



The Lycommunication

23RD MARCH 2026

SPECIAL ISSUE ***LANGUAGE WEEK***



While some of our students are currently travelling to England, Spain, Germany, Italy and Poland, experiencing the reality of using a foreign language,

we have organized a contest and given the opportunity to Lycom students to express themselves in English, Spanish and German.

The topic was: Make your voice heard and defend a cause that matters to you.

In this 7th issue, you can read the best articles on various themes and in 3 different languages!



So, enjoy the reading and follow us on:

<https://www.lycom.fr/category/filieres-pre-bac/disciplines/anglais/amc/>

The.lycommunication



VIDEO GAMES ADDICTION

Video games addiction is a real problem. Video games can be fun and relaxing but they are designed to keep us playing by setting rewards, ranks and challenges. Some teenagers play video games to escape real life problems, but it can lead to a lack of sleep, isolation, depression... The key is to find a balance. They need to set limits so they can build healthy habits and make sure that video games are not destroying them. I chose this subject because I had a video games addiction too... It destroyed my sleep, my mood and my social interactions. That's why it's important for me to talk about it.

Youth Issues

EATING DISORDERS

Eating disorders such as anorexia, bulimia or binge-eating disorder, are serious mental issues. Social media influence, body image ideals or low self-esteem can also affect teenagers who are especially vulnerable because they often compare themselves to unrealistic standards. Eating disorders can lead to severe physical and psychological consequences. It is important to talk about it because lots of students suffer in silence everyday and they think that people mock them. Moreover, last year, I was anorexic; so that's why I am defending this cause which has an important meaning to me and to help other people.

What if something as ordinary and simple as eating became a source of fear, guilt or control? For many teenagers, such is the reality of living with an eating disorder.

In France, 600,000 teenagers are affected, but not always taken seriously.

There are different types of eating disorders, the main ones being anorexia, bulimia and binge-eating disorder. These problems can start as early as 8 or 9 years old, which is a real issue since these disorders are mainly created by our society or our close environment.

From an early age, and throughout their lives, girls and boys are confronted with advertisements promoting strict beauty standards, comments on their weight or appearance, edited photos on social media, or even influencers lying about what they do or eat to make others feel guilty for not doing the same as them.

There has been a strong increase in eating disorders over the last 25 years, probably due to social media which ruin the perception we have of our body and make us think we have to be perfect. The trend that comes out every year is that of the "summer body". It seems that you are supposed to have a perfect body to enjoy summer, but as long as you have a body and it is summer, you can enjoy it- don't you think ?

Eating disorders are the second cause of premature mortality among 15-24-year-olds and 50% of affected people have never received proper care. If you know someone in this situation or if you recognize yourself in this article, please talk about it. There is always someone who can help.
Remember : Your body does not define who you are.

13/03

ACOSO Y CIBERACOSO

2026

El acoso es un modo de persecución que consiste en acciones o palabras hostiles repetidas para desmoralizar y debilitar psicológicamente a la persona que es la víctima. Las consecuencias del acoso pueden ser graves y prolongarse a largo plazo: aislamiento, pérdida de la autoestima, descenso del rendimiento académico o incluso abandono escolar, profundo malestar, trastornos alimenticios, conductas suicidas, etc.

En el lycom, el acoso es no.



Las consecuencias... Con el desarrollo de las nuevas tecnologías y las redes sociales, este fenómeno trasciende el ámbito escolar y afecta también a los jóvenes a través del ciberacoso. Puede adoptar diversas formas, tales como intimidaciones, insultos, burlas, la difusión de rumores; el pirateo de cuentas y la suplantación de identidad digital, la publicación de una foto o un vídeo de la víctima en una situación comprometedor.

How mental health affects teenagers

Nowadays, teenagers are tired, depressed and constantly angry for many reasons. First, school.

The pressure, the constant competition and that need to reach the top...which more likely leads to burn out. Second, the media. How do you think teenagers react seeing these rich models on TikTok showing off their supposedly "perfect bodies" and mansions ? Teenagers are always enduring a lot of pressure... this subject is really important because we, teenagers, constitute the society of tomorrow. To help teenagers feel better about themselves, we all need to be more indulgent because you never know what someone is going through.

My cause is mental health, especially when it concerns young people, teens at school. Nowadays, mental health, as important as physical health, is sometimes ignored by grown-ups, because in their time it was a really taboo subject. But our generation is going to change this! A bad mental health can be the result of stressful events, traumas, or a lack of consideration from others. There are so many young people who have developed chronic stress, depression, or have to deal with addiction or food issues. We already have solutions ; there are psychologists or psychiatrists, but not all teenagers are able to consult them because of the cost, sometimes their parents who do not believe in mental illness, or because of the extremely long delays. We have a solution, we need more free access to see mental health professionals. It is very important because some teenagers (or older people) can unfortunately decide to commit suicide because they feel unwanted, no one is helping them, and the problems in their heads get too big, it takes over their whole life... Please, we need to address mental illness, we need to take care of people and we all deserve to be considered.

Unfreiwillige soziale Ausgrenzung

Wenn ich mich für eine soziale Sache einsetzen könnte, dann würde ich mir wünschen, dass psychische Gesundheit und unsichtbare Behinderungen in der Schule thematisiert werden.

Warum? Weil ich täglich sehe , wie meine kleine Schwester, die an Diabetes erkrankt ist, leidet. Ein Freund, der unter sozialer Angst, Autismus und ADHS leidet, wird auch täglich ausgegrenzt.

In der Schule wurden sie von ihren Mitschülern gemobbt, und die Lehrer haben ihre Behinderungen nicht im Unterricht berücksichtigt. Dies führte zu einem Gefühl des Andersseins und zu sozialer Ausgrenzung.

Ich wünsche mir, dass unsichtbare Behinderungen im Lehramtstudium thematisiert werden, damit die Lehrer die Symptome kennen und wissen, was zu tun ist, damit nie wieder ein Schüler ausgegrenzt wird.

EL MUNDO

16 de Marzo de 2026

Los Jóvenes frente a la presión estética

La influencia de las redes sociales en la imagen corporal de los jóvenes :

En los jóvenes, la apariencia es un problema importante en la construcción de su identidad. Durante la adolescencia, tendemos a compararnos con los otros. Con el desarrollo de las redes sociales, los jóvenes están expuestos diariamente a cuerpos considerados perfectos. Estas representaciones pueden estar retocadas. Aunque las fotos no reflejan la realidad, crean un sentimiento de comparación permanente y los jóvenes pueden desarrollar complejos que antes no tenían.



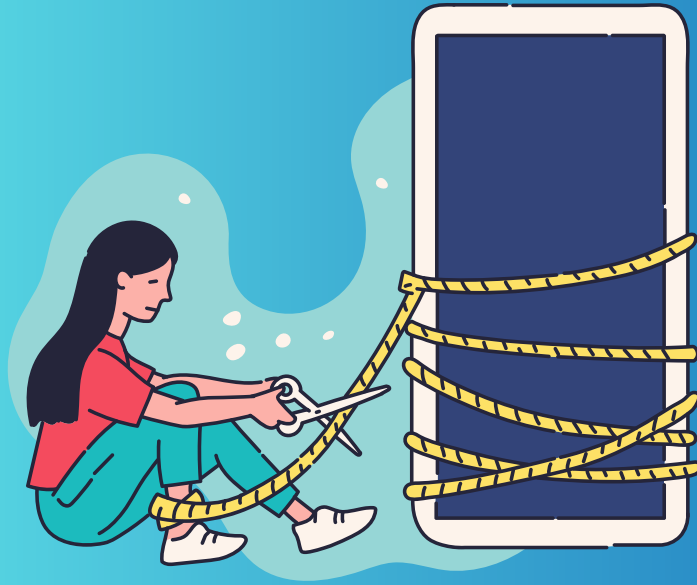
Los trastornos alimentarios y sus consecuencias en la salud :

Sin embargo, esta comparación va mucho más lejos. Estas exposiciones tóxicas pueden favorecer la aparición de trastornos de la conducta alimentaria como la anorexia o la bulimia. Estos trastornos son enfermedades graves que afectan la salud mental y física.



El movimiento "body positive" y la importancia de la solidaridad :

Todo el mundo es guapo a su manera. Frente a esta necesidad constante de comparación debemos mostrar solidaridad para ayudar a los jóvenes que sufren de esta presión estética y mostrarles que son mucho más de lo que creen ser. Debería desarrollarse la tendencia del "body positive" y la aceptación de uno mismo y de su cuerpo.



Dear Screen

The screen lights up, always quiet but tonight,
I look at it all day and night.
Videos play, their messages appear,
and slowly hours disappear.

I scroll and laugh, I watch and stay
without even noticing the day.
My eyes stay fixed on what I see,
while my mind wants to be free.

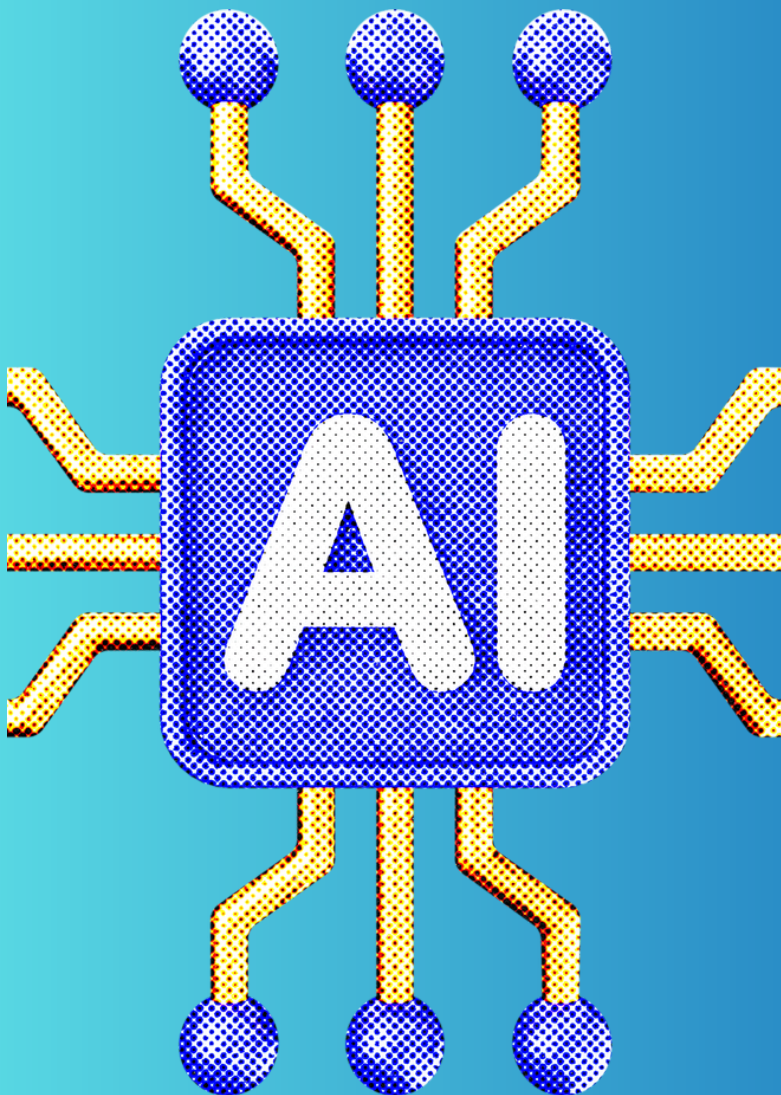
Time flies by, I do not see
how fast the hours seem to be.
Outside my world is wide and real.
But I cannot enjoy how it feels,

since my screen holds me hostage
to the point I can't even remember my age.
But my screen can hold me tight
because I can't keep my eyes off its light.

Nowadays, many young people spend more time in front of screens than being physically active. This situation raises an important issue : why is sport so essential for the youth ?

Sport plays a crucial role in young people's development. During the teenage years, both the body and the brain are still growing, that's why sport is so important ! Regular physical activity improves concentration, strengthens the heart and muscles, AND reduces stress and anxiety ! It also builds confidence and teaches important values such as teamwork, resilience and many others. This is exactly what young people need to learn for their future life.

No one can deny the fact that AI has become indispensable in the world, for medicine, business, and sometimes for politics. First, we need to be aware that AI can be used for propaganda as some political leaders do ! They can use AI to post fake or biased videos and influence people on social media. Many people can use AI to fool us, and we can't make a difference between true or fake information. Moreover, people are becoming lazier and lazier each day.



Ein Mensch ist besser als jede Maschine.

Künstliche Intelligenz ist das Problem unserer Generation. Viele Schüler nutzen KI, um ihre Hausaufgaben zu machen. Ich denke, dass es ein Problem ist, da unser Gehirn weniger arbeitet. Wir denken nicht mehr selbstständig. Wir werden von dieser neuen Technologie unabhängig. KI stiehlt vielen Menschen ihre Arbeitsplätze. Menschen werden durch Maschine ersetzt.

Die Nutzung der KI verschlimmert das Problem des Klimawandels. Computer und Datenzentren benutzen zu viel Energie.

KI hat zudem negative Folgen auf die Welt, weil sie falsche Informationen geben kann.

Wenn Menschen alles glauben, was im Internet steht, wird es gefährlich für unsere Zukunft. Die KI ist stark, aber noch nicht stark genug, um eine Sprache und ihre Nuancen zu übersetzen.

SECRETOS

DE LAS ADICCIONES



Suele romantizar las adicciones para destacar sus aspectos positivos y no poner de realce la verdadera verdad. En un momento, la cruda realidad tomará el control.

Las adicciones pueden tener graves consecuencias por la salud y la vida cotidiana. Cuando empezamos a ir a una fiesta con los amigos, no pensamos en las consecuencias. Como estar borracho, fumar o perder el conocimiento. Además, la adicción a las redes sociales como tiktok o instagram puede reducir la concentración y alterar nuestro sueño. Las adicciones a los juegos también pueden provocar deudas y problemas familiares.

Por eso intentamos poner foco en los aspectos más oscuros de las adicciones para ayudar a quienes lo necesitan.



Cigs. drugs. addictions

i watched smoke coming
out
from strangers' mouths,
disappearing on purpose.
some nights i think
if i could
blur the edges
-just a little-
i don't want to escape,
-kind of-
i want interruption,
like a pause button
for the ache
located behind the ribs.
so i linger near open
windows,
near the idea that
something could
quiet me,
without asking why
i'm loud inside.



Relaciones tóxicas

Los relaciones toxicas relaciones pueden ser amistosas, familiares o profesionales. Se caracterizan por la creación de un ambiente negativo entre los miembros de la pareja, que puede manifestarse como manipulación, control, sufrimiento emocional y falta de respeto. Su detección puede ser difícil debido a la alternancia entre momentos difíciles y buenos.

¿Cómo detectar las señales?

Algunos comportamientos típicos:

- la manipulación emocional, intentar hacer sentir culpable a la otra persona, falta de respeto, burla, crítica, control excesivo, posesividad (ropa, salidas), fisgonear en el teléfono,
- celos patológicos, sospecha constante
- alternancia entre conflicto y perdón, discusiones frecuentes, comportamiento hiriente seguido de disculpas, aislamiento, la persona tóxica intenta alejar a su pareja de la familia y los amigos.



¿Cómo puedo salir de esta relación?

Esto puede provocar:

- pérdida de confianza en uno mismo
- estrés,
- sentimientos de culpa
- dependencia emocional
- fatiga emocional.

Es necesario establecer límites claros, hablar con seres queridos y profesionales, e intentar anticipar incluso el más mínimo comportamiento anómalo.

Es comprensible que terminar este tipo de relación sea complicado, ya que existe un fuerte apego, la esperanza de que la otra persona decida cambiar, el miedo a la soledad y cierta dependencia emocional. Pero es importante hablar de eso y abordarlo.



¿Qué papel juega la música en la vida de los jóvenes ?

La música juega un papel esencial en la vida cotidiana de la vida de los jóvenes.

-Puede ayudarles a expresar sus emociones.

-Los hace sentir libres, ya que los coloca en una especie de burbuja donde pueden ser verdaderamente si mismos. Por ejemplo, es un escape a los problemas cotidianos y la realidad.

-Para ellos, la música puede ser un compañero que los motiva. Por ejemplo, cuando se hace deporte, la música puede dar energía y fuerza.

-Ayuda a crear lazos entre las persona que escuchan algún tipo de música, por ejemplo, durante una fiesta puede permitirles divertirse, bailar juntos.



En conclusión, la música juega un papel diferente según la persona y según el estado, sobrevivant espadon de ánimo del día.



Impulse

The sun has set
 For a long time, the party has been crowded
 with people
 The lights danced
 Until the strength started leaving her hands
 She didn't count the hours
 Didn't count the drinks
 Watching the colours turn into a mess
 He grabs her by the hip
 Softly
 Like a breath
 A detail
 Slowly
 Unsuspecting
 They are friends after all
 In his angelic face she never saw the wolf

'it was an impulse' he said
 'But I'm just a boy' he said
 'I didn't know, I didn't understand she didn't
 want'
 'It was an impulse' he said
 'But I'm just a boy' he said
 'I didn't know, I didn't understand I didn't
 have the right'

Just like a real friend he told her to lie down
 That she should have a drink
 That it was late
 He takes her in his arms and leads her away
 without saying a word
 A little further away, far from prying eyes
 He takes her away shamelessly from the
 party
 Pulls her out of the spotlight
 Suddenly everything goes dark
 Like in a dream, a nightmare
 Searching for the light, the escape
 Inside the fog
 Silently and in vain
 Everything turns off
 Everything turns off abruptly

'it was an impulse' he said
 'But I'm just a boy' he said
 'I didn't know, I didn't understand she didn't want'
 'It was an impulse' he said
 'But I'm just a boy' he said
 'Close your eyes i twill not be long, you'llsee'

Rag doll no longer has arms or hands
 Not even a body or a voice
 Wax doll melts under all of the pressure
 No matter how much paper doll screams, not a
 sound is made
 In her bitter throat her echo is fading away and
 blending in

'it was an impulse' he said
 'But I'm just a boy' he said
 'I didn't know, I didn't understand she didn't want'
 'It was an impulse' he said
 'But I'm just a boy' he said
 'I warn you, I trust you, don't disappoint me'

By the window it's raining
 In front of the judge he's crying
 He says that he will do his best
 That he is young
 That he is scared
 He says that they knew each other from before
 That they were the best of friends
 That he has never been violent
 'Your honour, I swear, I promise'
 Destroyed doll would like to see the magpie burn
 See Artemis outraged and offended
 And implore Themis to avenge her

'it was an impulse' he said
 'But I'm just a boy' he said
 'I didn't know, I didn't understand she didn't want'
 'It was an impulse' he said
 'he's a good boy' they said
 'he will not waste his future just for this'
 'It was an impulse' he said
 'Declared innocent' they said

'it was an impulse' he said
 As he whispered in her ear
 'Your voice against mine'

La mentalidad en el fútbol

LA MENTALIDAD EN EL FÚTBOL HA EVOLUCIONADO MUCHO. DE 1863 HASTA HOY. LA MENTALIDAD HA PASADO DE LA VIOLENCIA AL RESPETO; SIN EMBARGO, HOY HAY MAS RESPETO.

La batalla de Santiago

La Batalla de Santiago entre Chile e Italia en Chile. Algunos jugadores fueron golpeados o heridos. La policía vino al campo para calmar la situación.



Hoy en día todavía hay comportamientos inaceptables en el fútbol, como recientemente con Prestianni, quien dijo “mono” a un jugador negro, Vinicius, en 2026 durante un enfrentamiento entre el Real Madrid y el S. L. Benfica. Además, él se tapa la boca, lo que demuestra que no es muy valiente. A causa de este tipo de situaciones, existe un plan antirracista: cuando un jugador se tapa la boca para decir algo racista, puede ser expulsado.

Para terminar, en 1990 está el caso de Fashanu. Cuando hizo su coming-out, los aficionados hicieron discriminación y burlas.

En conclusión, a pesar de que todavía hay incidentes de racismo, homofobia o violencia puntual, el fútbol evoluciona en una dirección positiva: las jornadas antirracismo, las campañas “Rainbow Laces” y las sanciones contra los comportamientos discriminatorios muestran que clubes, jugadores y aficionados se comprometen por un deporte más inclusivo y respetuoso. Aunque persisten algunos problemas, la disciplina, el juego limpio y la concienciación ocupan cada vez más espacio, lo que demuestra que las mentalidades cambian y que el fútbol se convierte en un espacio donde se valoran el respeto y la igualdad.

HUMAN RIGHTS

WHY SHOULD WE VOTE ?

First, the right to vote is a fundamental right, established for men in the Declaration of the Rights of Man and of the Citizen of 1789. It came later for women, in 1945. People fought for this right : that is why we must vote.

Then, voting allows all citizens to express themselves by choosing the political party that best represents their ideas.

Finally, voting has an impact on our present and our future : elected representatives make concrete decisions on social, economic, and educational matters.

If voting is a right, it is also a civic duty.

Obdachlose Menschen haben ein sehr schweres Leben und brauchen unsere Hilfe.

Viele von ihnen haben kein Zuhause wegen Armut, Arbeitslosigkeit oder Probleme in der Familie. Wir sollten mehr Verständnis und Respekt für sie haben.

Es ist wichtig, dass der Staat mehr Unterkünfte und günstige Wohnungen baut.

Auch soziale Organisationen können Essen und Kleidung anbieten.

Bürger können helfen, indem sie spenden oder freiwillig arbeiten.

Außerdem sollten mehr Arbeitsprogramme für obdachlose Menschen organisiert werden.

Psychologische Hilfe ist auch wichtig, weil viele Menschen leiden.

Die Gesellschaft muss zusammenarbeiten, um dieses Problem zu lösen.

Jeder Mensch verdient ein würdiges Leben und eine zweite Chance.

Human rights are basic rights that every human being should have, simply because they are human. Indeed, they include the right to live, the right to be safe and the right to be free.

Unfortunately, they are not respected everywhere, like in Palestine, North Korea, China, Congo, Afghanistan... Lots of children are affected, they grow up surrounded by violence. However, the problem also exists in our daily lives through racism, discrimination, sexism...

One of the greatest dangers for human rights is indifference, when people choose to look away, injustice continues. The good news is that everyone can act by speaking up against injustice or support humanitarian organizations.

HUMAN RIGHTS ARE BASIC RIGHTS THAT EVERY HUMAN BEING SHOULD HAVE, SIMPLY BECAUSE THEY ARE HUMAN. INDEED, THEY INCLUDE THE RIGHT TO LIVE, THE RIGHT TO BE SAFE AND THE RIGHT TO BE FREE.

UNFORTUNATELY, THEY ARE NOT RESPECTED IN EVERY COUNTRY, LIKE IN PALESTINE, NORTH KOREA, CHINA, CONGO AND AFGHANISTAN... LOTS OF CHILDREN ARE AFFECTED SINCE THEY GROW UP SURROUNDED BY VIOLENCE.

HOWEVER, IT DOES NOT HAPPEN THAT FAR AWAY: IT EXISTS IN OUR DAILY LIVES THROUGH RACISM, DISCRIMINATION, SEXISM...

ONE OF THE GREATEST DANGERS FOR HUMAN RIGHTS IS INDIFFERENCE, WHEN PEOPLE CHOOSE TO LOOK AWAY, INJUSTICE CONTINUES.

THE GOOD NEWS IS THAT EVERYONE CAN ACT BY SPEAKING UP AGAINST INJUSTICE OR SUPPORT HUMANITARIAN ORGANIZATIONS.

Gender equality

Women's rights have always been an issue and are still, unfortunately, a topic of debate nowadays.

Are women equal to men ? Actually, that is an ambiguous question. On the one hand, if we go by the law, in most parts of the world, rules have been made to preserve this equality. But, on the other hand, in many countries, these are only words that are not taken seriously.

As a matter of fact, a woman earns approximately 22% less than a man. In domains like school, politics or sport, equality is just theoretical. A lot of progress has been made but parity still has not been achieved.

Die Gleichberechtigung von Männern und Frauen ist sehr wichtig. Männer und Frauen sollen die gleichen Rechte haben. Aber in vielen Ländern ist das noch nicht so.

Frauen verdienen oft weniger Geld als Männer und haben manchmal weniger Chancen in der Arbeitswelt. Das ist nicht gerecht !

Wir engagieren uns für die Gleichheit, weil alle Menschen gleich behandelt werden sollten. Wir sprechen mit Freunden und Familien über dieses Thema und erklären, wie wichtig es ist. Zusammen zeigen wir Respekt und Gleichheit und bekämpfen so die Ungerechtigkeit. So bauen wir eine bessere und gerechtere Gesellschaft für alle auf.

Gender equality : a battle that never ends

Today we live in a society that claims to defend equality. Yet, women and men are still not treated equally. Women earn less than men and are underrepresented in positions of power, which shows that the fight for equality is far from over.

Equality is not a privilege ; it is a right. A fair society must offer the same opportunities to everyone. Defending gender equality means defending justice, respect and progress for society as a whole. The fight for both genders to be on equal footing concerns everyone, not just women.



Women's rights

15



WOMEN WORK MORE THAN BEFORE BUT ARE STILL LESS PAID AND UNDERREPRESENTED IN LEADERSHIP POSITIONS OR IN HISTORY BOOKS. MOST HISTORICAL FIGURES ARE MEN AND IN PUBLIC SPACES, STATUES AND STREET NAMES COMMEMORATE ALMOST ONLY MEN.

NOWADAYS, INEQUALITIES BETWEEN MEN AND WOMEN IN JOBS ARE LINKED TO CENTURIES OF STEREOTYPES AND SEPARATION OF MEN AND WOMEN.

SCIENTIFIC AND ENGINEERING JOBS ARE MOSTLY PRACTICED BY MEN WHEREAS JOBS INVOLVING HUMAN CONTACT, SUCH AS BODY CARE, TEACHING OR NURSING ARE MOSTLY PRACTICED BY WOMEN.

I BELIEVE THAT IF WE PROMOTED MORE SCIENTIFIC CAREERS FOR GIRLS AT SCHOOL, IT COULD CONTRIBUTE TO THE DECONSTRUCTION OF GENDER STEREOTYPES.

GENDER INJUSTICE AGAINST WOMEN IS STILL A BIG PROBLEM IN MANY COUNTRIES. THE FIRST CAUSE IS UNEQUAL ACCESS TO EDUCATION: IN SOME PLACES, GIRLS CANNOT GO TO SCHOOL LIKE BOYS. THE SECOND CAUSE IS UNFAIR WOMEN'S WAGE, INDEED WOMEN OFTEN EARN LESS MONEY THAN MEN FOR THE SAME JOB. THE THIRD CAUSE IS VIOLENCE AND DISCRIMINATION, FOR INSTANCE AT WORK OR AT HOME.

THIS ISSUE IS IMPORTANT BECAUSE WOMEN DESERVE THE SAME RIGHTS AND RESPECT AS MEN. INEQUALITY HURTS FAMILIES AND SOCIETY. THERE ARE MANY SOLUTIONS LIKE EQUAL EDUCATION, SALARY, THE SAME LAWS AND THE SAME RULES.

AS STUDENTS, WE CAN ACT WHEN A WOMAN IS DISRESPECTED AND DEFEND HER OR WE CAN PROTEST TO RAISE AWARENESS ON THIS ISSUE.

Domestic violence can touch everyone, and all ages. It can take various forms, such as physical, verbal, psychological, sexual or economic. This is very important because the children or women who are in a situation of domestic violence won't denounce their parents or partner because they don't want to be separated. Warning about domestic violence as early as in primary schools could help the situation.

Domestic violence

2024. 10 minutes. 1 woman killed. 1 year: 85 000 women killed.

These figures are those of domestic violence. Domestic abuse is not only physical, it is also psychological, economic, or sexual. Just because you don't always see it doesn't mean it doesn't exist. Not only are women sometimes trapped in their relationships, but many also live in fear, fear of not doing the right thing, fear of making their husbands angry, fear of being hit, fear of being killed. In France, in addition to the 3919 helpline, you can get a « Téléphone Grave Danger » or « serious danger telephone » to get helped, to be saved.

THE SITUATION IN AFGHANISTAN IS GETTING WORSE. IN THE 1970S, AFGHAN WOMEN USED TO BE FREE, THEY COULD WORK, GO TO SCHOOL, DRESS FREELY, GO OUT AND HAVE FUN, THEY COULD EVEN BE IN POLITICS. BUT SINCE THE TALIBANS STARTED TO RULE AFGHANISTAN IN THE EARLY 2000S, THEY TOOK EVERY WOMAN'S RIGHTS. THEY CAN'T GO OUT WITHOUT A MAN, CAN'T SING OR DANCE, CAN'T HAVE AN EDUCATION OR WORK AND THEY ARE FORCED TO WEAR THE BURQA. TODAY, THEY ARE NOT ALLOWED TO TALK TO EACH OTHER. THIS ISSUE IS IMPORTANT BECAUSE THEY DON'T EVEN HAVE BASIC HUMAN RIGHTS. WE HAVE TO SPREAD AWARENESS AND GET INTERNATIONAL HELP.

What if you were forced every day to wear a blue T-shirt, and this T-shirt meant that you were forced to marry a respectful man, to clean the house, take care of children? And what if, because of this T-shirt you were not allowed to speak, to work, to vote, to choose anything? Scandalous, right? Now, in Afghanistan, this "T-shirt" is a burqa and you're a basic woman. Is it still scandalous? It is, and it's the reality of every woman in Afghanistan. Women and daughters are forced to live in a country where they can die because of a word pronounced.

Feminism in a country where women can't speak

Forbidden to go outside alone. Forbidden to receive healthcare. Forbidden to show their faces. This seems crazy, yet it is the reality for 28 million women in Afghanistan. Since 2021 and the Taliban's takeover, Afghan women have seen their rights fade away.

These women's lives are tragedies: they cannot go to school, so cannot work either. In many areas like medical care, they are not allowed to consult a male doctor.

Although they cannot go to school, some teenage girls attend underground classes where they learn science and literature. This allows them to not give up on their dreams.

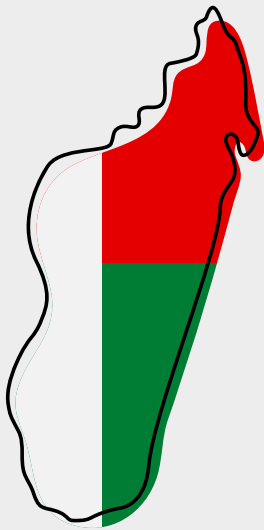
Although they are forbidden to sing outside, Afghan women take to the streets and sing: music itself becomes an act of resistance against oppression.

Every day, Afghan women die and risk their lives to keep fighting despite the world being against them. For their bravery, they face the risk of torture. The courage of these women should always be remembered.

LET'S ALSO PROTECT OUR YOUTH!

All the adults in our school feel concerned about youngsters, one of them has a special message to share on this topic.

"2400 Sourires"



The most difficult for me is to accept children's abuse and suffering because children are, unfortunately, unable to defend themselves.

I travelled in Madagascar in 1998 and I was very affected by the poverty in general, but especially child poverty.

Nowadays, there are more and more children living alone in the streets of the capital Antananarivo, but also all around the country (and sadly all around the world as well).

For several years, I've been supporting the association "2400 sourires", founded in 2020 by a French family who gave up everything in France in order to build a village for the children of the streets of Tana, called "Le village des sourires".

So, if you want to help them or learn more about the association, google "2400 sourires".



RACIAL DISCRIMINATION

RACISM IS TREATING SOMEONE UNFAIRLY BECAUSE OF THEIR SKIN COLOUR, RELIGION OR ORIGINS. THIS CAUSE IS IMPORTANT TO ME BECAUSE I BELIEVE EVERYONE DESERVES RESPECT AND EQUALITY WITHOUT BEING JUDGED ON WHO THEY ARE.

FOR ME, TALKING ABOUT IT AND UNDERSTANDING IT HELPS BUILD A FAIRER AND MORE EQUAL WORLD FOR ALL OF US.

THERE ARE ASSOCIATIONS WHICH FIGHT AGAINST RACISM, FOR INSTANCE "SOS RACISME" IS A FRENCH ASSOCIATION CREATED IN 1984.

TO SUM UP, FIGHTING AGAINST RACISM MEANS RESPECTING EACH PERSON IN ORDER TO BUILD A SOCIETY WITH RESPECT.

Racism is still a major issue in our society. People judge people on their skin color or origins instead of their personality and actions. This creates injustice, discrimination and violence. Everyone deserves equal opportunities and respect. Diversity is not a weakness but a strength, because it brings equality. We must stand up for human dignity and build a world where differences are accepted and celebrated, not feared.

ICE (IMMIGRATION AND CUSTOMS ENFORCEMENT) HAS BEEN REPEATEDLY DEPORTING INNOCENT PEOPLE, SUCH AS DOCUMENTED IMMIGRANTS IN THE USA. IT HAS BEEN PROVED THAT THEY ARE ACTING LIKE THAT, REGARDLESS OF PEOPLE'S NATIONALITY, BUT BECAUSE OF THEIR SKIN COLOR. IT IS ALSO SAID THAT THEY HAVE KILLED MULTIPLE INNOCENT PEOPLE. THIS CAUSE IS IMPORTANT TO ME BECAUSE HUMAN LIVES ARE IN DANGER, DARK-SKINNED PEOPLE IN AMERICA ARE LIVING IN FEAR. I THINK THAT THE ICE AGENTS WHO ARE RESPONSIBLE FOR SUCH RACIST BEHAVIOUR SHOULD TAKE ACCOUNTABILITY AND FACE THE CONSEQUENCES FOR THEIR ACTIONS.

At the moment, America's streets are flooded with people protesting against ICE - Immigration and Customs Enforcement - : it is a governmental "police" that is supposed to control America's border. The problem with "ICE" is that they hunt immigrants that live in the US and are supposed to take them back to their native country. But ICE is becoming more and more dangerous for civilians. They have started to violently kidnap people, sometimes even killing them for... pretty much no reason. It is really threatening for Americans, and the whole world too, as it seems that innocent people are targeted.

EL SAXOFÓN

VOL. 19, NO.190

12 MARZO 2026

EL RACISMO EN LA VIDA COTIDIANA DE LOS ADOLESCENTES

El racismo es un fenómeno que nos afecta a todos, independientemente de las circunstancias. Por anocer, cuando vamos a sacar dinero al banco. Una mujer se dirigió a uno de nosotros para gritarle a la cara: «¡Cállate, árabe asqueroso!». Aunque pueda parecer una tontería, esas palabras fueron realmente hirientes y resonaron mucho más de lo que pensamos, ya que, por desgracia, este tipo de comportamientos es demasiado habituales y tienen que acabar. Se normalizan demasiado este tipo de comentarios; hay que sensibilizar a las generaciones más jóvenes y hacerles entender claramente que no se puede pasar por alto. La justicia también debe ser más severa con esos actos y sancionarlos desde la primera vez.





Environment

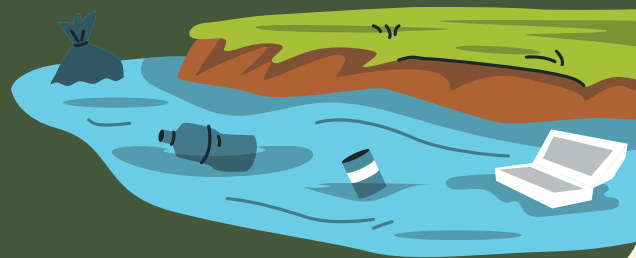
Animal protection

My cause is animal protection. I think we need to protest against animal abuse. I think it's important because a lot of people treat animals like objects. But they have feelings too and they can feel emotions like us, so why would we treat them with less care? When you adopt an animal it's your mission to take care of it. Some associations like RSPCA take animal abuse very seriously and help the animals that are victims of abuse. They heal them, give them food and a warm place to sleep, big green areas where to play, etc...So we must help them.



Plastic pollution

Plastic pollution is an important subject in the animal protection and our health. Plastic is composed of dangerous products that can cause problems to human bodies if they eat them. But humans already eat plastic without knowing it. Indeed, when you eat some fish, you probably eat plastic! The plastic that is eaten by the fish becomes microplastic that stays in the flesh of the fish. Since everybody in the world usually eats fish, we must stop this plastic pollution not only for animals, but for the health of humans.



The effects of climate change and the impact it has on the planet.

Do you know human activities are the main cause of climate change? To reduce risks and damage, we should use public transport or ride bikes to use less diesel. Then, we should buy clothes in thrift shops to reduce purchases in huge companies. We can take another action for the planet, such as recycling garbage so it doesn't end up in nature or in oceans and then, animals will not consume it.

We believe in you to save our planet!

SAVE OUR PLANET

Our planet is in danger. Every year, more than 8 million tonnes of plastic end up in the oceans and the fashion industry produces about 10% of CO₂ emissions. This pollution destroys ecosystems and harms animals.

We should reduce our use of plastic and buy fewer fast-fashion clothes. We should recycle more and choose sustainable products. People should reuse and recycle more plastic to protect the oceans. We should support eco-friendly brands instead of fast fashion. If we act now, we can still save our planet for the future generations.

We all know about climate change, and many of us think we can't limit it.

However, even at our scale, we can and should act. We can reduce our consumption: we should limit the number of new items and buy used ones instead. It is cheaper, more sustainable, it helps reduce over consumption and helps recycling. If an item isn't recycled, it may end up in nature and pollute it. Some materials, such as plastic, take hundreds of years to decompose.

As the planet gets warmer, our future becomes worse. This is why we should combat climate change now.

As you know, human activities are the most impactful. To help the planet we should use public transport, turn off the water and the lights when we quit the room. Many people defend the planet like Greta

Thunberg, we should be inspired by her; we can use only handcrafted clothes to reduce the use of plastic, we should be more eco-friendly, we can harvest our own vegetables and fruits, and stop throwing garbage in the nature. Thank you.

I strongly believe that we must take care of our planet. We need to change things. Pollution is everywhere : in the air we breathe, in the water we drink, in the street where we walk each day. Factories, cars, and plastic waste pollute the planet. We must reduce our waste, recycle and choose more eco-friendly energies. Each small action counts. If everyone changes their habits together the planet can heal.

We must do everything we can to save our planet for our future.

LET'S PROTECT OUR OCEANS

There are so many causes to defend! But if I had to pick one that really concerns me, it is the protection of the seas and oceans.

As a diver, I have seen the beauty that lies beneath the surface with magnificent animals and plants. It is hard to imagine, but there is so much life in these waters that needs to be preserved!

However, I have also noticed how endangered this life is...

And the ones responsible are humans...

We over exploit the seas, we pollute the oceans with plastic and other rubbish, not thinking for one second that it impacts the sealife.

We **MUST** act to preserve our oceans because they are the reason why there is life on this planet!

No water = No life

V.Stotz

