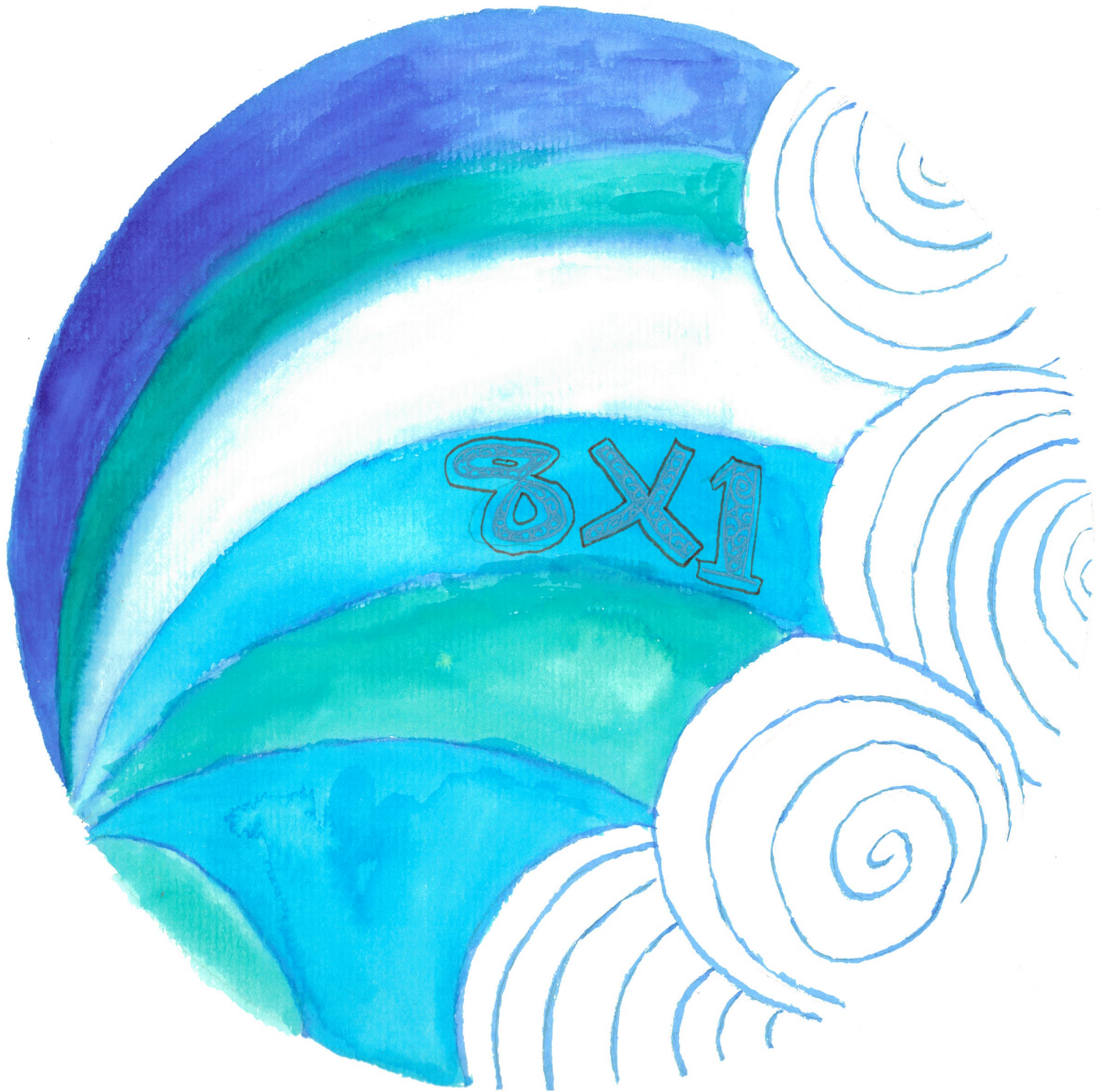


Making Waves

Waves of Change

8X1







Introduction

Making waves.

To create a significant impression.

And that's exactly what we hope to do with this book.

During the course of the Cynefin Project, we have talked about racism, sexism, homophobia, transphobia and more, explaining exactly why it's wrong, and what to do if you're affected by it.

Where did it all start? Are there some everyday things we say that are racist without us knowing it? What can we do to help end all of this prejudice?

We hope to answer these questions, and a few others as well, to educate people about what prejudice can look like. If you do find somebody is being horrible or inappropriate, feel free and confident to call them out on it!

Prejudice and discrimination are everywhere, online, in sports, on the streets, anywhere in the world you go it's there! This isn't right! Many people think they're better than others because they are uneducated, or because they've been brought up believing it to be so.

We will change this together, by informing people what's wrong to say and giving people tools to use against the uninformed. It's time for us to make waves of change, and to have a prejudice free planet, where people aren't treated differently for trivial reasons, like their skin colour or gender. We can do this. And by you, reading this book, we are one step closer to our goal.

by Eevee and 8X1, a group of year 8 students from Morriston Comprehensive, Swansea, as part of the Arts Council Wales Cynefin project.

Introduction

The Welsh government has promised to work towards a 'racism-free Wales' by 2030. As part of this plan, they aim to develop a school curriculum which produces pupils who are 'ethical, informed citizens of Wales and the world'.

Thankfully, the majority of those in Morrision Comp and within the wider community of Morrision itself, already fully support the idea of equality and happily celebrate diversity. However, there will be a small minority who will be rolling their eyes at this very moment.

When are people going to stop banging on about equality? We live in a fair society, don't we? Why the fuss?

If this is you, you will more than likely have white skin and be heterosexual. There's also a pretty good chance that you'll be male. Now before those rolling eyeballs bulge out of their sockets and pop completely out of heads in indignation, please be clear about this: we are not criticising people from these sections of society. Why would we? The majority of those who have contributed to this project are from one or more of these groups. We are simply suggesting that you consider the possibility that you may not see prejudice and inequality if it is beyond your own experience. It doesn't mean it's not very real.

For those who still don't 'get it', ask yourself this: do you really not comprehend or are you CHOOSING to misunderstand? By giving others rights, it doesn't mean that anyone is going to take yours away.

We only ask that you read this book with an open and compassionate mind. It contains the actual lived experiences of pupils from 8X1 and those within the Morrision community.

C J Lead teacher on the Cynefin project

Omolara, my full name which was chosen for me by my grandmother Ayodele Adesigbin, originates from the Yoruba people of Nigeria, and means "children are our strength". My grandmother was one of the first Nigerian women to attend university in America, a teacher, a writer of children's stories, and a passionate advocate of women's education.

I was sad to learn that 44 years on from my own secondary school education, the only black history 8X1 had been taught was identical to mine – slavery and the 1977 TV show Roots! These aware, articulate and inspiring young people, gave me faith in the youth of today, made me feel adaptable, resourceful, connected. Above all, they helped me live up to my name.

3 *Molara Adesigbin/Awen, Creative Practitioner on the Cynefin project.*

KEY WORDS:

Discrimination- the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, sex, or ability

Prejudice- a preconceived opinion that is not based on reason or actual experience

Racism- when someone treats another person differently because their skin colour is not the same as theirs

Sexism- when someone treats another person differently because their gender is different to theirs

Ageism- when somebody is treated differently because of their age

Disablism- when somebody is discriminated against because they have a so called disability of some kind

Heterosexism- when someone thinks that the only right relationship is where boys like girls, girls like boys, and that anything else is bad

Homophobia- when somebody doesn't support or think it's right if somebody is not "straight" or heterosexual

Transphobia- when somebody is against people who are transgender

by Eevee

What is a dead-name?

When you call a non-binary or trans person by their birth-name that they have changed, this can be offensive. It can be offensive because it feels like you don't support them, or are rejecting their identity. Of course, this could be accidental, but it is often an intentional act of cruelty.

by L



CYNEFIN

A beautiful Welsh word meaning belonging of mind, body and spirit.
Connected to the land, heritage and essence of a place.

Creative
Youth
Nurturing
Expression
Freedom
Interactive
New

Cynhwysol
Ysgol
Nodedig
Etifeddiaeth
Ffrindiau
Ifanc
Neges

Who belongs?
Do you?
If not, why not?
Who or what is stopping you?
Who defines us?
Ourselves?
Or do we end up being defined by those around us?
Who may not take our wellbeing into consideration...

Molara andHJ



Dumb Questions

“Are you a Russian spy? Do you drink vodka?”

“Are you Chinese? Do you eat bats yeah?”

“Did you start the pandemic – you and your kind?”

I’ll say anything and everything to mess with your mind.

“Can I touch your hair – what does it feel like?”

“Can you wash your colour off? Is it like dirt yeh?”

“You know that with Brexit you’re gonna be deported?”

“Will they send you back home if I get you reported?”

Now can I ask YOU a dumb question?

Do you practise being this stupid?

by 8X1

Fe male

Is there no part of my body that you won't sexualise?
No part of your brain telling you this isn't right?
Follow me down the road from your car watching me
In my school uniform I'm only thirteen
Hiding in shops we have to call the police
But we're told that we live in the west, the land of the free
We know in hearts and minds this is no way to be
Then you have the nerve to tell me I should cover up and hide
But the problem's with you not with me so I hold my head high
Is there no part of your ego that you could put aside?
I have a voice and I have my pride
Girls in this world are as important as men
Go to school, live and rule
Shout ME TOO.

by Ashley and M

Women

Why are women being sexualized and harassed because of the way that they dress? Because apparently it's distracting to other people? How is this our problem? Why do we have to suffer? The amount of women who have been harassed on this planet because they were 'asking for it' is shocking. Something that we wear is not an invitation. Many women are afraid to go out at night for a walk because they don't know what could be around the corner. An estimated 99% of women have been sexually harassed or assaulted.

Women's rights are important because as people, we are all the same.
Why should men have more opportunities?

by A



What makes you think?

What makes you think that girls like pink?

Who said it was true that boys like blue?

Is this new or was it always that way?

Girls in the kitchen, boys go to work

Male engineer and female nurse

Girls change the babies

Boys change the tyres

Women can't drive, build, invent

Or put out fires.

Anything else, you've still got to say?

Anymore stereotypes heading our way?

Girls can't play football

Boys don't cry

Boys can't wear make-up

Stereotypical lies!

by 8X1

CELEBRATING FEMALE ROLE MODELS

ROSA PARKS FOUGHT FOR BLACK EQUALITY AFTER REFUSING TO MOVE FROM A BUS SEAT FOR A WHITE PERSON, SHE WAS ARRESTED BUT SHE WAS A BIG ROLE MODEL.

IN 1903 **THE SUFFRAGETTES** OR WOMENS SOCIAL AND POLITICAL UNION WAS CREATED, THEY WERE LED BY EMMELINE PANKHURST THE SUFFRAGETTES WENT ON HUNGER STRIKE WHEN ARRESTED, SET POST-BOXES ON FIRE, BROKE WINDOWS, DISRUPTED PARLIAMENT, SLASHED PAINTINGS, ATTACKED POLITICIANS, HELD HUGES MARCHES AND DEMONSTRATIONS, BURNED DOWN CHURCHES, CHAINED THEMSELVES TO RAILINGS.

IN 1913 EMILY DAVISON PUT HERSELF UNDER THE KINGS HORSE IN THE 1913 DERBY RACE.

IN 1914, WHEN THE WAR BROKE OUT, THEY STOPPED THE CAMPAIGN AND SUPPORTED THE WAR INSTEAD.

IN 1918 THANKS TO THEIR FIGHT, WOMAN RECEIVED THE RIGHT TO VOTE!

- **AUDRE LORDE** OR "BLACK LESBIAN MOTHER WARRIOR POET", WAS BORN IN NEW YORK 1934, SHE WORKED AS A LIBRARIAN BEFORE SHE PUBLISHED A POEM CALLED, FIRST CITIES, WHICH WAS PUBLISHED IN 1968. HER WORK WENT OVER A LOT OF TOPICS FROM CIVIL RIGHTS TO HER FIGHT WITH BREAST CANCER, SHE ALSO WROTE POETRY ABOUT THE LGBTQ COMMUNITY. SHE DIED IN 1992.

by W

The so called "game"

The game is shout the "n word" at the top of your voice
The game is making others feel like they have no voice
The game is following people down the street
The game is making no one feel safe on their feet
The game is a joke at their expense
The game is your smirk as you make them feel tense
The game is booing when they take the knee
Exposing YOUR ignorance for all to see.

by 8X1

This poem came about because shouting the "n" word at the top of your voice is a regular pastime for some pupils, during break in school.

Myth Busters!

'Sexuality and gender are similar things'...

Sexuality = who you are attracted to

Gender = if you feel like you are a boy, girl or other gender

by A

'Feeling uncomfortable with your body is always just a phase' - Stop saying that it's just a phase. It's like you feel that you are one thing but someone tells you that you are something different. Sex is the body that you are born with. Gender is what you identify as. Sex and gender are different.

by K

No Blacks Aloud

No blacks allowed on the Titanic
How ironic
The white iceberg
Did not discriminate.

by Josh





History

We remember some of the things we learned about Africa
Aksumites, Nubians, the Kingdom of Kush
The wealth of resources and 2000 languages
Obelisks, Benin bronze, the pyramids and such
We follow the journey from balafon to piano
Champion the voice of the talking drum
Black inventors, adventurers, astronauts and scientists
And wonder why none of this we learned in school

by Molara and Josh



Sport

Sports people defined by the colour of their skin

Subjected to bananas and jungle talk

One bad game and a barrage of hatred

Not just them but their families are targets as well.

We're getting to a place when women can compete

Although they do not get as much pay as men

But for those in between or transgender it's still tough

The prejudice and hurdles not just on the track.

Caster Semenya – what should she do?

Testosterone levels “too high to compete”

Born as a woman, classed as a woman

Should she run the race on her own?

Tested and told to take medication

She must feel so very alone.

by JP and MQ

Friends

One of my closest friends at the time and I were both out messing around playing the park with our other friends. She was the only black person in the group, and we loved and treated her the same, obviously. All of our group were playing with a ball in the park when this all white family came in. We thought nothing of it and we moved so they could have space to play, without us getting in their way. It was all fine until we accidentally kicked the ball and hit one of the people in the family. We apologised and thought we could leave it like that. But no, they started calling us names, so we got ready to leave. We were nearly out of the park when they said a word that really stuck out to the group. This family had said a racial slur to our black friend. They specifically said: "leave you black n*??£^" – AN ADULT!!! We left and never thought of going back.

As a fully white person I have never had to worry about my skin colour, or what could happen to me because of the colour of my skin. Being best friends with a black person, I heard a lot of things that she got called, and thinking that people say these words hurts because what had she done wrong? She is exactly the same as us. Even though I am white, hearing the words said to my friend, it hurts. I have never seen difference in her – she was my best friend and I looked up to her because she wanted these big things in life, and helped people get where they wanted to. She wants to be a professional footballer, but because of the things people think of her, she doesn't think she can get there. If racism wasn't as bad, she would most probably believe she could get to her dreams. As a person I believe she can, if she shows people she's brave and stands up – but she shouldn't have to!

We need to stand up. We need to let people be who they are and who they want to be.

by S



Belonging

Be kind to others, it's obvious really
Everyone is equal, or are we?
People please listen to this
Hopefully you will agree with it
Now let me tell you
Those who identify as girls or boys
Can all of them be blue
In fact there are so many prejudices
"I'm better than you"
Not right of course not true
Girls boys and others, the future is you!

by Eeve



Fitting In

Some people with xenophobia aren't used to the new norm, like immigrants and refugees coming to their countries for a better life.

Perhaps people choose to be afraid, choose not to say what they think, choose to fit in with their family or friend groups.

We all do things to fit in sometimes. Here are some of the things that 8X1 have done to fit in:

Sent images we were reluctant to send on social media.

Wearing expensive trainers.

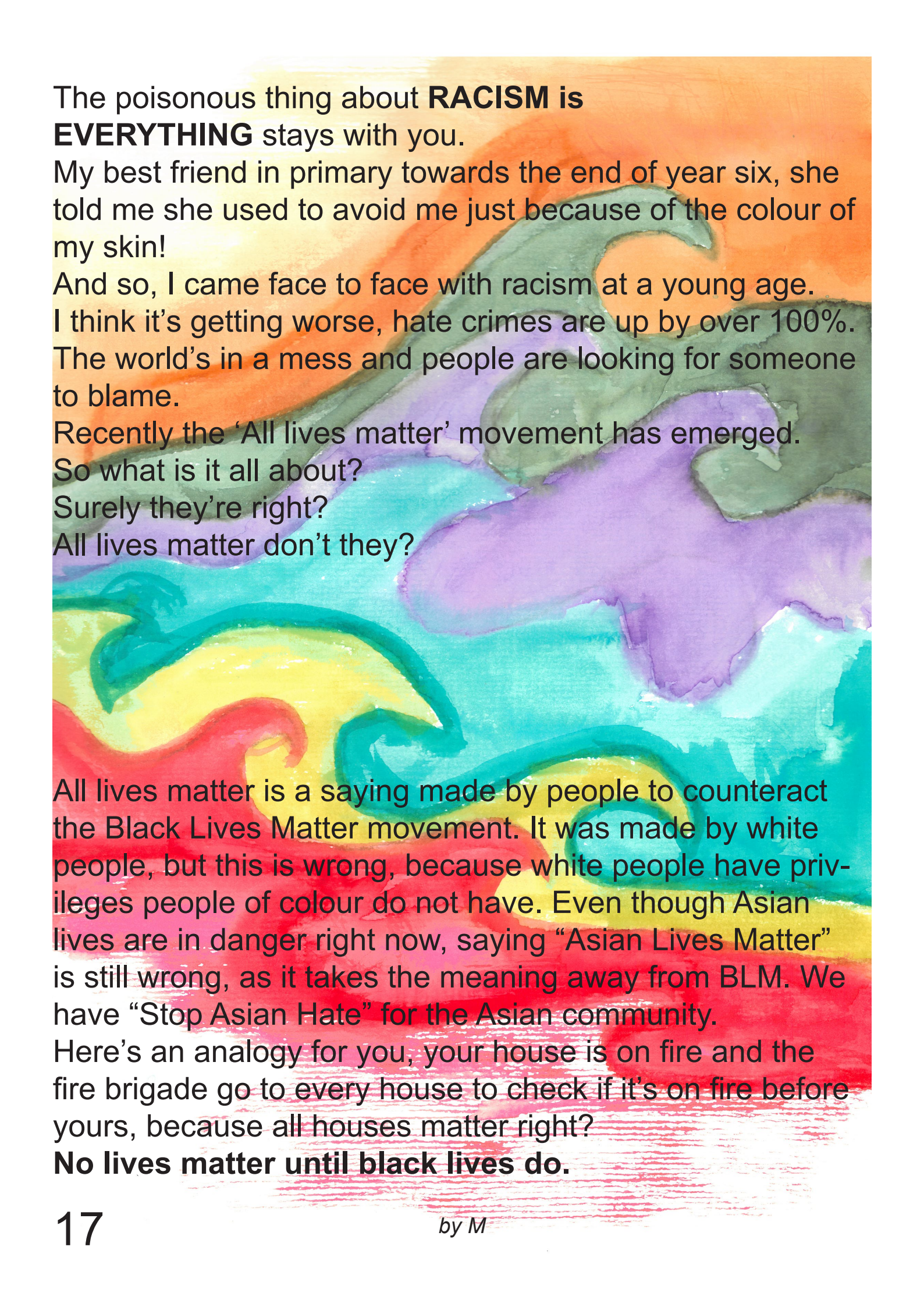
Pretending to be confident.

Pretending to be happy.

Being rude to other people who don't deserve it.

Laughing along at jokes that are offensive and not very funny.

by 8X1



The poisonous thing about **RACISM** is **EVERYTHING** stays with you.

My best friend in primary towards the end of year six, she told me she used to avoid me just because of the colour of my skin!

And so, I came face to face with racism at a young age. I think it's getting worse, hate crimes are up by over 100%. The world's in a mess and people are looking for someone to blame.

Recently the 'All lives matter' movement has emerged.

So what is it all about?

Surely they're right?

All lives matter don't they?

All lives matter is a saying made by people to counteract the Black Lives Matter movement. It was made by white people, but this is wrong, because white people have privileges people of colour do not have. Even though Asian lives are in danger right now, saying "Asian Lives Matter" is still wrong, as it takes the meaning away from BLM. We have "Stop Asian Hate" for the Asian community.

Here's an analogy for you, your house is on fire and the fire brigade go to every house to check if it's on fire before yours, because all houses matter right?

No lives matter until black lives do.



Black Lives Matter versus All Lives Matter

Some people think Black Lives Matter means black lives matter more than all lives, but this is a complete misunderstanding.

When someone says “black lives matter”, it is just pointing out that black people are treated very differently to others with different colour skin.

It isn't suggesting that black lives are more valuable than other lives. Of course, all lives matter! Black Lives Matter doesn't cancel out the fact that all lives matter, it is just a community that are fighting for black lives to matter equally to others.

by W E and M



LGBTQ+

The lgbtq+ is a community which consists of lesbian, gay, bisexual, transgender, and people who identify as “queer”. This community support one another and are affiliated by some general, common, and cultural interests, and by the fact that they have had to fight for equal rights.

L – LESBIAN – A WOMAN WHO IS ATTRACTED TO OTHER WOMEN

G – GAY – WHEN A MAN LIKES OTHER MEN

B - BISEXUAL – A PERSON WHO IS ATTRACTED TO ALL GENDERS

T – TRANSGENDER – A PERSON WHOSE GENDER IS DIFFERENT TO THEIR BIRTH SEX

T – TRANSEXUAL – A TERM GIVEN TO SOMEONE WHO PERMANANTLY CHANGED THEIR GENDER THROUGH SURGERY

Q – QUESTIONING – THE TERM GIVEN TO THOSE STILL FIGURING OUT THEIR SEXUALITY OR GENDER

The ‘+’ is important as is acceptance of everyone’s sexuality!

P – PANSEXUAL – SOMEONE WHO IS ATTRACTED TO ANYONE.

A – ASEXUAL – SOMEONE WHO DOESN’T FEEL ATTRACTION TO ANYONE

by W



A is also for ALLY – SOMEONE WHO SUPPORTS OTHERS

Why be an ally?

You don't have to be LGBTQ+, black, Asian or minority ethnic to support those who are.

If somebody is being racist or sexist or you feel uncomfortable with what they're saying, then ask them to explain what they're talking about, even if you already understand. This will make them have to explain themselves to you, so you can tell them calmly why you think they're wrong. If people are uneducated about the abuse others suffer for being different, it would be better for them to listen and become informed. We are all capable of twisted logic, irrational fear and prejudiced thinking, but we owe it to the world to educate ourselves.

According to UK law, a person is committing a 'hate crime' if they direct hostile behaviour at someone based on that person's race and sexuality or gender. They can face criminal charges.

In 2019, there were almost 80,000 hate crimes in the UK. That's 10% more than the year before, this increased to 1.2 million in 2020.

by Eevee

Elijah's Rap

My nurse grandma came from Manila
Some people might think she came here to build a villa
But in truth she did it to make a living
And to provide and care for people who are healing
And regardless of who they are or where they were from
She would look after, pray and comfort them

That is the story most people don't hear
About a kid and their family movin' here
Yet some people disrespect us because of fear
My name is Elijah, from Swansea born and raised
My family's from The Philippines but now we live in Wales
I grew up happy and positive, thought the world was all good
There were no negatives, only love

Time went by and my horizons widen
Things going on I couldn't believe could happen
I learned about racism, discrimination and prejudice
How come when you see a kid like me in your school like this
Speaking in an accent or a language other than English
You turn to your friend and laugh like we're talking gibberish
Can you recount the racial slurs, you pull your eyes to the side
We can do better than this and turn the tide

You shout words, you cause hurt you are so unkind
When you say the n word what goes in your mind?
You're not a black rapper so that word's not for you
If all lives matter why does mine not to you?

Does your attitude uplift this place on this earth?
Making others feel that they have no self worth
If you can't be civilised it's time to start
It's the things that you say that keep us apart

We love to eat food from different cultures
However we just eat and don't learn the culture
Instead we judge people by their looks or colour
Instead of thinking we're just like each other
We laugh and pick on other people's speech
But understanding is what we're trying to reach
We make fun of people and we're slow to change
Rude and abusive to people's face
Not even knowing they can be a front worker
The people we clapped for, our doctors and nurses

Can we please stop making fun of each other's faiths?
It's who people are why should they have to change?
There are 195 countries in this world
Over 6,500 languages that need to be heard
We're not all perfect, but if we just try
The world could be better and if not, then why?

I am part of the future, I grew up in this culture
Society will mould us whatever our colour
I hope that the negative things will not reach me
My teachers and classmates support me and teach me

Chorus

***Now listen can't you see
What you say or do to me
It's a reflection of you
And not the bloodline in me***

(rapping by Elijah, chorus sung by Molara, Lauren and Sarah)

Living in the UK

How people feel about living in the UK?

The things that get said...

“Go back to where you come from!”

“You don’t belong here!”

People feel so sad that they want to take their own lives, if you say it enough.

If you break someone’s heart once, you can’t fix it back.

Sometimes people feel so alone when no one is around to help, and they just keep getting bullied every day.

The stories you get...

When you’re just walking down the street, everyone looks at you as if you are **DIFFERENT**.

The way you have to change yourself to **FIT IN**.

These days you have to have money and buy clothes with a serious brand to be “**COOL**”.

The way people like you if you have a specific phone – it’s terrible.

The way you need a specific hairstyle, to not get bullied.

People say “that’s a woman’s hairstyle” or “that’s a man’s hairstyle”, it hurts people so much.

by Kajetan

Myth busters!

'Bad apples' – In the police we accept this as an excuse for corrupt or racist behaviour, but in other areas of work, this isn't the case, people are sacked.

'All black people are criminals' - Totally not true, white skinned people also commit a lot of crimes so just because they are black doesn't mean they are all criminals, and one bad black person doesn't mean that all black people are criminals. We also don't understand "black on black crime" as we don't hear about "white on white crime"?

by E and MA

'White Privilege doesn't exist' – This does not mean that you haven't worked hard or haven't had to face many hardships in your life as a white person. It just means that the colour of your skin will not have been one of these. As a white person, there will be many issues that you may never have to think about around inequality and the realities of racism. As a white person in the UK, you will most likely be taught by teachers with the same skin colour, read books by white authors which are full of white characters and learn about white inventors, explorers and historical figures. When you apply for a job, you can assume that you'll be given a fair chance and not have to worry that your 'foreign-sounding name' might be enough to prevent you from even being short-listed for an interview. If you are lucky enough to have an expensive car, you'll be a lot less likely to be stopped by the police. You'll also be at much less risk of being the victim of a hate crime. To find out more, visit the Barnardo's site where there is a comprehensive guide for parents.

by C J

Refugees

War abuse danger disaster famine

I didn't make my life unsafe

Punished for my differences

Like the colour of my skin

Or the god I pray to

If your life is destroyed then you do what you do?

Stay in the rubble of your former life?

Where exactly should people go?

When everything they had was destroyed

And yet we don't accept people for who they are

Misinformed that they are stealing our jobs

No sympathy because we don't know what it's like

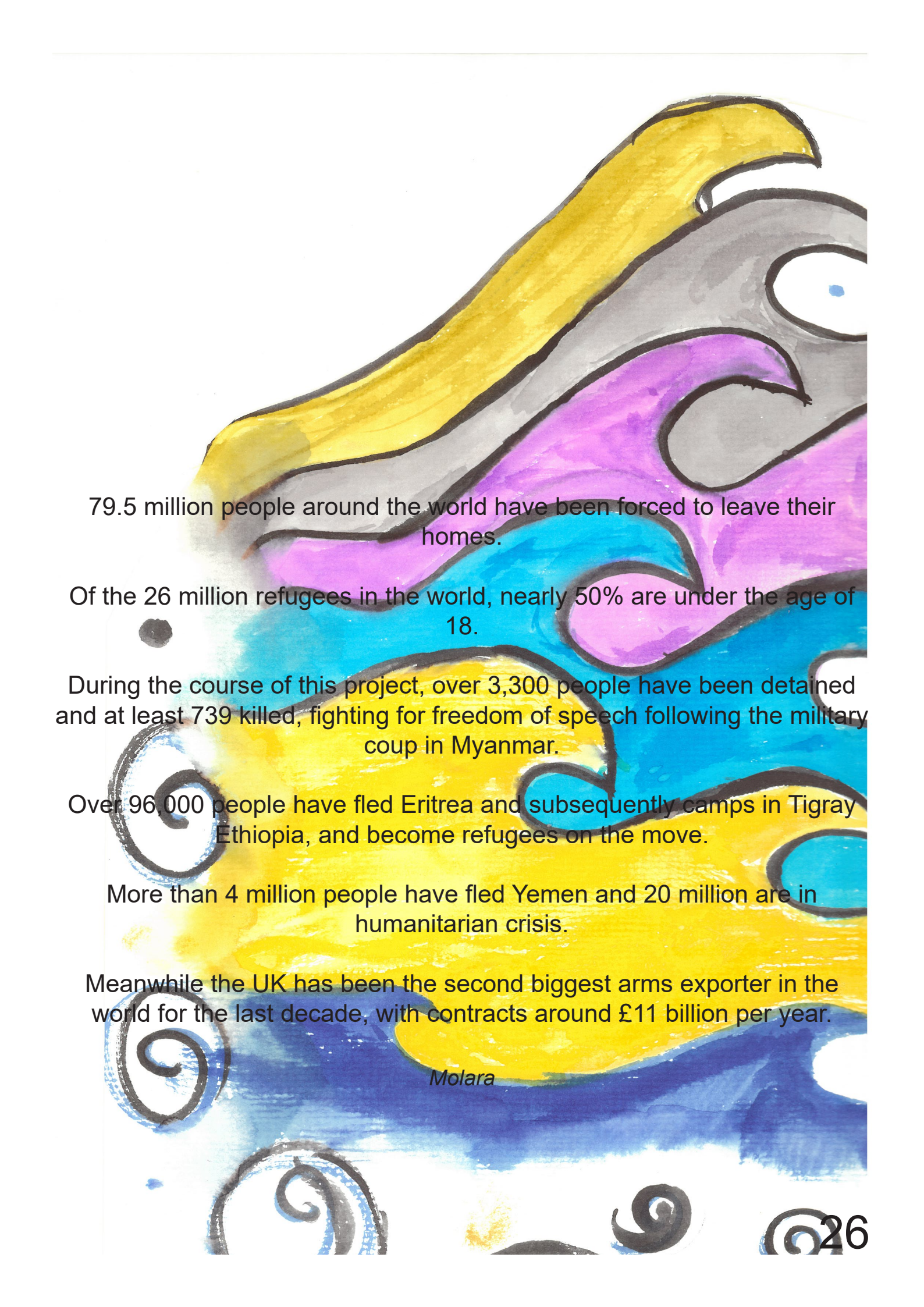
When everything is lost in your home, work and life

Move, and move and move again

Still people refuse to understand the pain

So very keen to pass the blame

by E and Molar



79.5 million people around the world have been forced to leave their homes.

Of the 26 million refugees in the world, nearly 50% are under the age of 18.

During the course of this project, over 3,300 people have been detained and at least 739 killed, fighting for freedom of speech following the military coup in Myanmar.

Over 96,000 people have fled Eritrea and subsequently camps in Tigray Ethiopia, and become refugees on the move.

More than 4 million people have fled Yemen and 20 million are in humanitarian crisis.

Meanwhile the UK has been the second biggest arms exporter in the world for the last decade, with contracts around £11 billion per year.

Molara

Sarah's Song

Nobody knows the pain

Nobody knows the hurt

Nothing will be the same

If we make waves of change

So I need your help

I need your help

Oh I need you help, your help.

I feel alone

Like so many others

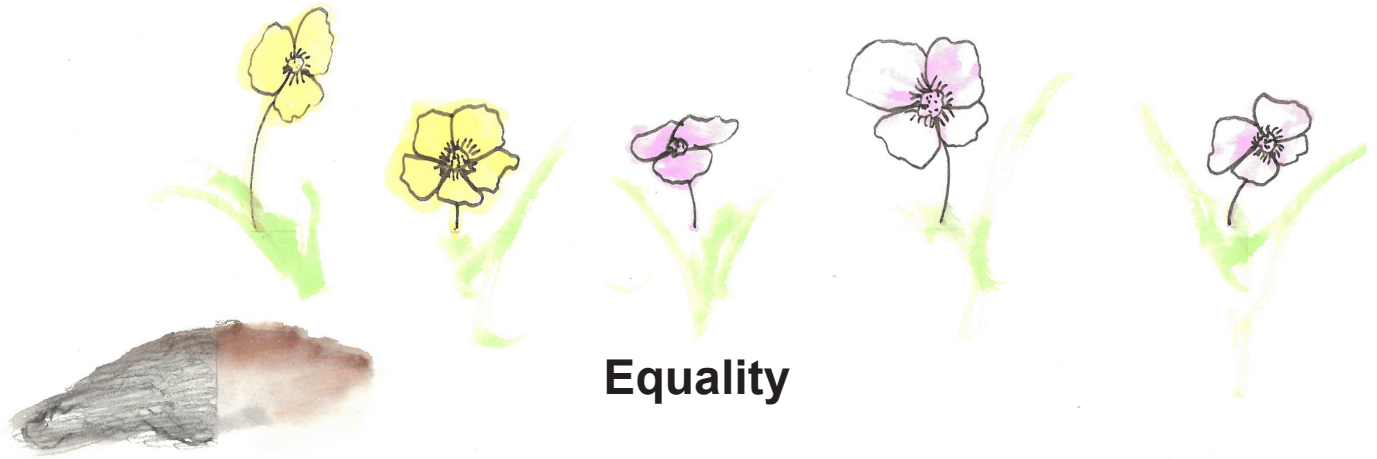
There is no good

Until the waves of change wash over us

So we need your help

We need your help

Oh we need your help, your help.



Equality

Grey clouds, white clouds
Black cats, white cats
Green eyes, blue eyes
We all accept and live with these without
complaint

Black hair, ginger hair
Yellow flowers, purple flowers
Beard, no beard

We accept and live with these without
complaint

But if we were to talk about other stuff
Boy, girl

Black skin, white skin
Love boys, love girls

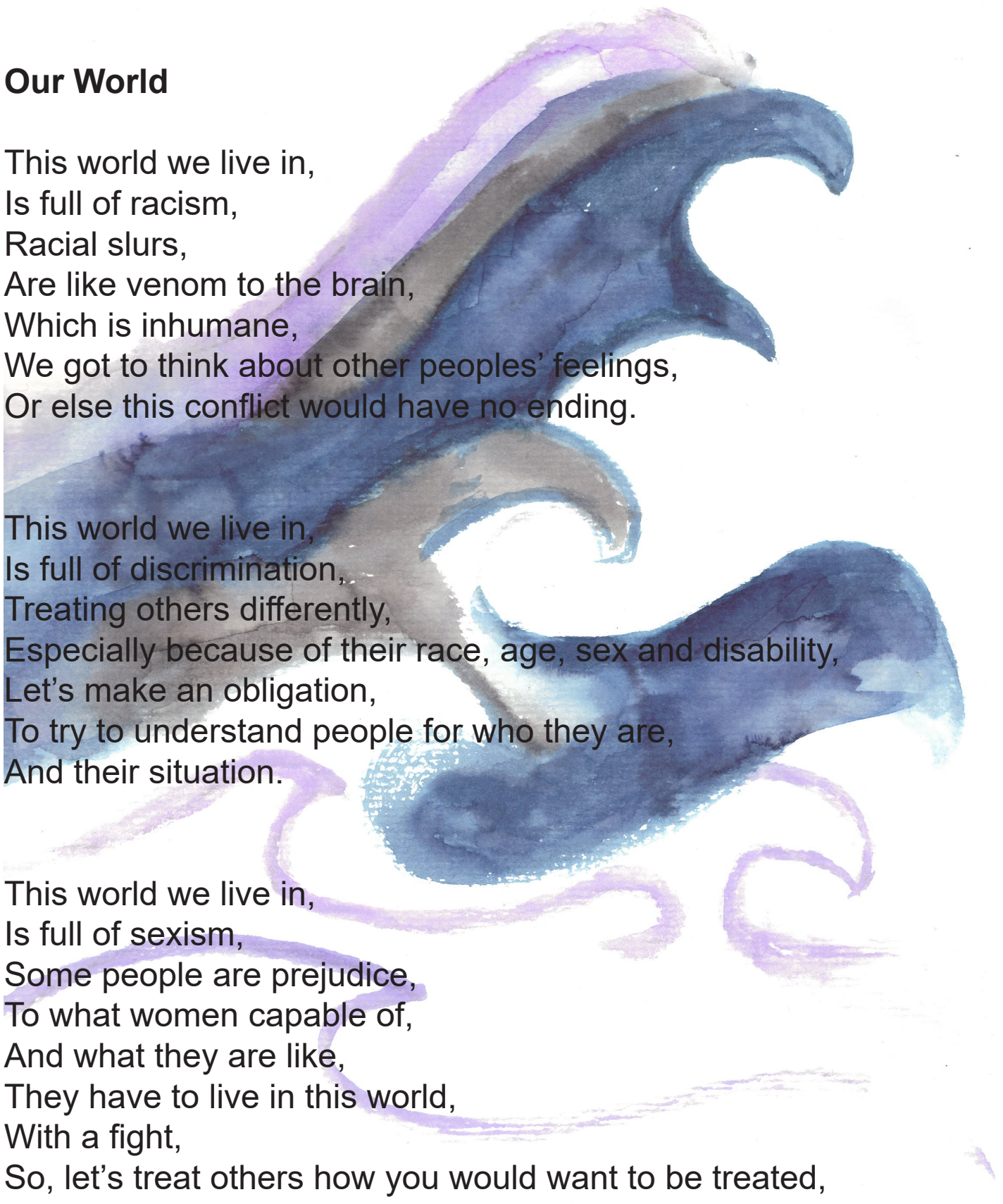
Some of us have to accept and live with these
without complaint
Until...

Race, gender, sexuality is accepted
We can't accept anything else.

by W



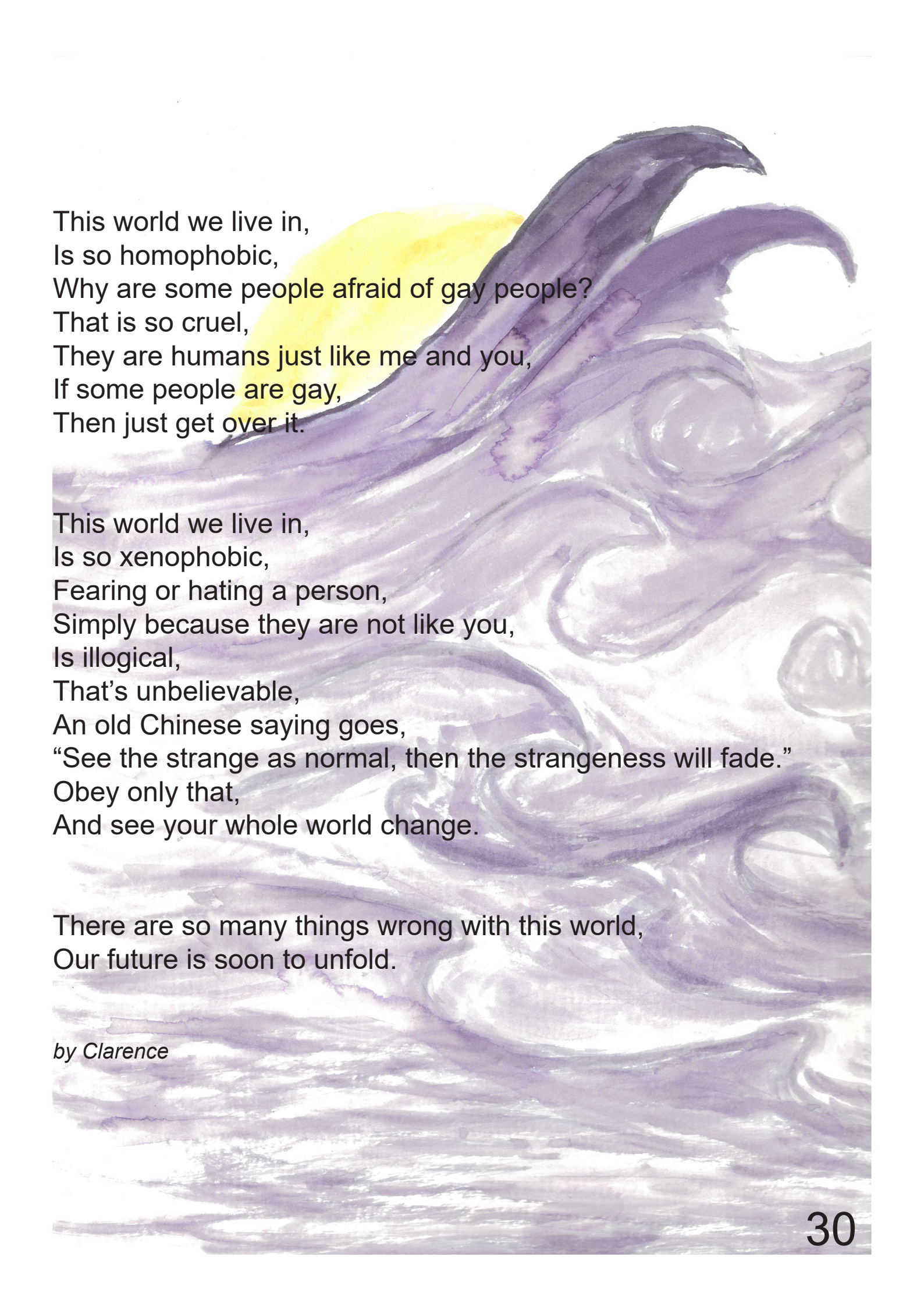
Our World



This world we live in,
Is full of racism,
Racial slurs,
Are like venom to the brain,
Which is inhumane,
We got to think about other peoples' feelings,
Or else this conflict would have no ending.

This world we live in,
Is full of discrimination,
Treating others differently,
Especially because of their race, age, sex and disability,
Let's make an obligation,
To try to understand people for who they are,
And their situation.

This world we live in,
Is full of sexism,
Some people are prejudice,
To what women capable of,
And what they are like,
They have to live in this world,
With a fight,
So, let's treat others how you would want to be treated,
Or else our future will be shredded.



This world we live in,
Is so homophobic,
Why are some people afraid of gay people?
That is so cruel,
They are humans just like me and you,
If some people are gay,
Then just get over it.

This world we live in,
Is so xenophobic,
Fearing or hating a person,
Simply because they are not like you,
Is illogical,
That's unbelievable,
An old Chinese saying goes,
"See the strange as normal, then the strangeness will fade."
Obey only that,
And see your whole world change.

There are so many things wrong with this world,
Our future is soon to unfold.

by Clarence

Quotes:

“A skirt is not an invitation – no means no.” *Ashley, aged 14*

“It takes many instruments to make up an orchestra”. *8X1*

“Your differences make you beautiful, no matter what anyone says” *W and brother T, aged 13 and 8*

“Girls shouldn’t have to change because of men.” *W and her Mum, aged 13 & 51*

“A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick out teeth, but if you have good thoughts they will shine out of your face like sunbeams, and you will always look lovely.” *Roald Dahl - The Twits sourced by Eevee*

“In behaving like this as a world we are making extremists.” *8X1*

‘There are no Black people. There are no White people. There are only people.’ *Sarah*

“Women women women! One of the most undervalued currencies in our world. For me being a woman, being able to relate with the issues that are happening, I think are the key to modern development. It’s no longer about going out in the field with a spear, we’re talking of revolutions happening in boardrooms, revolutions happening because of communication skills, because of diplomacy. And those are all very intrinsic qualities of femininity. And it doesn’t mean femininity only has to be in a woman... Let’s take the best of each gender and craft something”. *Umra Omar founder of Safari Doctors*

“Everyone’s a cousin”. *Kajetan*

More Myth Busters!

‘Taking the knee is a political statement’ – The act of taking the knee is a peaceful way of protesting about racial inequality and a sign of solidarity with the black, Asian and minority ethnic community. Recently, counter-protesters have booed football players who take the knee because they believe the action to be associated with a political organisation who have extreme views, such as wanting to get rid of the police. However, those who ‘take the knee’ refute this, saying that the act goes back a lot further in history than this organisation. Martin Luther King took the knee in 1965 as a protest against the unfair treatment of African Americans. In actual fact, there are records of this manner of protest being used many years before this.

by C J

‘Immigrants come into our country and steal our jobs’ – After the Second World War, the government invited people from many countries around the world to come to Britain to help to rebuild our cities. You might have heard of these people being referred to as ‘The Windrush Generation’ (after the name of a ship upon which the first immigrants arrived). These people made a vital contribution to the UK: running public transport, working in hospitals and rebuilding cities that had been bombed.

So it’s fair to say that this country was actually built off the back of immigrants. Recent events such as Covid 19 and Brexit have highlighted just how important immigrants are to our economy. There have been staff shortages in the NHS and huge amounts of fruit has rotted in the fields because people are finding it more difficult to come into Britain to work. Many of these people would have done the jobs that some British people simply refuse to do.

by C J

‘White people shouldn’t get involved in standing up against racism and straight people shouldn’t get involved in the fight for LGBTQ+ rights. They are just being ‘Woke’ – Just because something isn’t about you, doesn’t mean that you don’t have the right to care about it. Famine, war and violent crime are all things that hopefully you won’t experience. It doesn’t mean that you can’t be an ally of those that suffer these things and try to help in some way. It’s nice to be kind and compassionate!

by C J

Body Imaging

Body imaging can be a huge insecurity for a lot of people but especially when you're young, like a teenager. There can be lots of reasons for feeling insecure: one of them could be what you see on the internet and social media or even in a magazine, like a post on Instagram etc. These people do not set realistic standards for how your body 'should' look. Lots of the pictures will be photoshopped, or the person in the picture will have gone on a crazy diet before the photoshoot that may not even have been safe. These people will do crazy things to get skinnier and most of the things that they are willing to do are not worth it. Comparing yourself to these people is not a good idea and it is NOT worth making yourself feel upset about it, just because you're not willing to do some crazy diet that could be bad for you in the long run. Some people class their slim, toned body as a 'beach body', or a 'bikini body', but these body ideals are just a bunch of rubbish! Everybody is a beach body. You should never have to feel insecure because you don't have the exact same body as someone thinks you should have. It is normal to have so called imperfections like stretch marks or scars or cellulite. I think it actually makes you more human, I'm not sure exactly why people say that it's bad when you have these sorts of features because it is just normal; most people have them. It is in fact, more strange to not have them!

Another reason people could feel insecure is because some people might not even feel right in their own body. Some people could be transgender and not want to be the gender that they were born into. They might not feel comfortable wearing tights or a skirt to school. They might want to wear a shirt instead and vice-versa. They have to wear what they feel comfortable wearing and you have to respect that choice. If someone feels happier in clothes that are not what girls/boys 'normally' wear that's their choice not yours. In Spain the male teachers at some schools are choosing to wear skirts to school as a protest, because one of the students wore a skirt to school and he was suspended as a result!

People with disabilities may also feel insecure or like they don't fit in, and this could be because they don't feel like they look like everyone else or because they get bullied into thinking that about themselves. They should never have to feel like they don't fit in just because they don't look like you and they especially shouldn't feel like that because someone has made them feel bad about themselves, and because someone has put that into their head.

The big thing about body imaging is as simple as one word, and the word is 'acceptance'. We have to accept people for who they are inside and outside, their personality their body, their face, their hair and everything else in between. Everything that makes them, them. We have to normalise every part of our bodies because every part of our bodies are normal. It's just society's unrealistic standards for our bodies that make us feel insecure. If you have more body hair than someone else, that is fine. If you have stretch marks or cellulite and someone you know doesn't, then that is completely fine. No two bodies are ever going to be the same so we all need to drop our standards and ignore each other's so called 'imperfections'. When we stop worrying about how the people around us look, we can stop worrying about how we look ourselves, and we will all be happier for it.

When we are told that we look too fat, old, or too skinny, or we are told that we are dressing wrong or we have ugly scars, it could cause us to develop eating disorders like anorexia or something similar, which is not healthy. It has ended with lots of people in hospital and it's not worth it! It could also cause people to self harm, because of how you feel about yourself, and you may do this because you can't take the pain out on anyone else, so you take it out on yourself. Some people may call it a coping mechanism but taking anger and sadness out on yourself is not coping. It could actually make you more sad and feel worse. Other reasons people self harm could be trying to feel in control, a way of punishing themselves, relieving unbearable tension or a cry for help. In very serious cases someone may consider or try to kill themselves to stop the pain, but this is the worst idea of all, because your life is worth so much. There are so many people that love and care about you and want to help.

The best way to cope with these feelings can vary from person to person. A lot of people may like to talk about their feelings with a therapist or someone that they trust. Whilst some people hate talking about how they feel, they may have other ways of coping that they feel more comfortable with, like taking a walk in fresh air, or finding some sort of self help book.

by Lauren

Molara notes some of the things that have happened in the world, during the course of 8X1 writing this book:

We celebrated Gay Pride month and Refugee Week.

Up to 1.5 million Uyghur Muslims and other ethnic minorities, continued to be held in Xinjiang “re education” camps.

In the fighting during May 2021, 13 Israeli’s were killed, including 2 children. 256 Palestinians were killed, including 66 children.

It was revealed that over 116,000 black and Asian service men who had been commandeered to fight for the British Empire in World War 1, were buried in unmarked mass graves, while their white counterparts had headstones. The Imperial War Graves Commission at the time had concluded “most of the natives who died were of a semi savage nature” so graves would be a “waste of public money”, and this decision was signed off by Winston Churchill.

Jade Thirlwall of Little Mix, released a documentary about the racism she had experienced from the pop music world, in which Alexandra Burke revealed that she had been advised to bleach her skin.

On 1st June 2021 the Serbian and Thai volleyball women’s team played a match, during which Serbia’s Djurdevic Sanja made the gesture of pulling her eyes back to one of her team mates, whilst talking about her opponents. Following the match, the Thai team were advised to chill out, whilst it was revealed that the whole Serbian team had been photographed previously making the same gesture in 2017.

An investigation by UN Women UK revealed that 97% of women aged 18 to 24 have been sexually harassed, 96% did not report it as they felt it would not change anything.

The film R.I.P. Seni was released at Sheffield Film Festival, and the Lewis family continued the work to put Seni’s Law into action across the UK.

Malala Yousafzai appeared on the front cover of Vogue.

On the United Nations day of Elimination of Sexual Violence in Conflict Zones, the Countess of Wessex spoke publicly of her 2020 trip to The Sudan, to meet some of the 9,300 documented survivors of sexual violence and rape during the war. The actual figure is thought to be double that.

Having trained in anti-discrimination t-shirts celebrating how diverse cricket is on the 2nd of June, on the 7th, two England cricketers were suspended due to historical racist and sexist tweets. The Secretary of State for Sport and the Prime Minister defended them. Former England batsman Mark Ramprakash said: "I've heard people express sympathy for Ollie Robinson and say that he's shown a lot of character, but actually I've not heard enough about the victims – the people that are affected by these {racist} tweets, how do they feel? Where's the sympathy for those people? They are UK citizens, we live in a diverse society and we don't want this behaviour. There's a real irony with our Prime Minister getting involved, I think it's unwelcome. He himself has used racist language against Muslim people, against black people."

Bombs were detonated outside a Kabul girls school in Afghanistan, killing as many as 68 school girls aged 11 to 15, and injuring 165 others. The England football team were criticised by some for taking the knee at the Euro 2020 competition. At the time of writing there are 74 active police investigations into racist abuse against footballers.

Gretchen Carlson revealed in an interview that 1/3 of Americans are now required to sign non-disclosure agreements as part of their work contracts, and highlighted that due to the NDA's attached to the financial settlements following sexual harassment law suits, women are not able to speak of their experiences. The NDA's are used to silence women and protect serial offenders.

A Florida high school altered the photos of 80 girls by putting a black box across their chest and shoulder areas, as the modest clothing as advised by the school, was not deemed modest enough. Photos of their male counterparts who had contravened to school clothing rules, were not amended.

The Welsh government released the first draft of their Race Equality Action Plan, and their commitment to a racist free Wales by 2030.

Diversity won the BAFTA TV award for Must See Moment of 2020, for their performance on Britain's Got Talent. In his acceptance speech Ashley Banjo said:

“This is so much more than just an award... Thank you to everyone that stood by us, the phone calls, texts, comments, made a difference to what was a really dark time in the storm of 30,000 complaints, a torrent of racially charged abuse, threats. In a way I have to say thank you to the people that complained and poured all of that abuse out, you showed the truth, you showed exactly why this performance and this moment was necessary. For all of those people take a look, because this as much as there is so much conversation and so much that needs to change, this is what change looks like. This is about not representing the minority – this award represents the majority. Let's keep having those difficult conversations and standing up for what's right, regardless of the colour of our skin, and we will achieve that equality”.

Following thousands of posts on the Everyone's Invited website, an Ofsted review revealed endemic, “normalised rape culture”, and high levels of sexual harassment verbally, online, and in the sending of explicit images in schools.

Germany recognised that the killing of tens of thousands on Herero and Nama people in Namibia, driving thousands of them into the desert or concentration camps, at the start of the last century, was officially genocide. They are arranging to return the skulls of the victims that were sent to Germany for eugenics studies. The descendants of these peoples were not included in the conversation about reparations. The 1% German descendants own 70% of Namibia's farm land.

Amazon suspended building work on its Connecticut depot, after 8 nooses were left hanging in the construction site, during the months of April and May 2021. 26.5% of the Amazon workforce are black.

8X1 looked at the power of language, and tried to find new expressions for
37 “Chinese whispers”; “Chinese burns”; “you guys”.

My Privilege

I am an open book
My story set out clearly for you to instantly view
On crisp white pages
In words that are familiar and acceptable to you
Others have covers that are glued very tight
They must work harder to uncover the words that they write
With all their strength they prise the solid boards apart
For the wonderful story that they wish to impart
But they might find inside pages that are soiled and stained
With prejudice of the weak, the fragile and the small of mind

I am a sun-bleached, fresh sail
Riding high on the open seas
Free to blow in any direction that I please
The waters are fully open to me
I don't think twice about the fact that I'm free
Other sails may grow ragged and torn
On ships anchored in rocky beds since the first hint of dawn
Pulling away, battling fierce, hateful winds, just to follow my course
To draw even with me, they need so much more force

I am a pristine canvas
Waiting for you to draw the faint outline of your impressions of me
Filling in with the colours of all the things that you see
The clothes that I wear, the things I say and the deeds that I do
Slowly creating an image for you
Other canvases are draped in a thick shroud of prejudice
Painstakingly they must pick and peel at the layers of injustice
With the bloodied fingers of ancestors still they scrape
At the barrier of intolerance in which they're draped
Held down fast by fools unwilling to give chances
Just to prove to the undeserving that they're worth second glances
Though I have seen canvases more vibrant than me
Their beauty and truth will never be seen
By those eyes forevermore clouded by fear
Blind to the truth and indifferent to the tears
So how can I enjoy the privilege of just being white
Until those that I love have identical rights?



Help is available, please don't suffer in silence:

116 123 – SAMARITANS (SAMARITANS IS MAINLY FOR ADULTS)

0800 1111 – CHILDLINE

116 123 – SUICIDE

0845 225 5787 – BULLYING

116 123 – SELF HARM

0808 802 9999 - SEXUAL ASSAULT

116 123 – GRIEF SUPPORT

116 123 – DEPRESSION

116 123 - DRUG/ ALCOHOLIC

0808 801 0677 – EATING DISORDER

116 123 – MENTAL HEALTH

0333 445 3848 – ABUSE

0333 445 3848 – LIFELINE

0191 257 8519 - SHOW RACISM THE RED CARD

Compiled by W, June 2021

Our messages to you:

THE SECOND YOU STOP WORRYING ABOUT WHAT OTHERS THINK
OF YOU, LIFE GETS EASIER - Lauren

STAY STRONG AND IGNORE THE PEOPLE WHO TELL YOU YOU'RE
NOTHING. THEY DON'T KNOW HOW AMAZING YOU ARE - Eevee

STAY STRONG - MJ

YOU WILL GET THROUGH IT - K

NEVER GIVE UP - Clarence

PEOPLE MAY CRITICIZE YOU ON YOUR DIFFERENCES BUT YOU ARE
UNIQUE AND BEAUTIFUL. THERE IS ALWAYS SOMEONE YOU CAN
TALK TO - W

NO MATTER HOW BAD THINGS SEEM RIGHT NOW, THIS TIME WILL
PASS. THINGS ARE RARELY AS BAD AS YOU PERCEIVE THEM TO
BE, AND HELP CAN COME FROM UNEXPECTED PLACES. DON'T BE
AFRAID TO ASK FOR IT - CJ





And One Last Myth to BUST!

‘Today’s teenagers are rude, entitled, snowflakes’ – Firstly, the word ‘snowflake’ is now widely used as an insult against those considered over-sensitive or easily offended. Perhaps today’s young people are just more aware of social and political issues than previous generations, and are more likely to speak out against what they perceive to be injustice. Secondly, like all groups of people that we’ve discussed in this book, you really can’t generalise in this way. For every nightmare teen, there are twenty six shining stars. Throughout the Cynefin project we have been blown away by the teenagers of 8X1. They have shared their views with sensitivity and maturity, and been brave enough to entrust us with their life stories. It has often been funny, and sometimes been emotional. They have been an inspiration and we have probably learned more from them than they have learned from us. If the teenagers in 8X1 are the future, then we are in very safe hands. Diolch 8X1!

One love,
Molara and Ms Jenkins xxx



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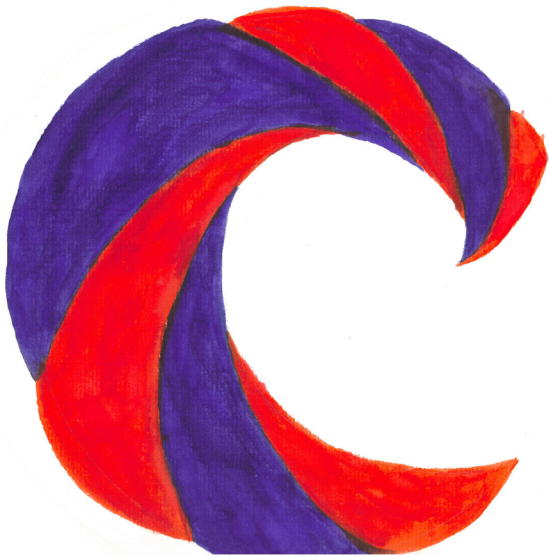
Uzo Iwobi and Race Council Cymru

The musicians, singers and players of instruments,
who have made music that kept us going when life gets hard :)

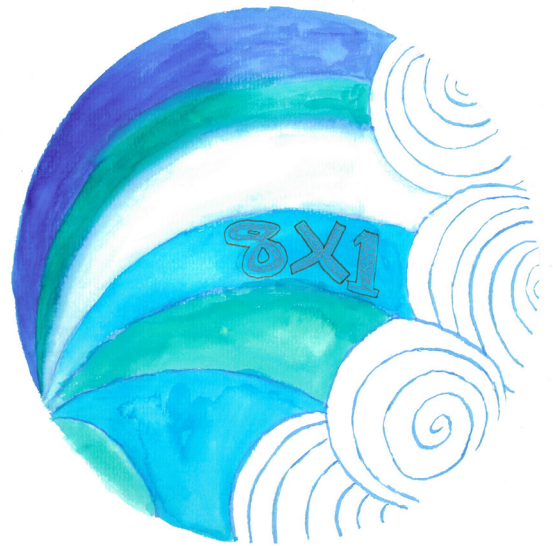




We are PROUD of our Filipino, Nigerian, Polish, Russian,
Thai, Welsh and British heritage.
We are citizens of the world and we DO belong.



Cyngor Celfyddau Cymru
Arts Council of Wales



Artwork & Writing by 8X1
Morrison Comprehensive School

