



Quality in Language Services
Network of Foreign Language Centres

NEW GENERATIONS



ISSUE #2

FREE ANTI-BULLYING NEWSPAPER

SPRING/SUMMER 2023
ENGLISH EDITION

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Faith Dickinson with Prince William and Prince Harry at the 2017 Diana Legacy Awards.

GUEST EDITORIAL

✎ Faith Dickinson, Youth Activist, Motivational Speaker, Canada, 24 April 2023

I'm a firm believer that "You are never too young to make a difference". I created Cuddles for Cancer when I was nine years old. It's an organization that makes fleece tie blankets for those in need (cancer patients, people suffering from other illnesses and diseases, the homeless, those grieving, First Responders, Frontline Heroes and more). To date, more than 10,000 Cuddle blankets have been made and they've been personally delivered or sent to over fifty countries around the world. Organizations like The Diana Award royal charity are geared toward supporting youth on various initiatives, both locally and on a global scale. They also recognize youth who are making a difference,

“ YOU ARE NEVER TOO YOUNG TO MAKE A DIFFERENCE. ”

which is important to highlight as they will inspire other youth, like students attending QLS schools. I believe that every youth should be given the opportunity to find a cause that they are passionate about, then be given the tools and resources they need to succeed in their projects. Students have the ability to contribute to their communities, and we're witnessing now, more than ever before, that they are making the world a better place!

I wish you all the best in finding a cause that is near and dear to your heart. I'll always be here to support you in any way that I can!



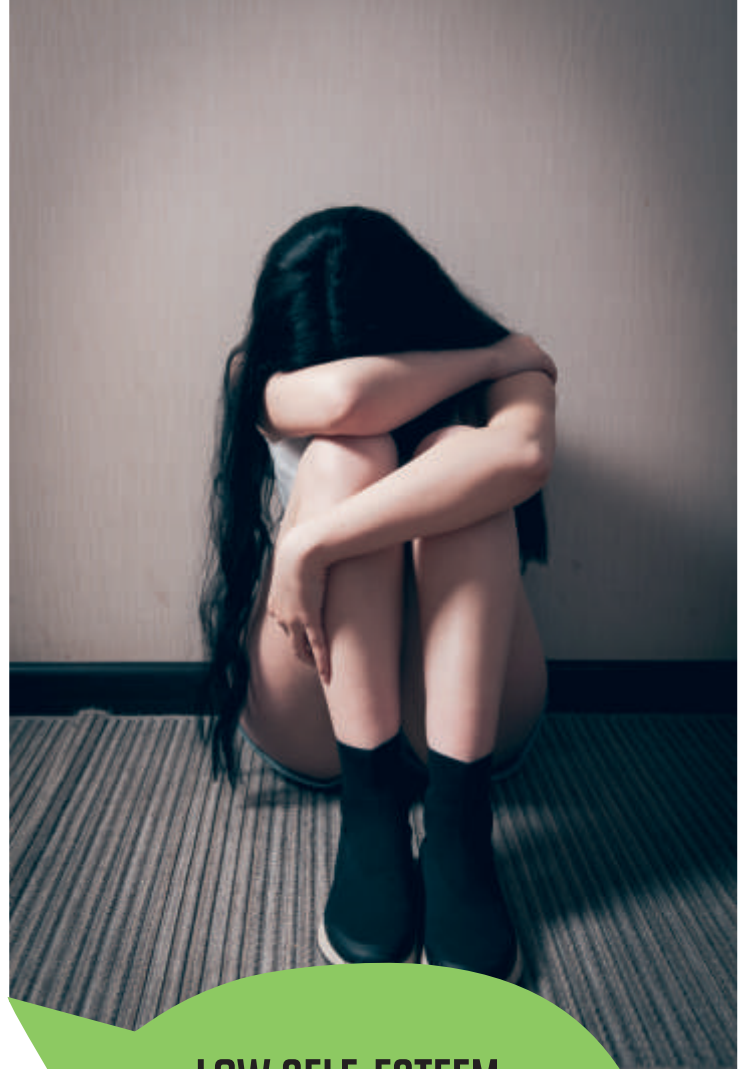
Self-harm

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

Have you ever met a person who injures themselves? What was your reaction? In recent years, self-harm is a condition which should be taken into consideration, as this particular way of overcoming possible obstacles is increasing unstopably. But what are the real causes of this issue? And are there any ways to prevent it?

There is an abundance of causes which trigger people to self-injure. To begin with, as we are well aware, teenagers have the tendency to imitate what they see. For instance, having friends who intentionally harm themselves makes it more likely for someone to begin self-injury. Moreover, low self-esteem standards and the feeling that you are not enough for somebody, no matter how hard you try, results in self-harm. Connecting self-injury with the period of adolescence, these emotions may be related to school pressure or domestic pressure. People who self-injure can't control those powerful emotions and as a distraction they inflict physical pain on themselves.

Fortunately, there is a number of ways to limit this action. More specifically, raising awareness can be very useful for identifying the symptoms and restricting those feelings. It is very important to encourage friends to seek help and avoid secrecy. Additionally, educating children with critical thinking skills about the influences around them might reduce the harmful impact. Having said this, we must remember that each one of us is unique and acts differently against various events or occurrences. Because of this, a variety of situations may trigger self-harm in one particular person, while another person may face these obstacles with a totally different crisis management. This is why we must respect our diversity and help instead of criticize our fellow human beings.



LOW SELF-ESTEEM STANDARDS AND THE FEELING THAT YOU ARE NOT ENOUGH FOR SOMEBODY, RESULTS IN SELF-HARM.

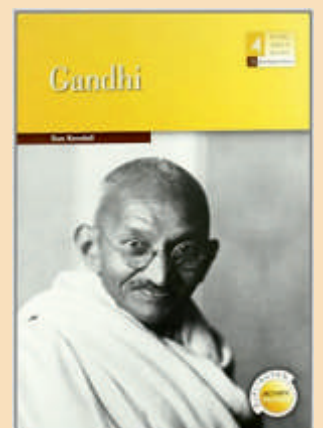


BOOK RECOMMENDATION

"GANDHI" by Sue Kendall
Burlington Books Level B2/C1/C2

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

Mohandas K. Gandhi was an Indian lawyer who became a peaceful activist, leading India to independence through nonviolent civil disobedience. Gandhi's philosophy of Ahimsa (nonviolence) and Satyagraha (truth force) inspired many important social justice movements around the world. Gandhi believed in the power of individual action to create systemic change and emphasized the importance of personal morality. He was assassinated in 1948, but his legacy continues to influence political and social movements globally. I would highly recommend this book because not only does the reader learn interesting information about Gandhi, but they also feel comfortable as the book is written in a friendly way.



POETRY CORNER



The following poem by members of The QLS National Youth Board, was awarded a Certificate of Commendation, signed by Lady Lucy French and Sir Tim Laurence, from the organisers of the 2022-2023 "Never Such Innocence" anti-war competition in the UK.

□ The QLS National Youth Board members: Agapi - Athena - Asimina (G.Papas Language School, Alimos - Athens), Klea (Kolitsa Language Centre, Tyrnavos - Thessaly) and Panagiotis (Asimenia Featham Schools, Rethymno - Crete)

"WHY?"

Why would you start a war
When everything was fine?
Break peace and harmony
And take me from the sunshine?

Why make my father die
And make my mother cry
When all she ever wanted
Was to be next to her child?

Why would you destroy my home
And leave me poor
Out on the streets
Searching for food, alone?

Because your interests must be above all?
No democracy, no solidarity, no love belong to war.
Was it all worth it in the end
Now that everyone is dead?



A poem in memory of the 57 innocent victims of the tragic train collision in the Valley of Tempì on 28 February 2023.

"THE TRAIN OF THOUGHT"

□ D.S., Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete

Day: Tuesday

The tender twilight
once again
has lulled the sun to sleep
and bowed before the starlit sky
A young voice from in front
breaks the deafening silence with sweet excitement:

"Hi, Grandma!"

[...]

"Yes, everything's perfect!"

[...]

"Will you be there?"

[...]

"Great, I'll call you when I get there. Kisses to everyone!"

Day: Wednesday

In the morning they talk about change
A theorem in mathematics
that no one thought could be proved
Eleven plus twenty does not make thirty-one
It makes a lot more
It hurts a lot more
But it can't be... mathematics can't be wrong!
Indeed.

Others can.

The rooster has crowed - a new beginning, a new day
many are indifferent to the new theorem
just as they are indifferent to whether it could be proved:
"Come on, what's the big deal?"

Others lament the hitherto existing theory
that collides, is crushed and flattened
by yesterday's
like the legend of the Titanic...

like a train carriage.



ANTI-WAR SPEECH

The following speech, written by Anti-Bullying Ambassador Agapi, was awarded a Certificate of Commendation, signed by Lady Lucy French and Sir Tim Laurence, from the organisers of the 2022-2023 “Never Such Innocence” anti-war competition in the UK.



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

WAR One word. Three letters. One small word with such a huge meaning behind it. A word so simple, but yet so scary to my ears. So scary because I hear it so often. We talk about it at school, we talk about it at the kitchen table, my friends bring it up in almost every conversation we have.

The news will always have a war topic, with videos and pictures. Heartbreaking pictures. The voices of the people trembling, tear stained cheeks and weak bones is all they have left.

Fires and bombs have ruined their houses. Bullets in the legs and arms of people who don't deserve it. People who have done nothing wrong. Kids who are hanging out in the park suddenly hear gunshots and glass breaking. People are screaming. They see a mother crying, mourning her child who just wanted to play. They see a soldier sitting with a bone popping out of his knee. An old man is looking at the cafeteria where he and his childhood friend used to go and hang out, burn down to the ground and taking away every memory he has ever made there. A teen girl is trying to hold onto her first love. But she has to let go.

Isn't that unfair? Who gave anybody the right to take away the people and the belongings of someone else? And how does a war start? Two people who call themselves “leaders“ disagree on certain things, and because of that, millions of people end up losing their lives.

What disgusts me the most about those “leaders“ is that they only care about themselves and money. They don't

care about the people they're supposed to take care of and protect.

How could someone believe that war is the best solution? How can someone get pleasure from killing innocent people and not thinking about the consequences that will follow? How can any living person be so selfish?

It makes me so mad but also so scared. I don't want to live with the fear of my brothers having to go to war and never

How could someone believe that war is the best solution?

coming back home.

War.

One word. Three letters.

A word so small but so terrifying to my ears.





PRINCESS DIANA

in her own words

"I'd like to be a queen of people's hearts, in people's hearts."

"Only do what your heart tells you."

"Family is the most important thing in the world."

"Life is just a journey."

"I want to do, not just to be."

"I don't go by the rule book. I lead from the heart, not the head."

"Everyone needs to be valued. Everyone has the potential to give something back."

"If you find someone you love in life, then hang on to that love."

"When you are happy you can forgive a great deal."

"Anywhere I see suffering, that is where I want to be, doing what I can."

"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."

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

BODY MODIFICATION



📍 Athena, Anti-Bullying Ambassador, G. Papas Language School, Alimos - Athens

A Almost everyone has insecurities. For example, their looks. Insecurity usually starts from a mean person picking on anything “unique” or “different” their victim has from them. The victim might not care but if they do and start not liking that part that they are being picked on and feel bad about it, then, that's an insecurity. Insecure people might be sad, angry, and even depressed! If you are insecure, don't worry, I have the solution for you. Body modification! But wait, that's not a real solution. Is spending thousands of money to change your appearance worth it? If you agree, let me tell you why you shouldn't. Beauty standards are the issue. If you don't fit them, you'll probably be picked on a few times or even bullied. As you finally change yourself with body modification after all this bullying and sadness, you decide to go to another country. Suddenly, you are being made fun of again because there are different beauty

standards there, you don't fit them and you are insecure for one more time. So, you decide to change yourself again, spending a fortune, to fit in. This will happen continuously. If you still haven't changed your opinion, and you are thinking think of having plastic surgery and not traveling, well, you can't escape time. As time passes, it changes. So do beauty standards. You again have plastic surgery, spend lots of money and also, harm yourself. You and your body aren't clothes that are being changed continuously. You should love yourself for who you are and not for how you look. Take care of yourself and don't change. Lastly, after having so much plastic surgery and other types of body modification, you will not look like a human being anymore, but, like a doll and you will also be broke after having spent so much money. To sum up, you should love yourself and ignore people making fun of you and all the beauty standards in the world. Put your health first, not your appearance.

“
YOU AND YOUR BODY
AREN'T CLOTHES THAT
ARE BEING CHANGED
CONTINUOUSLY. YOU
SHOULD LOVE YOURSELF
FOR WHO YOU ARE AND
NOT FOR HOW YOU LOOK.
”

In Memoriam

Farewell to Mrs Anastasia Koundoura who left us last February. Distinguished educator, founding member of QLS, huge champion of Anti-Bullying and young people. We salute a true Lady who was an inspiration to all! She will be sadly missed.



Working AGAINST bullying



✉ Katerina Liokou, Educator & Anti-Bullying Staff Lead, NEON ELT School, Aegina - Saronic Islands

In 2021, after attending the QLS Anti-Bullying training programme, Eleni, our school's Anti-Bullying Ambassador and I started organising campaigns with the aim to inform students about bullying and promote respect, kindness and inclusion. So far, this attempt has been a fascinating experience that has helped us identify bullying behaviours, comprehend their impact on individuals, as well as on the school community, and deal with them. At the same time, it has inspired us to try to create a safer and more pleasant environment in our school.

First, I would like to mention that working with Eleni has been both pleasant and, hopefully, effective. With the constant support of our school headmaster, Ioannis Ntouros, our course of action is as follows: At the beginning of the school year, we decide on the topic of our campaigns. Last year, our theme was “well-being”. Thus, the goal of our campaigns was to cultivate good relationships and encourage positive talk among the students. We were honoured to be awarded the “Well-being” badge by The Diana Award royal charity, longtime partner of QLS.

structure of the campaign, Eleni provides the students with questionnaires, which they complete anonymously, or she asks them to describe specific events from their school life, again anonymously. Next, we create posters with the students' answers, which we exhibit in the school hall. Or, in case of a competition, she asks them to create some work of art with an anti-bullying relevant theme, the children vote and the winning one decorates the school hall until the end of the school year. The students, then, often stop, observe and talk about the exhibits. I strongly believe that this creates an Anti-bullying environment in our school, which I suppose accompanies the students outside it. We also organise thematic days or weeks, such as “Odd Socks Day” or “Friendship Week” and more, during which, the students are given instructions to take action so as to promote diversity or friendship and so on. I consider that they enjoy these periods because they manage to adopt

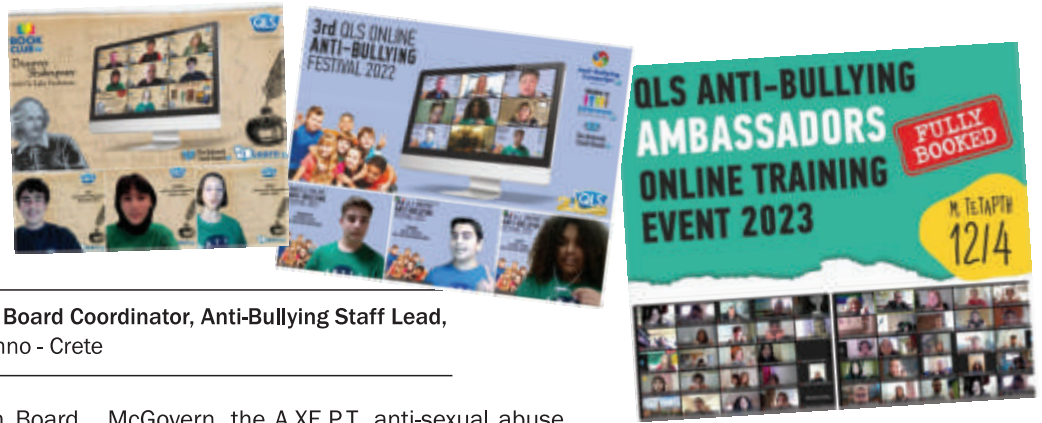


I AM THANKFUL TO EVERYONE BECAUSE THIS PROCEDURE HAS HELPED ME DEVELOP AS A PERSON.

This year, our theme is 'respect'. This means that our campaigns champion diversity and inclusion and promote equal rights. As a next step, Eleni informs the students about the theme of the campaigns. She also helps them identify and deal with the three types of bullying (verbal, physical, indirect) and she offers her support in case someone reports such behaviours, or she encourages them to speak to a trusted adult. In addition to that, she teaches them how to be active “upstanders” against bullying behaviours. Then, every one or two months, we brainstorm on the next campaign. According to the

positive behaviours in a fun way. Consequently, the feedback of our two-year course of action against bullying is more than positive and encouraging. I am really happy to work with the creative and very inspiring QLS National Youth Board and enjoy the constant support of The Diana Award Anti-Bullying Team. I am thankful to everyone because I consider that, amongst other effects, this procedure has helped me develop as a person.

QLS NATIONAL YOUTH BOARD UPDATE



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

The QLS National Youth Board has now entered its 4th year and continues to be unstoppable! Since the beginning of the school year, we have completed numerous voluntary projects as part of QLS's 7th Volunteering Year "Make A Difference" which was launched in September 2022. In October, we supported The Diana Award's Big Anti-Bullying Assembly, concurrently with UK schools, in order to start the school year on a positive note. In November, the QLS annual Anti-Bullying Week took place in QLS schools across Greece, in support of UK Anti-Bullying Week, and included Odd Socks Day, and thematic educational projects to raise awareness. The 3rd QLS Online Anti-Bullying Festival returned in November and was presented by Anti-Bullying Ambassadors to an audience of over 1000 attendees. It featured award-winning UK humanitarian and youth activist Anna

McGovern, the A.XE.P.T. anti-sexual abuse non-profit association of educators, and acclaimed singer-songwriter Rosey Blue. In December, our Anti-Bullying Ambassadors presented the QLS Book Club's "A Christmas Carol" Online Festive Event featuring escape rooms, crafts, competitions and raffles. Last February, members of the Youth Board presented acclaimed educator Dr Luke Prodromou at the QLS Book Club's "Discover Shakespeare" Online Literary Event. On 6 March, we marked the Pan-Hellenic Anti-Bullying Day with a social media post conceived by our Youth Board and in April, 40 new Anti-Bullying Ambassadors from across Greece were trained online in this school year's Anti-Bullying Ambassador Training Event by QLS's longtime partner, The Diana Award



royal charity. In April, our Youth Board was also awarded a Certificate of Commendation for its entry in the "Never Such Innocence" anti-war competition (see p. 3). The month of May, saw the release of the 2nd "New Generations" issue which you are now reading online or holding in your hands. The QLS National Youth Board will work over the Summer holidays so we continue to effectively raise awareness against bullying in the new school year with more innovative projects. Until then, look after each other and enjoy the holidays - we've got your back!

QLS ANTI-BULLYING AWARDS



READ HERE THE 1ST ISSUE OF OUR NEWSPAPER!



AS FEATURED IN



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Follow @qlsnationalyouthboard on Instagram!

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

