



# NEW GENERATIONS



ISSUE #1

FREE ANTI-BULLYING NEWSPAPER

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## CONTENTS

PAGE01 GUEST EDITORIAL

PAGE02 UNITY IN DIVERSITY

ART CORNER

PAGE03 THE EFFECTS OF SCHOOL-AGE BULLYING...

INSPIRATIONAL QUOTES

PAGE04 #DIANA25

PAGE05 WELL-BEING BADGE...

PAGE06 THE MEDIA DOESN'T CARE ABOUT WHO YOU TRULY ARE!

ACROSTICS

PAGE07 HOW WOULD YOU FEEL...

SEXISM & GENDER INEQUALITY

PAGE08 QLS NATIONAL YOUTH BOARD UPDATE



## GUEST EDITORIAL

Nicholas Nikiforou BCyA, Youth Activist, Motivational Speaker  
United Kingdom, 30 August 2022

School bullying, bullying in the workplace, bullying in and out of life circumstances is an absolute tragedy and affects every human being's mental health in every aspect including their physical health, emotional well-being, relationships with their peers and their lives. However, by having networks including The Diana Award royal charity in partnership with the QLS Network of schools, we now have Hope.

Absolute shame falls upon us if we turn a blind eye to bullying within the education system. I do not think I will ever fully get over mine through the years. However, I have got stronger by knowing how to use the tools and life skills I have been given by the Anti-Bullying Ambassadors programme.

**“ THERE IS NO “I” IN A TEAM. WE ARE ALL IN THIS TOGETHER. ”**

Take courage, be brave and although we may not ever eradicate bullying, we can train educators and Anti-Bullying Ambassadors, thus preventing or restricting the bullying of others. Awareness is key for students, teachers and parents. There is no “I” in a team. We are all in this together.

I would like to cordially welcome you to the inaugural issue of the “New Generations” newspaper by the QLS National Youth Board of which I am an honorary member. Please, join us in dedicating this issue to the 25<sup>th</sup> anniversary of Princess Diana's loss as well as QLS's first 20 years of innovation, success and synergy. I am sure you will appreciate and enjoy this issue as much as I have!





# Unity IN DIVERSITY

“ WE MUST NOT JUDGE SOMEONE BY HIS/HER/THEIR APPEARANCE BUT FROM HIS/HER/THEIR BEHAVIOUR.”

Asimina, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens



**H**ave you ever thought about a teenager's life? Every teenager lives a different life, faces different situations, adopts his/her/their own style of clothing, has different interests and hobbies, occupations. They also have different appearances, some of them are thin or obese, short or tall, black or white, have short or long hair, slanted, big or small eyes, hooked or small nose, even teeth or they wear braces. All of these, are special features which make you who you are. We must not judge someone by his/her/their appearance but from his/her/their behaviour.

Adolescence is a complicated stage for every teenager. During this period, teens wish to belong to a group of peers that can share their problems and search for some support. They want to get out of the house and explore the world or stay in a locked room and overthink for hours. They make dreams, set goals, stress out, want their freedom and deal with hormone changes. Look at how many common elements we have whereas still every teenager carries

his/her/their own story. THIS IS UNITY IN DIVERSITY! Earlier, I repeated the word “different” to show that we must coexist in our diversity. Being different is our purpose, it makes a difference among a variety of people without strong opinions that are just obeying someone's orders and this is the wrong path to follow. We must fight for our rights and diversity which is the aim of our youth board and we, the Anti-Bullying Ambassadors are here to help you succeed in this goal, the only thing that you have to do is to SPEAK! Your diversity is welcome!

Let's think about popular films and series, what are their aspirations? For instance, let's brainstorm about the famous series Stranger Things which is about a group of teens with different styles, genders, complexions and peculiarities. For example, Eleven (Jane) has super powers, Dustin has no teeth and Lucas is black. However, they have developed strong friendships with each other and they are united to face what the future has in store. Consequently, films and series offer, apart from entertainment, secret messages that we must look for.



## Works of art inspired by bullying behaviour.

1. The Silence, oil on canvas
2. Why, pencil on paper

Asimina, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens



# The effects of school-age bullying may still be evident in adults.

☐ Alexandra & Lydia, Anti-Bullying Ambassadors, Educational Dynamics Language Centre, Syros - Cyclades



**A**ccording to a 2014 study by King's College London in the UK, the effects of school-age bullying can affect victims well into adulthood. The researchers examined data provided by the British National Child Development Agency on a study of all children born in England, Scotland and Wales in the same week in 1958. The finding was startling: 7,771 children who had been bullied at school age still showed problems at the age of 50!

- weak physical health
- unstable mental health
- low cognitive function
- high probability of being unemployed
- lower income
- lower educational status

Another finding of the study was that these individuals had lower quality of life and social support.

The study conclusively proves that what the ancient Greeks advocated «vous υγιής εν σώματι υγιεί» which comes from the Latin phrase "mens sana in corpore sano" is completely true. What affects our body also affects our mind, our soul and vice versa. And this can be permanent.

"Νους υγιής εν σώματι υγιεί"



group of individuals who had not been bullied in their childhood/school years.

Source: Medical News Today

## INSPIRATIONAL QUOTES

☐ Marina, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete



Before you talk, listen.  
Before you react, think.  
Before you spend, earn.  
Before you criticize, wait.  
Before you pray, forgive.  
Before you quit, try.

-William Arthur Ward

**LIFE ISN'T ABOUT WAITING FOR THE STORM TO PASS. IT'S ABOUT LEARNING HOW TO DANCE IN THE RAIN.**

**-VIVIAN GREENE**

**“ WHEN YOU FOCUS ON THE GOOD, THE GOOD GETS BETTER. ”**

**-ABRAHAM HICKS**

**Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.**

**-Barack Obama**

**WE NEED TO ACCEPT THAT WE WON'T ALWAYS MAKE THE RIGHT DECISIONS, THAT WE'LL SCREW UP ROYALLY SOMETIMES - UNDERSTANDING THAT FAILURE IS NOT THE OPPOSITE OF SUCCESS, IT'S PART OF SUCCESS.**

**-ARIANNA HUFFINGTON**

# #DIANA25

A QUARTER OF A CENTURY AFTER THE TRAGIC LOSS OF THE PEOPLE'S PRINCESS, WE LOOK BACK ON HER UNIQUE LIFE STORY.



☐ Zack, Anti-Bullying Ambassador, Vassalou-Tsakalaki School, Heraklion - Crete

**L**ady Diana Frances Spencer was born in 1961 on 1 July at Park House, Sandringham. Diana's family had been closely allied with the British royals. Her brother Lord Spencer is the late Queen Elizabeth II's godson. Lady Diana and her three siblings grew up on the Sandringham Estate, close to the royal family. At the age of 7 her parents divorced.

When she was younger Diana had many interests: she was a swimmer, a skier, tennis player and a piano player. Above all, she wanted to become a ballerina. However, because of her height she struggled to pursue her dream career. After school, she studied to become a kindergarten teacher because she adored children. Before meeting Prince Charles, Lady Diana worked as a kindergarten teacher.

The couple first met in 1977 but started going out in 1980. In 1981, the royal couple announced their engagement. Diana chose her own wedding ring, something unusual for a royal. This blue sapphire ring is considered one of the most recognizable rings in history and was later worn by Kate Middleton in her engagement in 2010. Six months after their engagement, Prince Charles and Diana got married. The lavish royal wedding took place in St Paul's Cathedral. 2650 people attended and because the wedding was broadcast, it was seen by nearly 1 billion people around world. The wedding is still considered one of the

most memorable royal weddings of all time.

On 21 June 1982, the first son of the couple and heir to the British throne was born, Prince William. On 15 September 1984 the 2<sup>nd</sup> son was born, Prince Harry. Diana's top priority in her life was always her children. She tried to spend as much time as possible with Princes Harry and William. Rather than rely on nannies and bodyguards the Princess took the children to school herself, participated in school events and guaranteed they experienced the same pursuits as less-privileged children. She also showered them with love and affection. Sneaking her beloved boys into movies or smuggling sweets inside their socks at soccer games. The Princess of Wales always put family first.

Throughout her life Diana devoted herself to serving others especially those without a voice. She was a Patron of over 100 charities as part of her royal duties. In the year before her death Diana campaigned

to ban the manufacture and use of landmines. She travelled around the world visiting hospices, schools, charities and attending fundraising galas. She used the power of her role to the public eye to show her support of those marginalized by society. In 1987 she was photographed shaking the hand of an AIDS patient without gloves. This simple gesture was groundbreaking at the time due to the stigma that was attached to AIDS.

Sadly, Diana and Charles separated in 1992. The couple reached an agreement and divorced in 1996. Princess Diana retained her apartments at Kensington Palace and the title Diana, Princess of Wales. On 31 August 1997 the whole world found itself in a state of shock and later intense grief when Diana, Princess of Wales died as a result of a car crash in Paris at the young age of 36. The funeral was watched by 2.5 billion people making it the most-watched live TV event ever recorded. Diana was laid to rest at her

childhood home, Althorp Estate in Northamptonshire. The grave remains there to this day on an island in the middle of a lake, but it is not accessible by the public.

Princess Diana is rightly recognised and respected today as a true humanitarian. Diana may have died, but her legacy will always live through her beloved children, the invaluable work of The Diana Award royal charity and the millions of young people around the world who are inspired by her monumental legacy. And that's why she will forever be Queen of people's hearts.



# WELL-BEING BADGE...

📍 Eleni, Anti-Bullying Ambassador, NEON ELT School, Aegina - Saronic Islands

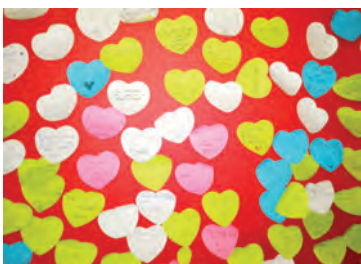
**N**owadays, a problem that affects almost everyone is bullying behaviour, especially in schools. As a result, loads of students cannot live a normal childhood which is unforgivable. Being an Anti-Bullying Ambassador has helped me realise the bullying happening among people and has also enabled me to prevent bullying from happening in my school. Therefore, I think everyone should become an Anti-Bullying Ambassador as well as an upstander. However, Ms Katerina and I organised some campaigns for our school, and then we submitted an Anti-Bullying Ambassador badge application form to "The Diana Award" with information and photographs of our campaigns. Later, we were informed that we had been awarded the well-being badge! Let me, now, brief you about our campaigns.

## CHRISTMAS

First, during the festive season, there was a green Christmas tree placed at the corridor, so everyone could see it. As an Ambassador, I went to the classes where I let the students know about the project and gave them heart shaped post-it notes. Then, they had to write something positive and stick it onto the tree. The main idea was that the ones who were not in a good mood would read the notes so as to feel better.



## VALENTINE'S DAY



Something similar happened for the celebration of Valentine's Day. Again, the students were given the same notes and were asked to write something expressing an unlimited amount of love.

## HOW?



## METAL BOX

Another helpful and interesting campaign we organised was placing a metal box with smiley faces all around at the entrance of the school which the students had to fill with stories of bullying behaviour situations involving students. Students who felt confident enough, shared their experiences of bullying and, afterwards, we read them aloud and discussed with the students different ways of handling such situations.



## POSTER CONTEST

For our next campaign, we meant to embrace the students' creativity. That is why we decided to run a poster contest. The students had two weeks to make an anti-bullying poster and then everyone chose their favourite one. Some students had made a collage of pictures from magazines while some others had drawn something original.



## FRIENDSHIP WEEK

The last campaign was about friends and the following week was named "friendship week". The students had the opportunity to show their friends how much they loved and cared about them.



Winning a well-being badge is very important, but, for us, it is as important that each one of the students wanted to be part of the campaigns. We ought to acknowledge that students of all ages were interested and with their help we have created a safer environment at our school.



# THE MEDIA DOESN'T CARE ABOUT WHO YOU TRULY ARE!

☐ Sophia, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens

**W**e live in the century of the absolute “fainesthai”, a figure of speech commonly used in Euripides' Greek tragedies to express society's ignorance; only judging from what we see makes us incapable of figuring the hidden truth. As a result, youngsters have become more interested in their looks rather than their inner world or even their health. They feel bound to resemble all the popular celebrities they follow online as an attempt to find happiness. However, setting such unrealistic goals for themselves and the people around them, has resulted in a lot of hate and ironically, depression.

by the majority? Unfortunately, people have based their self-worth on their appearance which is a major problem since they also judge the individuals in their community with these criteria. We are sometimes unconsciously repulsed by the ones who do not reach the beauty standards. So many opportunities of creating friendships, partnerships, even professional collaborations are lost because of this phenomenon; judging one's personality or even skills by their looks. Main victims of this form of discrimination are overweight people who repeatedly face bullying. People see them as an opportunity to express their complexes and degrade them. That is a method which helps them feel empowered; making comments on someone else's body to prove, mainly to themselves, that they are better. However, they avoid being openly offensive as society is starting to wake up and call them out. That being so, they make up excuses such as claiming that they bully obese people with the aim of helping them lose weight. Of course, that has not been proven to be true and has, in fact, only led to eating disorders. All this hatred could have been avoided if only people were raised with the right values and role models. Although parenting plays an important part, it is the internet that corrupts youngsters. Famous individuals who claim to be happy, but are secretly miserable, are who they see constantly and are propagandized to idealize. It is time for this to stop and, thankfully, the youngest generation has already created a movement of acceptance, prioritizing health. It is vital that we keep this up and finally accept everyone for who they are, their “einai”.

**“ YOUNGSTERS HAVE BECOME MORE INTERESTED IN THEIR LOOKS RATHER THAN THEIR INNER WORLD OR EVEN THEIR HEALTH. ”**

The ideal body is what we frequently see when we get on social media. By this term we usually refer to beautiful models but the “einai”, meaning the reality, opposite of “fainesthai”, is that they had to starve themselves in order to achieve this look. Another example is influencers with curves created by implants and plastic surgery. Even men, who we generally forget about, have set for themselves unrealistic beauty standards. Muscles that show through dehydrated skin are portrayed on television by actors who had to stop drinking water for a whole day or more. If these bodies are neither functional nor possible to maintain with healthy habits, why are they idealized

## ACROSTICS

**B**RUTAL PEOPLE AROUND THE WORLD

**U**NHAPPY SOULS WITHOUT HOPE

**L**ONELY HEARTS WAITING FOR LOVE

**L**OST MINDS TRYING TO COPE

**Y**OU DON'T KNOW THE WAY THEY ARE

**I**NTREPID HE IS TRYING TO BE

**N**OTHING FOR THOSE WHO CAN'T SEE

**G**UILTY THEY ARE FOR MAKING HIM LEAVE

☐ Clea, Anti-Bullying Ambassador, Kolitsa Language Centre, Tyrnavos - Thessaly

**R**ESPONSIBILITY

**E**OLVE AS A PERSON

**S**TAND UP

**P**ROTECT THOSE WHO NEED YOU

**E**ND RACISM

**C**OOPERATE WITH OTHERS

**T**HINK ON YOUR FEET

☐ Panagiotis, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete



## HOW WOULD YOU HELP YOUR FRIEND IF YOU READ THE FOLLOWING DIARY ENTRY?

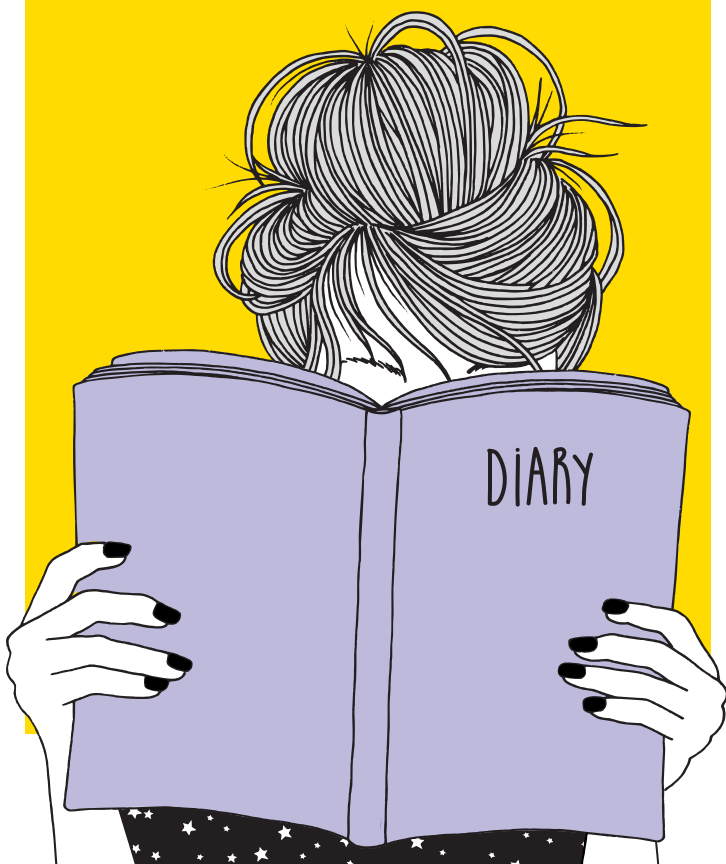
Think of all the ways you could help her overcome her problem.

□ Agapi, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens

“

Dear Diary,

Why are people like this? I thought that kids knew that it is okay and it is nice to be different. But, apparently they don't. Two months at this new school and I'm sick of it. I used to love going to school but now every night I go to sleep and wish not to wake up the next morning. Why do I have to get bullied like that? Because I'm black? Why do I have to feel like it's my fault? Why do they make me feel so unaccepted? Because I like girls unlike my friends? I'm just tired. I want to wake up and find out it's all a dream and that I can go to school and be welcomed with a warm hug from my classmates and get invited to parties, take pictures and have a normal life. Is it too much to ask for? ”



□ Anthi, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens

In order for us to be able to understand the given topic in full extent, we must first ask: What is sexism? How do we detect it? How does it affect us?

**S**exism is any expression (act, word, image, gesture) based on the idea that some people, most often women, are inferior because of their sex. Sexism lies at the root of gender inequality. Sexism is present in all areas of life.

According to the Encyclopedia Britannica “the concept of sexism was originally formulated to raise consciousness about the oppression of girls and women, although by the early 21st century it had sometimes been expanded to include the oppression of any sex, including men and boys when they don't conform to stereotyped gender roles, intersex people, and transgender people.”

Gender inequality is applied in our everyday life -often without us realizing. Take as an example the generic use of the masculine gender by a speaker (“he/his/him” to refer to an unspecified person). We can prevent this by the usage of gender neutral pronouns when addressing someone!

Thankfully, there has been progress over the last decades: More girls go to school, fewer girls are forced into early marriage, more women are serving in parliament and positions of leadership, and laws are being reformed to advance gender equality.

All of us can help to prevent this practice of inequality by simply promoting research in this area! **Don't wait for the change, be the change!**



# QLS NATIONAL YOUTH BOARD UPDATE

☐ Fred Featham, QLS National Youth Board Coordinator, Anti-Bullying Staff Lead, Asimenia Featham Schools, Rethymno - Crete



Now in its 3rd year, the QLS National Youth Board, comprised of certified Anti-Bullying Ambassadors from around Greece, has achieved a lot! It has revised the QLS Anti-Bullying Policy twice, organised and presented online events including the award-winning QLS Online Anti-Bullying Festival, annual Anti-Bullying Weeks and so much more. It is part of the QLS Anti-Bullying Campaign -QLS's most awarded programme to date, counting 4 awards and going strong since 2016. In June, a representation of the Youth Board attended QLS's 20th Anniversary Gala at Zappeion Hall where they had the opportunity to read a poem by our honorary member and youth activist Nicholas Nikiforou BCyA, reconnect with Paul Hanmore, Anti-Bullying Programme Manager at The Diana Award royal charity and meet in person our Guest

of Honour, Tessy Ojo CBE, CEO of The Diana Award and Civil Society Leader. In August, a representation of the Youth Board was invited by Nicholas Nikiforou to mark the 25th anniversary of the loss of Diana, Princess of Wales, with a commemorative zoom session including shared memories, insights and poetry reading which you can watch here.



The Youth Board also marked Princess Diana's anniversary by dedicating to her memory the further training 21 of its members received on "Anti-Racist Bullying Behaviour" by The Diana Award on 31 August. As we wrap up QLS's 20th Anniversary Year, we have a lot of exciting projects to look forward to as part of the 7th QLS Volunteering Year "Make A Difference With QLS". Stay tuned, look after each other and have a productive, bully-free school year!



## AGENDA

### OCTOBER

The Big Anti-Bullying Assembly

### NOVEMBER

Anti-Bullying Week

3rd QLS Online Anti-Bullying Festival  
Anti-Bullying Ambassador Training

### DECEMBER

QLS Book Club Christmas Online Event

### JANUARY

QLS Book Club Literary Online Event

### MARCH

5th International QLS Online School Debate Festival

### APRIL

3rd QLS Online Book Club Competition

## QLS ANTI-BULLYING AWARDS



### AS FEATURED IN



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The QLS Anti-Bullying Campaign supports the United Nations' 17 Goals for Sustainable Development with a focus on:



Edited by Frederick Featham - Anti-Bullying Campaigner, Educationist, School Owner, QLS Board Events Curator & Corporate Social Responsibility Coordinator.  
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