curricular activities has a positive correlation to their employment in the future (David Robinson, 2024). Research has shown that the chances of employment or academic success increase by 42% if they do extra-curricular activities. However, not all children have access to these activities. Only 61% of children, whose families are classified as being most disadvantaged, participate in activities in comparison to 81% of children in least disadvantaged families. The parental response to sending their children to extra activities varies depending on the occupations they have. For example, parents who have professional or administrative jobs are 15% more likely to join their children in clubs than parents working with manual or routine jobs (Social Mobility Commission). Participation in these activities impacts the development of key skills required for a child to gain employment in the future. The psychological and physical skills that young children harness through extra-curricular activities influence their performance and growth in their careers.

Through extra-curricular activities, children's mental health is positively impacted. They gain many soft skills, which impact their approach and attitude towards academic work (Norman, 2024). They gain experience using different soft skills that improve their psychological skills needed for work, while also allowing them to get used to applying them in different scenarios. These skills are also applied to their academic work in school and can later be applied to their experiences at work. Co-curricular activities are ways for children to reduce stress from present academic pressures or social challenges by relaxing and changing their focus (Norman, 2024). This will help them during their work experience because the higher in their careers they grow, the more responsibility they must carry so knowing how to handle the stress is important to make sure they take care of their mental health. If they are not stressed or overwhelmed, that allows them to focus more on how to develop their career further (The Hub Events, 2022). Time is also needed to develop a good career therefore managing it is a key skill, which can be improved through attending extra-curricular activities. Children leave to manage both their academic commitments and involvement in other hobbies. This teaches them to reduce feeling overwhelmed, while also completing tasks to a satisfactory standard (Norman, 2024).

Another psychological skill, that children learn through extra activities, is problem-solving (Norman 2024). The majority of people will face problems in their careers so children, who have a childhood where they are needed to solve problems from a young age, have had the opportunity to develop their prefrontal cortex in the brain (Cleveland Clinic, 2022). This part of the brain controls executive functions and helps with decision-making, problem-solving, and social skills (Primary Beginnings). Similar to work, most extra-curricular activities involve solving puzzles and figuring out challenges. The progression in difficulty increases as children get older so introducing challenging situations at a young age allows them to improve at a steady rate instead of having to cope with a lot at one time. Academically, children will face more challenges as they grow up through the years and problem-solving is used to work through challenges, which are in the curriculum. It is proven by research that problem-solving helps students develop their resilience, perseverance, and ability to think by themselves (Skill Builder, 2023). As well as problem-solving, children need to develop a coping mechanism that is effective for them. Extra activities offer a range of different methods for children to explore (Norman, 2024). This allows them to handle their stress and other unwanted emotions in a controlled and constructive way to make sure that it does not affect them academically at school. These skills can also be applied, when they grow up, in a work scenario. This would help their approach to work because they can handle stress and responsibility without having it affect their mental health. Joe Pindar's (2023) research profile from The Workplace Health Report says "76% of employees report moderate-to-high or high levels of stress" and "33% of those high levels of stress impact productivity". This shows that if children can develop coping mechanisms now, then they can rely on them when needed to make sure it does not impact their work.

Building confidence and self-esteem is a key concept that should be targeted to develop from a young age. Children's confidence can easily be damaged and as they get older, they begin to feel more self-conscious in front of others. This affects their academic work, especially if it includes verbal presentations. Building confidence at a younger age makes it easier for them in school and also later in work. Extra-curricular activities have different ways that children can build confidence and having achievements in those activities helps to develop of positive self-image and can therefore increase self-esteem (Norman, 2024). In a workplace, self-esteem improves efficiency, productivity, and work standards because trusting yourself is a good way to motivate yourself to achieve your targets (Indeed, 2024). It also helps to advance or develop your career better because it allows you to make efficient decisions, while trusting them, leading to improvement in leadership skills. This can help to secure a new job or get a

higher position through recognition. Self-esteem creates a positive atmosphere, and it helps create better relationships with team members by spreading positivity leading to better collaborative performance (Indeed, 2024). This is because communication is improved with confidence. After all, your words are more concise and have clarity allowing you to convey clearly to clients and co-workers efficiently (Kaplan Professional).

Creating connections and friendships is also key to elite performance in any career or academic work. They allow opportunities to share ideas between peers and also implement them using different methods. Learning to build friendships at a young age means they understand boundaries, and differences between people and learn to respect them. It is also a good way for stress relief and building a sense of community with a support network (Edge Early Learning, 2023). This can help children with teamwork in school because they learn to collaborate with others to complete different tasks. This also helps their puzzle-solving skills because different people will have different approaches to the tasks. Having friends in the group can improve the efficiency of the work and it will be easier for them to work together because they will be comfortable expressing ideas and they will share similar ideas. Friendships relieve stress because children will be able to distract themselves from pressures academically or they might seek help from their friends. Extra-curricular activities are places where children can meet others, who share similar interests to them. They can be a good place to easily find people, who are similar to them, making it easier to make friends compared to others, who they may not share any hobbies with. Making connections allows opportunities for children to practice communication skills, encourage good behaviour and support their emotional and social development (First Discoverers). In a workplace atmosphere, friendships have many benefits like mentors or offering of advice, creating a guidance path for you because you will be informed of precautions to take to avoid any setbacks in the development of your career (Randstad Singapore, 2023). It can also improve your job satisfaction and productivity because 57% of employees said friendships have made work more enjoyable and 22% have stated that they feel more creative (Paris Stevens, 2021). Attending extra activities at a young age allows children to encounter the same feelings with academic work, which gets them familiarised with the experience of managing the workload alongside working as a team with others.

While also making friends, children learn to control their emotions and regulate them when they experience different scenarios during extra-curricular activities (Norman, 2024). They face different challenges when they try new things therefore, they have to learn to control them if they want to be able to complete the required tasks. For example, in a sporting activity, if they miss a goal or make a foul, they must be able to control their emotions, so it does not impact the rest of their game (Applied Sports Psychology, 2016). Similarly, in academic work, negative emotions can lead to discouragement or unproductivity. This can affect their learning as well as the other's learning because their emotions can change the atmosphere and the emotions of the educator. Teachers change their approach to a topic based on the output they get from students so if you are not focused or are in a bad mood, it will be reflected through the teaching (Times Higher Education, 2022). In a workplace, having bad control over your emotions can affect the quality of your work and can have a negative impact on others. There is a higher chance of becoming isolated because your emotions are likely to be expressed on colleagues. Negative emotions can largely impact productivity and collaboration, especially in a task that requires teamwork. However, positive emotions can also largely impact work on the same severity as negative emotions except they positively impact the performance instead of negatively. Having control over emotions from a young age helps because children can experience different situations and learn what is appropriate behaviour in different circumstances. Extra activities expose children to different environments like sports, drama, and music, which allows them to gain experience in all aspects, which they might have a career in the future.

To contrast the benefits of extra-curricular activities, they are a few disadvantages including it is an extra pressure that children have to participate in especially if they are made to take part in something in which they are not interested in. An example of this situation could be a student doesn't want to play hockey, but they have no choice because that is their key sport in school. According to Senior Writer Tim Walker's research (2024), participating in activities in this manner will lead to more disadvantages than benefits like being tired, anxious or depressed due to stress. Also, the need for extra-curricular activities is to mainly improve your CV because employs look for well-rounded employees and participating in activities show that you are passionate about them and are willing to keep improving in those interests. Also, in universities, they look at how you can be an asset and contribute to the campus and this is reflected in how well you contribute to the development of your own interests. However, if those activities are not in your filed of passion, then you won't be able to main significant progress in comparison to others so choosing passionate subjects is essential.

Extra-curricular activities have various benefits to the approach of working academically in school and working in a professional environment. Different activities vary the main skill focus; for example, theatre works on public speaking and confidence, while sports focus more on the physical benefits, like learning how to be healthy. It is best to introduce extra-curricular activities when they are 2 or 3 years old (Child's Play) because that is when their social development and physical development have the most growth. This also means that if they find something that they are interested in then they can further pursue it in later years. Some of the skills they develop can help in a school environment because the confidence they build in these activities can be utilised to make new friends or try new challenges to help further their learning. It has been proven that co-curricular activities improve academic performance and help to build relationships with others in a positive method. However, the benefits of extra activities are not only reflected in their academic schoolwork but also in the future in their approach to work. This is because starting at a young age allows them to experience different problems and puzzles in different environments, not only in school, where they need to learn new things or develop previous skills to be able to complete a certain task. In a work environment, there are many different challenges that they could face so building experience can help to reduce the stress and help make their work more efficient. Consequently, they improve their mental health and time management meaning they have more personal time for them to relax out of working hours. Although, at a young age, having to manage extra activities and schoolwork can be overwhelming, it helps with mental health to change the environment, but they are still learning new things at the same time. This enhances children's cognitive skills, making it easier for them to approach any work.

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10 Charlie Walton (Rugby School): How does the Geneva Convention and Christian teachings address the possibility of achieving lasting peace among humans, and do they suggest that war and conflict are inevitable or preventable?

In this essay I am going to endeavour to discuss and write about the origins of conflict whether that is in the shape of sin in Christianity or war in both the modern and historical day. And discover whether it is a possibility for our society to be harmonious or our society is built around the ideology that conflict is inevitable: past, present and future.

According to Christianity, the creation of humans took place within the Garden of Eden. In the Bible the creation story tells of Adam and Eve living in peace with one another and their surroundings. This shows us that according to the Bible and Christianity, when humans first existed, they did so in harmony, therefore peace is achievable and surely not beyond the capability of humanity. A common misconception with Adam and Eve is that they were just two people, a man and a woman. However, Adam and Eve are traditionally understood in more archetypal Chrisitan readings as symbolic representatives of all humanity. Adam's name in Hebrew literally means 'man' or 'humanity', and Eve's name means 'life' or 'living'. In this view their story is not just about two specific individuals but instead about the universal human experience with God. So, from a Christian point of view this suggests that all of humanity did once exist in harmony. Therefore, we have done it before so why we can't again? It surely must still be within our capabilities, right? The answer to this question is answered by what happens next in the creation story. Eve is deceived by the devil and gives in to the temptations, due to curiosity and desire for knowledge, picking the fruit off the tree and eating it with Adam. The devil said to Eve, ' your eyes shall be opened, and ye shall be as gods, knowing good and evil.' — Genesis 3:4–5. Their disobedience and greed is what led to a conflict between humanity and God, resulting in their expulsion from Eden. This expulsion marks the first example of conflict involving humanity. This act of disobedience by humanity is known as Original Sin. After the fall, God cursed the serpent, the ground, and introduced pain and toil into human life, marking the beginning of suffering and conflict in the world that is due to last for eternity. Why then when we lived in harmony, and everything was perfect did humankind choose to disobey God? The answer to this question is simply down to human characteristics represented in the creation story: the yearning for more (when Eve is told by the serpent, our eyes shall be opened, and ye shall be as gods, knowing good and evil', she wants this so eats the forbidden fruit) this is an example of greed, another characteristic depicted in this tale is curiosity, Adam and Eve's desire to know more leads them to eat the forbidden fruit. Disobedience: They choose to go against God's command, showing a tendency to rebel. And finally, another human characteristic is Blame-shifting: When confronted, Adam blames Eve, and Eve blames the serpent, showing a reluctance to take responsibility. This tale gives an early example of scapegoating and blaming others which is a key factor in conflicts in history and that of present. So even when we had everything and life was harmonious, our human characteristics got the better us and still caused conflicts and disrupted the peace. This makes it apparent that peace and harmony are both achievable, however historically they have only ever been temporary, with war and conflict always having followed. The actions of Adam and Eve are seen as setting a pattern for human behaviour. Their story illustrates the nature of humanity's relationship with God, the propensity to sin and disobey orders bestowed upon humans, and the consequences that come with it. Adam and Eve embody the entire human race and in this case the consequences are conflicts which inevitably lead to pain and suffering due to the creation of Original Sin. Original Sin suggests that all humans are born with a natural tendency toward selfishness, disobedience and wrongdoing due to the first sin of Adam and Eve. According to this belief humanity are instinctively inclined to make choices that have the capability to lead to conflict. Because of this inherent tendency, it is implied via Original Sin that living in harmony is a struggle for humans. Even if people set out with good intentions, they may still struggle with greed, disobedience, jealousy and countless other negative impulses that prevent the potential presence of peaceful relationships and a harmonious society. From some Christian perspectives Original Sin makes it more challenging for humans to achieve and live in peace as it creates a barrier. It suggests that to achieve peace and harmony it requires not just human effort but also divine help and grace to overcome sinful tendencies.

Original sin stemming from Adam and Eve's disobedience, is believed to have introduced sin and pain into the world. This sin is thought to be inherited by all humans as soon as they come to existence. You are born with it and cannot prevent it. And in doing so it creates a separation between humans and God. Some Christians believe that because of this separation humanity required a saviour to reconcile them with God and ensure their relationship was

restored with God so that peace and harmony may be possible once more. In the bible the saviour was Jesus Christ. Jesus died upon a cross as he was crucified, so that sin may be removed, and everyone can be forgiven for their previous sins. In Christian theology, sin requires justice and the punishment for sin is death, Jesus embraced the punishment that humanity deserved. The crucifixion is important for Christians who believe that God sacrificed Jesus, his only son, to atone for the sins of humanity. The significance of his crucifixion is that it shows he is the son of God and in doing so he conveys the characteristics a perfect human should show, responsibility and taking accountability, nobleness, selflessness and being able to show forgiveness for all. His crucifixion highlights those key characteristics that are required for people to live in harmony with one another, if everyone were able to show these then harmony would be achievable. Jesus was then resurrected and ascended to sit at the right hand of the Father. This is significant because it shows Jesus didn't die again which serves as evidence he defeated and overcame death for people. Ascension shows that Jesus really had overcome death and that he wasn't resurrected to die again but to live forever. In these events God acts as the mediator and man are represented as advocates. If God did not take human form, then he cannot appeal, this is how salvation is made possible, through Jesus acting as the mediator. Some denominations of Christianity such as the Quakers and Unitarians do not hold any significance towards these events and believe they are not relevant. But for those denominations who do believe it holds a significance and is relevant today it brings hope that Jesus was sacrificed so that sin may be forgiven, and that if we follow God just as Jesus did that peace shall be spread. In present day Christians can now seek salvation via prayer, from man to God through Jesus, this allows them to continue their relationship with and God and to make sure that they are on the right track, towards harmony.

Another biblical teaching on peace and harmony is Jesus being seen as the 'Prince of Peace', he is depicted as the peace bringer in the New Testament. For example, Isaiah 9:6 (NIV): "For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace." This prophecy from the Old Testament is often understood by Christians to refer to Jesus, highlighting His role as the bringer of peace. Additionally, Jesus' teachings in the New Testament further emphasize His message of peace: John 14:27 (NIV): "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." This quote shows Jesus offering his peace to his followers. Matthew 5:9 (NIV): "Blessed are the peacemakers, for they will be called children of God." This Beatitude from Jesus' Sermon on the Mount encourages His followers to be peacemakers, reflecting God's desire for peace and harmony among people. Another example of Jesus as the peace giver is Matthew 5:39 (NIV): "But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. This teaching illustrates Jesus' radical call to non-retaliation and forgiveness, which promotes peace even in the face of conflict. These quotes together depict Jesus as the "Prince of Peace" and emphasize His teachings on loving enemies, forgiveness, and being agents of peace.

Another topic/theme explored in the bible is interfaith dialogue which teaches of building bridges across religions, supporting and making possible global peace and world harmony. An example of this is in Romans 12:18 (NIV): "If it is possible, as far as it depends on you, live at peace with everyone." This verse encourages Christians to pursue peace with all people, this includes people of all religions. This quote shows that to have world peace, according to God, everyone does not have to be of the same religion or faith. Another quote is in Peter 3:15 (NIV): "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."

This verse highlights the importance of stating to others of different faiths or religions why you have 'hope' in yours but in a way which is gentle and respectful towards them and their beliefs which is vital in ensuring a constructive interfaith relationship which is critical for world peace. It encourages Christians to engage with others in a way that is not confrontational but rather understanding and compassionate. Finally, another quote in support of this theme is Matthew 5:9 (NIV): "Blessed are the peacemakers, for they will be called children of God." This Beatitude from the Sermon on the Mount which emphasizes the importance of being a peacemaker and how God supports those who are, and that it is Gods desire for Christians to be so. Interfaith unity can be seen as a form of peace making, where people from different faiths and religions come together to build bridges and promote peace.

The Geneva Conventions are international humanitarian laws consisting of four treaties and three additional protocols that establish international legal standards for humanitarian treatment in war (according to Wikipedia). The creation of the Geneva Conventions began when a Swiss businessman by the name of Henry Dunant visited wounded soldiers who had been injured during the Battle of Solferino in 1859. He was appalled by the lack of care and the extreme poor conditions of the medical aid available. Three years later he published a book, A Memory of

Solferino, detailing the severity and lack of care shown towards others during war. His experiences lead to his proposal: 'A permanent relief agency for humanitarian aid in times of' and 'A government treaty recognizing the neutrality of the agency and allowing it to provide aid in a war zone'. His aim was to improve the rights of those involved in warfare and for there to be governmental collaboration. This is similar to the idea of God in Christianity when he was wanting to create unity through Jesus, they both emphasise the importance of compassion, helping those in need and peace. God's teachings promote forgiveness and peace, encouraging people to 'love thy neighbour'. Similarly, Dunant worked for humanitarian aid and sought to relieve suffering in war significantly whilst promoting peace through the idea of care for all. They both envisioned a world where human compassion and dignity lead to lasting peace.

Dunant's first proposal led to the establishment of the Red Cross in Geneva, 1863 which was set up to relieve the suffering involved in war. The second proposal is what led to the 1864 Geneva Convention. On 22nd of August 1864, the Swiss government invited all European countries as well as the US, Brazil and Mexico to attend the conference. On 22 August 1864, the conference adopted the first Geneva Convention "for the Amelioration of the Condition of the Wounded in Armies in the Field". Representatives of 12 states and kingdoms signed the convention out of the original 16 who attended it. For his achievement, Dunant was awarded the 1901 Nobel Peace Prize.

Over the years several factors were added on or denied, however it was not until WWII came to an end when the governments realised how correct Dunant had been and the catastrophe of the war without proper or updated rules and rights to protect those involved.

The Geneva Conventions are international humanitarian laws consisting of four treaties and three additional protocols. The terms were agreed upon in 1949, these 4 treaties are: protects the sick, wounded, medical and religious personnel during conflict. Care for the wounded, sick and shipwrecked during war at sea. Treat prisoners of war with humanity. Protect all civilians, including those in occupied territory. As stated on the Red Cross website. The Geneva Conventions are about improving conditions during warfare and the way in which humans treat each other, however these conventions suggest strongly that War is inevitable as if such protocols are required in preventing the severity of the war rather than war itself tells of the world we live in.

To conclude, I believe that although there are arguments that God and Christian teachings were not against war, as there were many examples in the Old Testament of God leading Jews through bloody battles to help them to the promised land in Israel, the fact the concept of a Holy War exists and is taught to be acceptable in much of the Christian community and that the original teaching from Exodus of 'an eye for and eye, a tooth for a tooth' originated in the hope to control and proportionate war. Surely these few examples would be enough evidence that War is inevitable according to Christian teachings? However just because God led Jew into battle, doesn't mean they weren't preventable and most importantly it does not affect the point of lasting peace being achievable. Jesus said whilst on the summit to 'turn the other cheek' which is about forgiveness and being able to reconcile with one another, and of we were all to show such nobleness to do so, the world would be a harmonious place. I believe that according to the teachings in the bible and their shared values of forgiveness and reconciliation, lasting peace is theoretically achievable, however human nature has historically always got the better of us. Since the story of creation up to present day with ongoing wars humans have not been able to maintain peace, and there is nothing to suggest that this will change. The Geneva Convention strongly supports this idea, with governments being realistic about the situation and instead of wasting time figuring out how to prevent war, which it only takes a few flicks through a history book to realise, is completely pointless and the rather sad and harsh reality is that War can be contained and conditions can be improved but the dire truth is that War is inevitable and that will not change. Human characteristics will always get the better of us no matter how much divine wisdom or help we receive.

As technology advances rapidly, the speed, cost efficiency, and quantity of information being transmitted are on the rise. Against such a backdrop, false information is widely produced for malicious purposes. For example, during the COVID pandemic, research showed that 28% of citizens in Brazil received information about the harms of the vaccine which was false leading to a decline in vaccination rate.[i] Furthermore, consumers tend to gravitate towards more sensationalizing content, such a phenomenon may limit the attention span for important news.[ii] Both pose an existential threat to the reliability and accuracy of news reporting. In light of this, this essay will first examine the causes that may have led to the decline of accurate news reporting. This essay will then examine the role of government intervention in uplifting accurate news reporting and its ineffectiveness.

One possible mechanism that may have led to the decline of accurate news reporting, and hence the rise of fake news as its rival is the possibility that accurate news reporting could be considered a public good for its non-rival and non-excludable nature. Regarding its non-rival nature, in the context of the UK, online free news articles are often used by 56% of US adults.[iii] And since news copies are now digital, additional consumption does not diminish the news' availability. Further, even with paid or subscription-based news, free riders may choose to illegally download paid content, and this costs the US economy $29.2-71 billion annually[iv], in which piracy of news articles costs an estimated $250 million.[v] As such, under-provision of accurate news may occur as illustrated below where the most willing consumer would pay and provide.
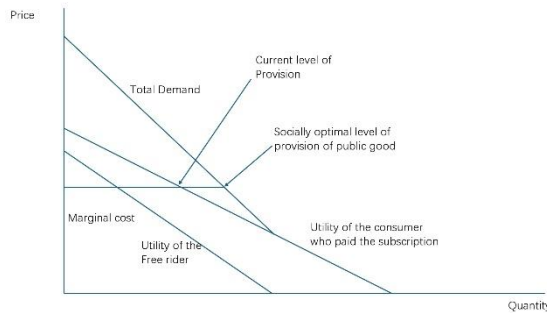

Figure 1: the illustration of private and social demand for public good and its optimal provision

In addition, accurate news brings positive externality in consumption. For instance, research has shown that effective and accurate communication of news regarding climate change encourages political participation in support of policies combating climate change, which concerns the welfare of the broader society. Thus, it is plausible that the consumption of accurate news could generate a positive externality in consumption, which may result in underconsumption due to the deviation from the marginal private benefit of consumption.[vi]
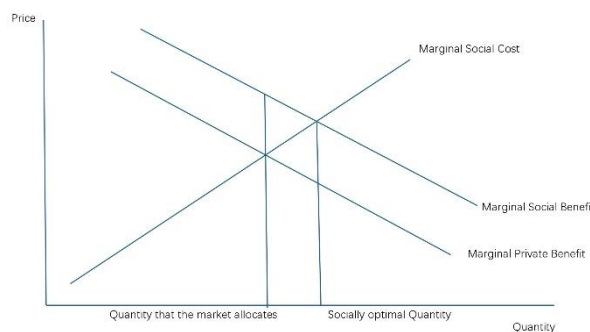

Figure 2: positive externality of accurate news

Summing up, accurate news faces challenges on both the consumer and supply side, while sensationalizing information further limits its consumption. It seems clear that a laissez-faire, market-driven solution to news creation is a failure and the government has some responsibility to intervene.

The purpose of government intervention is to increase the supply of accurate news so that the consumption and provision of accurate news are at a socially optimal equilibrium. While funding through taxation is one of the most common approaches, two factors must be contemplated - how much to fund and whom to fund.

Theoretically, one could determine the optimal level of provision and hence the amount of funding through Samuelson's Theorem, which states that the sum of the marginal social benefit of public goods equals the marginal cost of providing public goods.

$$\sum MB_i = MC$$

To aggregate the marginal benefit, the Clarke-Groves mechanism can be used to induce the truth of the marginal benefit as free riders may understate their benefit, due to the non-excludable and non-rival nature of accurate news. However, impracticalities exist in this mechanism.

Firstly, such a method is costly. The government may need to pay the participants to induce truth-telling incurring large uncertainty in the government's payoff. Secondly, such a survey could still be inaccurate as the individuals and the government may not hold rich information regarding their true utility and real cost.[vii] As a result, the result may be skewed. Therefore, it is extremely difficult for the government to get an accurate estimation of the optimal level provided.

Other than the challenges in calculating an optimal level of funding and hence provision, levying a lump sum tax to provide for accurate news reporting could be regarded as unfair, as individual needs for accurate news differ significantly. We can then turn to Lindahl pricing so that individuals pay a personal tax that is equal to their marginal benefits at the socially optimal level. However, while such a mechanism still suffers from the inherent difficulty in evaluating individual marginal benefits, it must also be noted that individual, and hence, social demand for news also varies across time, making any tax-calculation mechanism or model impractical to implement.
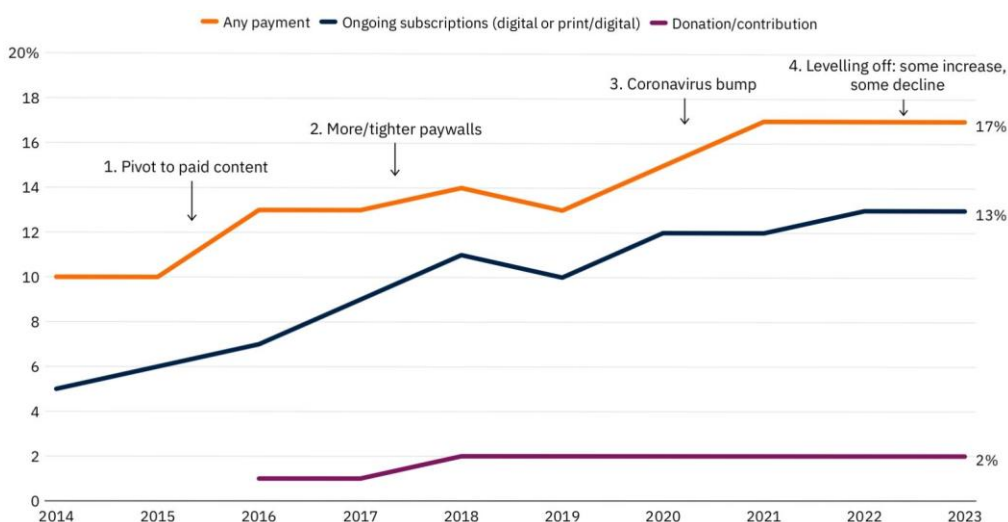

Figure 3: graph displaying the proportion who paid for online news[viii]

In Fig 3, the pandemic caused an increase in willingness to pay for online subscriptions for news. If levels of provision are according to previous data, it would result in an under-provision of accurate news.

% whose main source for news about gov't and politics is...

Total	Consistently liberal	Mostly liberal	Mixed	Mostly conservative	Consistently conservative
CNN 16%	CNN 15%	CNN 20%	CNN 20%	Fox News 31%	Fox News 47%
Fox News 14	NPR 13	Local TV 11	Local TV 16	CNN 9	Local radio 11
Local TV 10	MSNBC 12	NPR 9	Fox News 8	Local TV 6	Local TV 5
NPR 5	New York Times 10	Fox News 5	Yahoo News 7	Local radio 6	Local newspaper 3
Local radio 4	Local TV 5	MSNBC 5	Google News 6	Yahoo News 6	Google News 3

Figure 4: table illustrating political stances of readers of news outlets[ix]

Furthermore, people's preferences for news are multi-faceted, evidenced by the fact that 47% of consumers of Fox News perceived themselves to be conservative while only 5% when perceived themselves as liberal. It would thus be challenging for the government to aggregate the demand of all those preferences of news.[x]

With the premise that achieving a socially optimal level of funding is difficult, even if the government can circumvent such difficulties, and select a representative accurate news agency to fund, there is still the danger of the government infringing on the independence of news. For instance, presidential elections in Guatemala and El Salvador, featuring US-sponsored dictatorships, are portrayed as fair and truthful by the mass media in the US,[xi] where The Sunday Times described the Guatemalan election as: 'fraud-free',[xii] in contrast to the fact that the Guatemalan government being formed through violence.

Although risks of government propaganda exist, multiple government-funded news outlets have proved to be successful. The BBC, though not directly government-funded, collects license fees which is a hypothetical tax. Further, it is required to be independent from the government by the Royal Charter,[xiii] with BBC attaining a net trust score of +29,third in the US.[xiv]

However, even with the use of regulations to resist government influence, the independence of the agency is still at stake. The BBC, despite its responsibility to be impartial, was influenced by leading parties regarding reporting of Brexit, resulting in news reports generally restricted to a negative narrative of the EU and reported arguments on Brexit spending was greatly preferred by the Conservatives.[xv]

Argument	Frequency
Britain pushing hard for best deal which is real terms freeze/cut not possible/will use veto if necessary	69
EU budget should have a real terms cut	55
Europe is a problem for Conservatives/Conservatives are split	41
Labour is being hypocritical/cynical/opportunistic in opposing real term freeze	24
Britain should get a referendum on EU membership	18
Britain becoming isolated/unpopular in EU because of budget wrangles/Euroscepticism	14
Public opinion has moved against EU/in favour of renegotiating relationship with Europe	12
EU states pushing for budget cut/freeze	11
Britain should leave EU	10
Britain needs to repatriate powers from EU	9
EU spending needs reform/different priorities – less CAP more R&D infrastructure	8
Britain should remain in Europe because we can't extract ourselves from negotiations	7
Britain should remain in Europe because it is good for business, influence and security	7

Figure 5: Table illustrating the arguments made by the BBC on topics of EU budget negotiation with heavy emphasis on conservative opinion

In addition, publicly-owned broadcasting may also suffer from operational inefficiency. For example, the BBC Trust launched the 'Digital Media Initiative', archiving content so that staff could edit videos from their computers. But this project ended in failure, costing 98.4 million pounds and the project was eventually put to a halt.[xvi]

Even if the media can be completely sheltered from government influence, there is no guarantee that the government would not resort to other means to control the narrative of the news, as in the cases of France and Singapore. Brad Bowyer, a Singaporean politician who posted opposing ideas to the prime minister nominee, was asked to remove his post according to Singaporean laws.[xvii] This demonstrates that the political elite has a vested interest in controlling the narrative of the media, skewing the accuracy of news. Further, in an interview done by the French state-supported media, President Macron claimed that Operation Barkhane, a counter-terrorism operation, was a success despite ending with the French withdrawal of troops, partially censoring criticisms.[xviii]

Setting aside the criticism above, it is difficult to establish a yardstick for accurate news. If the government funds private news agencies, whose primary aim is profit, advertising revenue could instead form the backbone of the modern revenue model of news reporting, as it has contributed to 69% of total revenue in this industry.[xix] As such, advertisers may be also to stranglehold and gatekeep privately-run news agencies. For example, the news outlet WNET showed a documentary 'Hungry for Profit', which potentially proposed anti-business ideas, which led it to suffer from the withdrawal of major funder 'Gulf and Western', a notable conglomerate.[xx]

Therefore, having established that both the government and advertisers may skew how news is portrayed, thereby blurring the line between accuracy and private interests, it is the opinion of this essay that modifying the revenue model of news agencies, such as transforming them into non-profits could be a more effective solution. For example, the Guardian, a nonprofit news agency, was reported in an Ipsos MORI research conducted in 2018 that 84% of readers trusted the accuracy of Guardian's digital content.[xxi] Furthermore, NPOs are more resistant to the influence of advertisers. For example, to exclude funder's influence, ProPublica uses a system of programmatic advertising, which means that there is no relationship between ProPublica and the advertising source, and ProPublica reserves the right to remove the advertisement if it is inaccurate or misleading.[xxii]

While nonprofits are one of the better solutions to protect the accuracy of news, further challenges such as vulnerability to financial crises pose a looming threat to the non-profit model, evidenced by more than a third of nonprofits having gone under during financial crises.[xxiii] However, solutions to increase financial stability through methods to gain more funding have been proven successful by both notable and developing nonprofits. For the Guardian, although the pandemic did decrease its revenue, its revenue stream did not decrease significantly to warrant a shutdown. More than that, the Guardian's revenue showed an increase after the pandemic[xxiv] raising a record-breaking $2.2million in 2024 from US readers, highlighting the resilience of its revenue model.[xxv]
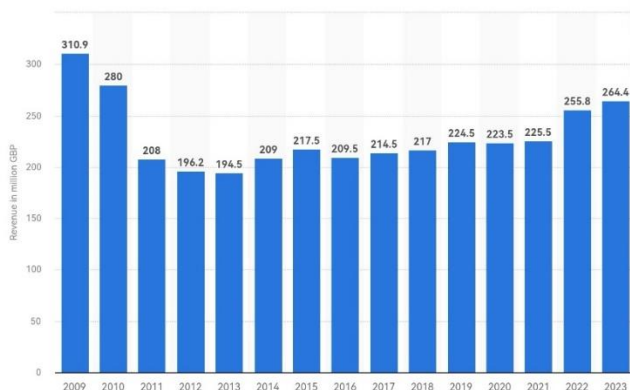

Figure 6: Graph illustrating the revenue of the Guardian by year

Considering less developed nonprofits, it is argued that they too can be sustainable in the long-run. In the case of Bay City News, it successfully raised 200,000 pounds even during the challenging times of the pandemic.[xxvi] It is also very specific in informing its donors where the donations will help build, such as the fact that the donations have helped establish 3 areas of focus, the 'COVID-19 information hub', 'Equity Ripples' and 'Inspire Me'. Therefore, promoting news agencies to run as nonprofits is a more effective solution than government funding, for it not only minimizes the political bias from advertisers but also helps independent news agencies to operate at an economically sustainable level.

The methods mentioned above to resolve such crises have taken an important premise, that increasing the supply of accurate news will lead to an increase in the consumption of accurate news. However, the echo chamber effect could limit the effectiveness of those methods.
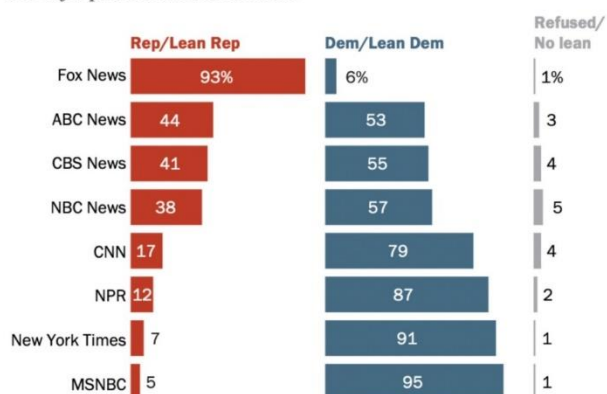
Figure 7: table showing the main news source of political audiences[xxvii]

Fox News, known for its pro-republican stance, has been identified by 93% of Republican-leaning audiences as their main news source. Even if less biased news is produced, they may tend to continue to rely on sources that align with their view that could be possibly misleading.

To resolve this, supply-side solutions are also needed to nudge consumer habits. For example, developing media literacy that helps the readers to independently and critically identify biases or falsehood could help form healthier news reading habits, eliminating biases not at the source but at the receiving end. Such a policy has been shown effective, in Hong Kong, where students showed improvement in critical thinking skills and enhanced ability to identify bias of bias in news outlets after media literacy training programmes.[xxviii]The effectiveness of such

programmes has also been evidenced by a study conducted in the US, where media literacy training resulted in an improvement of 26.5% in the discernment of fake news.[xxix]

Overall, while accurate news reporting indeed is facing the threat of declining viewership, the rise of fake or extremist news, and the polarization and intervention of political interests, it is the opinion of this essay that regardless of the causes of such crises, direct government funding could be theoretically challenging, and practically harmful to the neutrality and the integrity of news. Given these, this essay ultimately argues that supporting the growth of independent journalism, honing the public's media literacy skills, and reducing the overreaching influences of government institutions and advertisers on accurate news reporting could be more effective at supporting the provision and consumption of accurate news reporting.

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