HOLD SFAST

ISSUE FIVE

WHS SENIOR STUDENT NEWSPAPER

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FORGET SOCIAL MEDIA: BEING BODY POSITIVE IN TALENTED HE REAL WORLD Feature pg 4 LONED TOUCH Uni GIRLY

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Picture Credit: Hannah Smith

THE BALD FACTS ABOUT BLOOD CANCER

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This year six students participated in the annual the smell of barbecue Lily Shaw, Flynn Hogan, Ol-World's Greatest Shave

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event. Surrounded by school's very own band, and the sounds of our iver Hunt-Stapleton, Madi

RADOUSI (MR

Steinle, James Illievski and Jonathan Theofilas went bald for blood cancer. More page 9

INSIDE:

INTERNATIONAL WOMEN'S DAY









WE WILL INFLUENCE THE BELIEFS AND ACTIONS OF OTHERS **#BALANCE FOR BETTER**







Editorial

It's no secret that the media impacts our lives every day. We are manipulated and influenced in our appearance, whether it be through advertisements, social media, television broadcasting, radio or magazines. We often see the world through the media's eyes. These media platforms are often culprits of perpetuating a stigmatised narrative that a girl must have: clear skin, perfect straight white teeth, long and luscious hair, thin and tall, yet not taller than a male. On the other hand, males must have muscles, be tall, dark, and handsome. These notions of what society presents as an ideal person are unrealistic, dangerous and help pressure young, beautiful people into thinking they are not good enough if they cannot conform to the 'model look'.

In our second issue for the year, we have decided to focus on body image. It is an important topic that affects today's society, particularly teenagers. We hope you can take away from this issue that we are all unique - we all have our little quirks - but it's important that we learn to embrace our so-called 'flaws'. It's easy to go down the rabbit hole of believing everything you see, hear, and read but it's important to remember that we live in an age ripe with technology, and at the click of a button we can vanish blemishes, make someone's waist smaller and nose thinner.

A positive body image is vital to have as this then affects your physical, mental and emotional health and wellbeing - leading to a more beneficial outlook on life. I know it's not easy to kick the mindset of constantly drawing your attention back to your body, but we are all special and beautiful and you deserve to feel that way. Just because you don't look like a particular person doesn't make you any less valued. Flowers don't look like rainbows, dogs don't look like a sun-



set, but they all have their unique qualities that make up what they are and why they're loved.

As always, if you would like to be a part of the Journalism Team - to write, draw or send in some photos - we would love to see what you have to offer. Keep your eyes peeled on the bulletin for our next meeting, send in an email to our newspaper or get in contact with a member from the editorial team!

So, sit back and enjoy reading the second issue of Hold Fast for 2019. Many talented, incredible students worked hard to provide you with their quality contributions.

Olivia Meehan Journalism Captain

Editorial Team: Olivia Meehan, Nicole Toma, Ms Bermingham **Contributors:** Alexandra Solomos, Christopher Jackson, Daniil McIntyre, Elena Turner, Hannah Smith, Jack Bell, Nelly Bowyer, Nicole Toma, Frances Ly, Panagiota Mavridis, Patrick Jepsen, Ruby Glynn, Sara Coladonato, Taylor Lester-Hosking

FORGET SOCIAL MEDIA:

THE MALE PERSPECTIVE

In a society that promotes improbable body ideals, it is difficult for anyone not to get caught up in comparing themselves to unrealistic standards. Regardless of the lack of media attention received, body image is a serious issue facing males today. Everyone is affected differently by how they value their own body. The effects of a poor personal body image can range from the avoidance of social situations, low self esteem and even mental health conditions such as eating disorders and depression (youthbeyondblue.com)

When people think of body image, they tend to define it as only somebody's physical appearance. However, body image exists more on the inside than it does on the outside (au. reachout.com). It involves thoughts, perceptions, imagination and emotions associated with the body. Therefore, it is possible for a perfectly fit and healthy male individual to believe that they are overweight and/or physically weak. Considering yourself as 'overweight' or 'weak' generally occurs when you're comparing yourself relatively to someone else. In a visual sense, there is no level that dictates what is overweight and what is weak. So where are males getting this subjective judgemental framework from?

Over the years, society has conned males into taking it upon themselves to pursue becoming 'The Ideal Man'. This is an imaginary model that expects men to be physically 'tough' and

'strong', appear lean and muscular, and resist showing emotion. A male who fails to satisfy the criteria of being 'The Ideal Man' is deemed to be 'unmanly'. For over a century, the media has placed this model of 'The Ideal Man' inside males from a very young age. However, in today's society, does the word 'manly' even have a strict definition? Or is the meaning of the term ambiguous and vary from person to person? Is the

word

males are constantly having body ideals imposed upon them. This makes it very hard for males not to compare their bodies to the sports stars and models they see online. Social media has been partly responsible for causing boys to view muscular body to be the physique to strive for in society (National Eating Disorder Collaboration). Does this mean, to be accepted as a man in Australian society, a teenage boy has to play

"Over the years, now society has conned males into taking it upon themselves to pursue becoming 'The sim-Ideal Man'."

ply archaic?

During teenage years, boys often gravitate towards looking up to their idols. In Australia, sport is a huge cultural marker. There is a common emphasis on male sports players as role models for boys of all ages. With the vigorous rising of social media,

sport and have a muscular body?

Many people have experienced teasing and judgement aimed at their body at least once over the course of their lives, regardless of whether the motive was banter or to cause offense. The problem is, that even if the person critiquing somebody's



body has a joking intent, they may never know how much hurt they could actually cause to the individual on the receiving end. Boys need to stop talking about how they look and start talking about how they are feeling.

During my late primary school years, being slightly overweight at the time, I experienced the effects of a negative body image first hand. Throughout my participation at swimming events, I would receive constant harassment such as being referred to as 'Fatty Patty' and being told I was a 'weakling' with 'man-boobs'. This severely damaged my self esteem and made me believe my body was unacceptable. From this, I became super cautious of the food I consumed and how much I exposed my body whilst in public. I remained this way for over 6 years until I started Year 10.

Personally, what really improved my negative body image was a pursuit in personal improvement. After starting taekwondo, joining a gym, and putting effort into changing my nutrition, I started to view my body in a completely different way. At the beginning, even though my physical appearance had not changed, I was incredibly proud of myself for making positive changes towards my health. This led me to be satisfied with my body image, not by the validation of others but of my own self dignity. I learnt that once I respected and was true to myself, the opinion of others became meaningless.

When it comes to the phys-

BEING BODY POSITIVE

ical appearance of our bodies, there are things we can change, things we can't and things we don't need to change. Realising this allows you to embrace so called 'imperfections' and love them. A balanced approach to nutrition and physical activity will lead to a more positive body image and higher self esteem (thebutteryflyfoundation.org.au)

THE FEMALE PERSPEC-TIVE

Today as I planned this article, I thought back on all the negativity I've felt towards my body in my 16 years of existence. This is an extremely common thought amongst girls my age. The exposure to things like pro ana websites, social media platforms and magazines, along with the annual Victoria Secret Fashion Show, has led to a downfall of adolescent girls self-esteem. We no longer feel satisfied when looking in the mirror. Instead, we like to point out all the things we hate about ourselves. We have pimples, cellulite, stretch marks, freckles, non existent thigh gaps, small boobs, big noses, body hair. The list goes on and on.

According to Oxford dictionary, the definition of beautiful is 'a combination of qualities, such as shape, colour, or form, that pleases the aesthetic senses, especially the sight.' There is no mention of being 'thin,' or having blue eyes and no stretch marks. Living in a multicultural country such as Australia provides citizens with the ability to embrace diversity, especially in regards to their biological features. I for one,

Feature by Patrick Jepsen & Panagiota Mavridis Photography by Christopher Jackson

come from a Greek background, blessed with hairy legs, big noses, bushy eyebrows and oily skin. Possessing these qualities used to disgust me. I would spend hours on end using wax and various other hair removal methods to rid myself of the copious amount of hair covering my body. It was only about a year ago when I felt the confidence to let my hair grow out occasionally; yet to this day,I continue to worry about people noticing it. It's the same with my stretch marks. They cover my thighs and hips, serving as a constant reminder of the considerable amount of weight l've gained since I was 12. I want to be able to embrace them and show them off to the world, but when I hear comments from men about girls rear ends "looking like race tracks with those stretch marks," I feel alarmed. I think we all do. How can we embrace our bodies and love ourselves when we are surrounded, suffocated, and scarred by negative comments relating to our looks everyday? Or better yet, reading facts online about how "your brain makes you appear 5

times more attractive than what you really are." (Scientific American 2013)

This is where having a positive mindset is important. Confidence regarding one's own body image is linked to individuals maintaining good men-tal health. Management is available through apps such as headspace, which provides free meditation courses helping to relax and calm the mind. Sometimes, the best way to confront feelings of low self esteem is to simply say it out loud. Talking to a trusted adult (a parent, sibling, teacher, welfare coordinator) about any negative thoughts you've been having related to your body can also be helpful. Physical activity helps manage negative feelings you may have relating to your body image as it not only improves your overall physical health, but it also releases endorphins into your bloodstream, promoting happiness and relaxation.

The truth is, being a girl is hard. And being a girl who accepts her body for what it truly is, can be more difficult. Beauty is arbitrary. We all interpret it in different ways. We are all beautiful. It's time we start believing this.

If you are a young girl living in 2019, my message to you is this: You are beautiful and you are strong. Always be yourself, because there is only one of you, and you are pretty awesome.

If you or someone you know experiencing issues around body image, talk to a trusted adult, teacher, student welfare co-ordinator or contact one of the following organisations

thebutterflyfoundation. org.au

Eating Disorders Vic.

National Eating Disorders Collaboration

ReachOut

HeadSpace

There is always help available



Sport with Sara and Tiarah

MATILDAS IN THE WORLD CUP



Sam Kerr in Matildas Green and Gold

In June this year, the top women's soccer teams from around the world will compete in the FIFA Women's World Cup in France. Although the USA is the favourite to win, the Australian Matildas have had a great season so far. A new, specially-made soccer kit was created for them just weeks ago and Sam Kerr thinks it's a great representation of the team, saying, "I think it represents us pretty well so we're all super excited about it." As the team captain, she's achieved incredible amount an at just 25 years of age. Kerr holds top-scorer records in various leagues and also the title for Most Goals Scored in a National Women's Soccer League match; a whopping four! At just 15, she made her international debut and in 2017 was named the AFC Women's player of the year. Just last year, she received the Young Australian of the Year Award for her work in equality in sport, but she's not the only Australian female soccer player to be making waves. Ally Green was recognised with the Role Model Award at this year's annual Female Football Awards. The 20-year-old has represented the Young Matildas and was also in last year's Sydney FC championship-winning team. As Fan Engagement Coordinator at her club, she worked hard to allow fans to watch all the team's games and helped to develop young



Ally Green

players through clinics and coaching events. The home of the Matildas is under debate at the moment but Maribyrnong is in the running in a bid to host their elite training facility. Since Australia has its' eyes on hosting the 2023 Women's World Cup, the aim is for the centre to be constructed by then. The national training base would not only help achieve the goal of 35% female participation in soccer by 2022, but it is likely to increase overall participation as well.

Tiarah was away this issue due to sporting injuries and we thank Sara for taking the reigns solo. Tiarah will be back with us in May- Ed

Trivia Time with Daniil McIntyre

1) What is Mr Birsa's age?

2) What is Captain Marvel's "Kree" name?

3) Who are the two surviving Beatles members?

4) From what song are the lyrics: "Oh, the taste of

your lips, I'm on a ride…"? 5) Which current cricketer has Australia's highest ODI average

6) True or False: the word "coolth", similar to "warmth", exists.

7) What is the smallest country in the world?

8) Who was Australia's longest serving Prime Minister?

9) Which married celebrity couple separated in September 2016?

10) What is the name of the dog in the Tintin comics?

11) In hundreds of millions, what is the current estimated dog population?

12) Who was the highest earning actress from 2018?

TEACHER'S PET - WHICH PET BELONGS TO WHICH TEACHER?



(a) Charlie & Ferrari



(b) Fran



(c) Freddie



(d) Scout

(i) Andie



(f) Swany



(i) Tuppence



(h) Denver



(g) Bailey





Hrasko, (h) Mr Giles, (i) Ms Richardson, (j) Mr Nicholson

10) 304 11) Marty Johnson 12) 1912 TEACHHERS PETS: (a) Mr Clifford, (b) Ms Zhou (c) Ms Moutray-Read, (d) Ms Alexander, (e) Ms Croft, (f) Mr Commons, (g) Mr 10) 304 11) Marty Johnson 12) 1912 TEACHHERS PETS: (a) Mr Clifford, (b) Ms Zhou (c) Ms Moutray-Read, (d) Ms Alexander, (e) Ms Croft, (f) Mr Commons, (g) Mr

1. 27 (apparently) 2. Vers 3. Ringo Starr and Paul McCartney 4. Toxic, by Britney Spears 5. Shaun Marsh 6. True 7. Vatican City 8. Robert Menzies 9. Angelina Jolie and Brad Pitt 10, 2000, 11, 2000, 12, 2000, 12, 2000, 12, 2000

GENDER **NON-CONFORMITY**

Our society - at the best of times - isn't quite up to scratch when it comes progressiveness. to Nonconformity is still often frowned upon and disfavoured, even in faenvironments. miliar

Androgyny is defined as having/dressing with both male and female characteristics and not being confined to a certain manner of expression. It can feel isolating and alienating to have people stare and point out your differences, because it isn't considered the norm.

My personal experience with dressing androgy-nously is in no way the same as all others, but having friends with similar experiences compels me to share a few suggestions in regards to making your fellow peers feel accepted. First off, don't stare. Nothing is worse than having people gawk at the fact you don't look exactly like them. Accept the difference and move on with your day.

Second, don't ask "are you a boy or a girl?" Instead, if you're curious, ask for pronouns and respect if the person doesn't want to tell you.

Third, don't gossip and discuss someone's gender expression behind their back. In the end, it doesn't affect you.

And lastly, refrain from stereotyping someone's sexuality based on appearances. For example, if a person identifies as female and dresses androgynously, that doesn't mean that they identify as a lesbian.

By Taylor Lester-Hosking

INTERNATIONAL WOMEN'S WEEK

Between the 4th and 8th of March, Willi High celebrated International Women's Week. This week consisted of vibrant purple colour taking over the walls, and, of

models for our younger campus. Advising to stand up for not just yourself, but the betterment of society; addressing the importance of feminism, these wondrous people made me want to be a Year 7 boy just so I could listen to them.



Sophie Douglass, Zoya Gill, Stephanie Page & Madeline Leman

course, the awe-inspiring women that walk the halls.

To kick it all off, we were blessed with a forum at lunch on Monday: consisting of four passionately-powerful women in male-dominated industries who were efficacious in instilling hope and passion to our young audience.

Along with this, some of our own fine students travelled to Bayview campus to talk to the Year 7 male cohort about the importance of International Women's Day. This panel served as excellent role

Together we raised over \$1200 for the One Girl Foundation. One Girl is on a mission to provide girls with the power of education. Over 130 million girls around the world aren't in school just because they were born a girl. One Girl aims to fix this and drive change.

It was an overall delightful experience, and I would like to give a big shout out to all those involved for making International Women's Week so delightful. So, thank you to Ms Robertson and the Equality Club.

By Alexandra Solomos

ADVICE FROM THE BUTTERFLY FOUNDATION ON BODY IMAGE

While changing your actual appearance can be counterproductive, improving your body image is a constructive goal. We have the power to change the way we see, feel and think about our bodies.

Here are some helpful tips:

Focusing on your positive to feel more positively qualities, skills and talents about it

can help you accept and appreciate your whole self Say positive things to yourself every day

Avoid negative or berating self-talk

Focusing on appreciating and respecting what your body can do will help you

cused goals rather than everyone is unique and difweight loss related ones is more beneficial for your overall wellbeing

Admiring others' beauty can improve your own body confidence but it is important to appreciate your own beauty, avoid comparing yourself to oth- Find out more on thebuters, accept yourself as a terflyfoundation.org.au

Setting positive, health fo- whole and remember that ferences are what make us special

> Remember, many media images are unrealistic and represent a minority of the population.

WORLD'S GREATEST SHAVE

Photography by Frances Ly and Nelly Bowyer





2019 was our school's fifth year participating in the shave. The atmosphere was amazing with people queuing up for a bite to eat, colouring their hair a funky shade and, of course watching their peers shave it all off! Together an outstanding \$9379 was raised. That's more than double the amount we raised last year! This money, along with all the

a regional family a free place to stay close to treatment, \$1200 is enough for free transport for people who are too ill to drive and \$2000 can aid future breakthroughs by funding a major blood cancer research project. A little can greatly impact someone in need. When one person donates, this creates a ripple effect



"The money raised will aid sufferers and their families with emotional and medical support..."

other money

raised by the foundation, will go towards the fight against blood cancer.

Right now, more than 60,000 Australians are living with blood cancer or related illnesses, while 35 Australians are diagnosed every day. The money raised will aid sufferers and their families with emotional and medical support as well as fund the research to help more people survive blood cancers, while improving their quality of life.

\$250 can enable a family to attend a support program, \$560 provides

encouraging others. Be that one person.

Donations are still open until June 30th if you missed out and are eager to support this worthwhile cause. All you need to do is search Williamstown High for School on their website.

Thank you to everyone who donated, our wonderful shavers, Sibel Jasar for MCing and our speakers - Laura and Sharney from the foundation. We hope to see this tradition continue with many more students next year brave enough to go bald for blood cancer.

By Nelly Bowyer





Stripes and Gripes Film Reviews with Nicole Toma

Captain Marvel Marvel Studios

I honestly feel like this paper should be sponsored by Marvel considering the amount of reviews that have been made of their films. Alas, welcome to yet another Marvel Comics Universe review, this time, Captain Marvel starring Brie Larson.

Stripes

Marvel follows Captain Carol Danvers (Brie Larson) who finds herself in an intergalactic battle between her people and the Skrulls all the while trying to recollect her memories of her life on Earth in 1995. Listen, l'm aoina to be honest with you all; I did not want to watch this film. So much so that I refused to watch the trailer for it and had to have my good friend Nelly explain five-movie-worth's of information to me during the ad session. And I already know what you're all thinking: "Nicole, what is wrong with you?", but let me come to my own defence. Superhero films are not in my repertoire and I will not go out of my way to watch them, but I'm rather glad that I watched this one. And if you know me, you'll be shocked to hear that. Not only did it have me whispering "girl power!" under my breath for 2-hours, it also changed my mind on the genre as a whole. This film was genuinely fun and captured my attention many times. I can now understand why there was such a big hype for it, and I almost-almost-re-

gretted not watching the other movies to understand some of the shock value that it had to offer. I can certainly guarantee that I wouldn't have enioved this film as much if I watched it at home as compared to watching it in a theatre surrounded with passionate Marvel fans who made the experience all the more enjoyable. If you find yourself in need of some good ol' girl power to fuel your feminist fires, give this a shot. It was also a bonus to see Captain America (Chris Evans) in the end scene equipped with his glorious beard. Nice touch, guys, nice touch.

Gripes

Alright everyone, buckle your seatbelts for this. In all honesty, this movie was enjoyable, yes, but ultimately, basic. I didn't really expect much else from this genre because there is only so much that can be done. It follows the typical superhero narrative of "oh no, something's wrong" to "let's show how badass and overpowered our protagonist is!" And yes, that is completely fine for movie-goers who are not as cynical as I am, but I'm the one reviewing this and so I can be as cynical as I want to be. One thing to keep in mind is the length of the film as well. It's just over two-hours long and while the ending makes up for the start, I feel as though there were many unnecessary scenes thrown in purely just for background information, and with that comes too much background information. This was tedious for me as someone who hadn't watched the previous films and so I can only imagine what it was like for avid Marvel fans.

Final thoughts

Overall, this film gets a tick in my imaginary review book. Captain Marvel appears to be the ideal heroine that we all seem to need right now and it was refreshing to watch Larson convince us viewers that she's the right woman for the job. Despite my criticism, I enjoy the fact that every girl can see themselves in her and have the backing of an empowering superhero on their side, and that's not to say that boys can't as well.

Rating: $\star \star \star ^{1/2}$ Now showing at the Sun Theatre, Yarraville



Brie Larson plays Carol Danvers/Captain Marvel



Scythe Arc of a Scythe Series Simon & Schuster ****

Scythe is a book that challenges our beliefs on the morality and ethics of human existence. It presents a world after the age of mortality in which natural death has been entirely conquered and scythes must be employed to keep the population at bay. Only the most empathetic humans can become scythes and they are given immense power; in a society where death has been overcome, their role is to permanently kill other humans by "gleaning" them. The mentions of overpopulation and of failed colonisations on Mars and the Moon provide reasons for the newly-adopted way of life presented in the book and make us think deeply about our future.

This novel covers powerful themes relevant to our times, such as corruption and power paralleling fear and sacrifice. Brutal gleanings are described in detail, conveying how our current society has become insensitive to the deaths of strangers. Scythe will truly leave you wondering about your own death, whilst also realising that immortality may not be all it cracks up to be.

Not only does the story provide a great many mor-

REVIEWS

al dilemmas, it is also an accurate and thought-provoking reflection of human nature as scythes become greedier for power and less sensitive to death as they climb the ranks of the Scythedom. The development and personalities of the characters are genuine and help us to reflect on our own morals and actions, comparing ourselves to either the good or evil scythes.

All in all, this is a book that leaves you on the edge of your seat from the first page to the last. If you like Scythe be sure to read Thunderhead, the second book in the Arc of a Scythe series.

By Sara Colodonato

Vision Creation Newsun Boredoms (1999) Genre: experimental rock

When considering this album, I still find it impossible to comprehend that so much energy, propulsion and positivity can be contained within someal palettes Vision Creation Newsun presents are so diverse and exotic that it's almost like it's been launched directly from the future - so much so that it's often challenging to comprehend. This brings me to a point that I want to discuss. Vision Creation Newsun is not an easy listen. In fact, there are moments in it which many would actually deem it unlistenable. We live in age now where music is very much 'light entertainment' rather than the artistic monolith it once was. It's something we put on in the background to accompany our lives, rather than being an independent, experiential aspect of it. I love this album because it stands and refuses to be 'background music.' Within their musical and conceptual contexts, the 'unlistenable' moments become some of the most emotionally powerful parts of the entire work. If you're reading this, and want to give this album a try, please give it the respect it deserves. Listen to it from start to finish - no distractions. Let your



thing as small as an iPod Mini. It propels the listener through the gleaming depths of space, past the neon urbanity of Tokyo and into the buzzing tangle of the jungle, all illuminated by an impressive cast which includes guitars, synthesizers, yelping vocals and drums. The harmonic and textur-

ears relish in every landscape it creates and let me know what you think!

By Jack Bell

ATHS DAY

On the 5th of March we had our annual Athletics Day. As usual, the Year 12s dazzled us all with their creative and hilarious costumes. Some of our favourites included bubble tea, various items of food, superheroes, dinosaurs, a goblin or two, and the house from the movie 'Up' - not to mention a whole host of students sporting the classic fairy costume.

The VCE boys high-jump attracted a major crowd towards the end of the day, and it was entertaining and nerve-wracking to watch them soar to new heights.

For those who preferred to enjoy the day in non-athletic ways, there was still a lot of fun to be had. There were novelty events, such as the egg and spoon race and hula hoop competitions that were run by the Year 12 house captains. We also spotted UNO and 21 being played around the track, not to mention, bluetooth speakers aplenty.

There was also a large collective of Year 12s who attracted a staggering number of Bayview students with their music and flashmobs. We must confess we were tempted to join by the nutbush and the macarena.

The overall scores of the houses were as follows: In first place, Greenwich (Green) with 885 points, in second place Gellibrand (Blue) with 840 points, third place Phillip (Yellow) with 820 points, and coming last, Hobson (Red) with 790 points. **By Ruby Glynn and Elena**

Turner

WANT TO GET INVOLVED WITH HOLD FAST? Drop us a line at newspaper@willihigh.vic.edu.au or come to our next meeting.



TICKETS @ TRYBOOKING.COM



WILLIAMSTOWN HIGH SCHOOL WAS ARTS INITIATIVE