

## The Euros and Domestic Abuse in the UK

The 2020 UEFA European Championship, which started on the 11th June 2021, poses a risk for levels of domestic abuse spiking. Recent research conducted by Lancaster University investigates the effects of England's successes in the 2002, 2006 and 2010 World Cups on reports of domestic abuse. The study shows a 38% increase in reports on days when England lose and a 26% increase on days when they win or draw. Football season therefore, could mirror lockdown in having a similar impact of fuelling domestic abuse. The reasons for the influence of football scores on domestic disputes are hard to distinguish. Is it the result of a grossly inflated sense of pride and entitlement stemming from increased English nationalism or does the fans' genuine passion for the team's success translate to ugly anger and violence at home? The screening of matches in pubs and social settings arguably fuels the drinking culture associated with football, and this in turn would have impacts on the likelihood of violence and disputes.

It seems that this issue is largely neglected by the Football industry in the UK. To launch a campaign using adverts at half time or directly before or after matches might be effective in reducing the high rates of abuse. With 18.4 million people watching the England - Scotland match last Friday, it is clear that a carefully positioned campaign would reach the target audience and potentially serve to limit the risks for women across the UK. Other methods of limiting this dangerous by-product of football season include: direct donations from the football industry to charities which support victims of domestic abuse; the use of social media

platforms by popular players to raise awareness and discourage the behaviour and clear and consistently enforced repercussions for players with domestic abuse allegations.

While it is clear that the abusers, not the football, is to be blamed for domestic abuse, the connection between the game and the behaviour does suggest that football culture in England has a more toxic and threatening side.

## **I. Rommer**

### Deforestation in the Amazon

Deforestation in the Amazon rainforest has tragically increased by 43% in the last year. In the first four months of 2021, 1157 square kilometres of rainforest was destroyed.

Conservationists have said that they are worried due to the rise in deforestation ahead of the dry season since the Amazon is a needed carbon store that is able to slow down how quick global warming occurs. Brazil's dry season typically runs from May to October, when deforestation increases. Furthermore, during November 2020, it was reported that deforestation of the Amazon rainforest was at its highest since 2008.

According to many scientists, since President Jair Bolsonaro's election in 2019, the loss of the forest has increased faster than ever before. In the Amazon Rainforest, Bolsonaro has pushed mining and agricultural activity. He's also been accused of reversing environmental legislation. Brazilian President Jair Bolsanaro pledged in March 2021 to increase the amount of money spent on environmental enforcement and to put an end to illicit deforestation by 2030. Many

Brazilians have questioned his dedication to these commitments. Scientists in Brazil will now have to face the problem of this rise in deforestation during the dry season, which could impact the wildlife and environment. There are many petitions and links out there which help this situation if you would like to contribute to stopping deforestation.

**A.Shahin**

## **Mental Health Ambassadors**

Hi everyone, we hope you all had a nice weekend. In this week's edition, we will be looking at how the mental health of refugees can be affected (as it was Refugee Week last week), conversion therapy and how being queer has changed from being considered as a mental illness. If you have anything specific in mind at all that you would like us to write about or even share more information about, please feel free to email Miss Martos.

Thank you.

**- Myra and Zoya Soni.**



## **Refugees and Mental health**

### **What is a refugee?**

Across the globe there are approximately 71 million people who have had to flee their country due to violence, war and persecution; whether that is due to their colour, race, religion or ethnicity. A lot of them are referred to as internally

displaced people, which means they have left their home but are still in their own country. Others have left their homes and have crossed the border to another country. They are commonly referred to as refugees. The dictionary definition of a refugee is "a person who has been forced to leave their country in order to escape war, persecution, or natural disaster."

### **What is the difference between a migrant and a refugee?**

The main difference between the two is that a migrant is somebody who has fled their home due to natural disasters or for better economic situations i.e jobs. Whereas refugees leave their home because they are being forced to, because of persecution, war and violence.

### **What are the main feelings a refugee has?**

Emotions differ depending on the refugee's situation but there are some common feelings a refugee will experience. Firstly, the most common emotion: fear, they have gone through traumatic events and have lost family, entrusted their lives to humans they don't know which will all affect them and cause them to be fearful. Secondly, anger is a common feeling- why shouldn't they have the right to feel angry? Over the past few days, weeks, months or years, they have experienced challenges that no human should endure.

### **How does being a refugee affect your mental health?**

This could be in various ways. It can cause stress and worry- Can

I trust them? Is it safe here? Some refugees may be affected by post-



traumatic stress disorder (PTSD), an anxiety disorder which develops following a stressful, traumatic situation of an exceptionally threatening or catastrophic nature, which is likely to cause extreme levels of distress to almost anyone. There is most likely going to be an involvement of threatening behaviour, violence. Rates of PTSD are higher in refugees than in migrants who are not forcibly displaced. If you want to learn more about refugees, please check out these pages:

- [Refugee Children: The Challenges They Face and the Efforts to Overcome Them](#)
- [Refugee animation | CAFOD](#)
- [A Refugee's Journey](#)
- [Mental health support for refugees and asylum seekers](#)

- *Esme and Biba C.*

If you are interested, here is a quick presentation on how refugees have been affected by the pandemic- [Zoya Soni- Refugee Week conference presentation.](#)

## Conversion therapy

### What is conversion therapy?

Conversion therapy (or 'cure' therapy/reparative therapy) refers to any form of treatment or psychotherapy which aims to **change a person's sexual orientation** or to **suppress a person's gender identity**. It is based on an assumption that being lesbian, gay, bi or trans is a mental illness that can be 'cured'. It refers to several dangerous and discredited practices aimed at changing an individual's sexual orientation or gender identity. For example, that could mean attempting to change someone's sexual

orientation from lesbian, gay, or bisexual to straight or their gender identity from transgender or non-binary to **cisgender**. It could include efforts to change a person's gender expression (to make a person act **more stereotypically masculine or feminine**), or to reduce or eliminate sexual or romantic attraction and feelings towards a person of the same gender. These therapies are both unethical, extremely harmful and cruel. They are just psychological torture. It can include talking therapies and prayer, exorcisms, physical violence and food deprivation. Conversion therapy can be performed by licensed professionals, unlicensed ministries, or life coaches. It can be done one-on-one in an office or in groups at retreats or conferences. Some people pay for it.

While some conversion therapists continue to use physical methods, including painful aversive conditioning, the most common techniques in the United States today include "talk therapies" that licensed or unlicensed practitioners use in attempt to "treat" a person's sexual orientation or gender identity. They may falsely claim that a person's sexual orientation or gender identity is a result of abuse and childhood trauma, or a result of the person's environment and upbringing. Part of the reason for the vast diversity in experiences of change efforts is due to the fact that modern science has so thoroughly rejected the practice, so there is **no accredited training** for mental health professionals on how to attempt to change a person's sexual orientation or gender identity. That also means there is **no ethical standard of care** for doing so.

Importantly, “conversion therapy” does not include counseling that helps a person to find social support or explore their identity. In the UK, all major counselling and psychotherapy bodies, as well as the NHS, have concluded that conversion therapy is dangerous and have condemned it. The Stonewall charity is working to make sure that this covers gender identity too.

### **How often does it happen?**

**1 in 20 (5% of)** LGBTQIA+ people have been pressured to access services to question or change their sexual orientation when accessing healthcare services. This number rises to **9%** of LGBTQIA+ people aged 18-24, **9%** of Black, Asian and minority ethnic LGBTQIA+ people and **8%** of LGBT disabled people. **1 in 5** trans people (**20%**) have been pressured to access services in order to suppress their gender identity when accessing healthcare services.

### **Is it harmful?**

100%!! Not only is it atrocious and a form of mental torture, it can cause so much damage. Many acts of conversion therapy bear strong similarities to internationally acknowledged acts of torture and other cruel, inhuman or degrading treatment and punishment. It is considered that these acts will subject the individual to **significant or severe mental and physical pain** and suffering with long-term harmful effects – as the treatment is inherently discriminatory. Children and minors are particularly vulnerable, with a sharp increase of suicidal and depressive tendencies in those who have experienced

conversion therapy. It is also completely ineffective.

- **Myra S.**

Did you know that until **1973**, homosexuality was thought of as a mental illness? Being part of the LGBTQIA+ community is still illegal in **72** countries?! Yes, over the years, being queer has been thought of as a disease and people have been sent to be “fixed” by covertion camps or therapies, praying and going to a place of worship. This could be extremely hard for queer people mentally and can often lead to:

- Low self esteem
- Depression
- Self harm
- Drug addiction
- Disownment and homelessness
- Intrusive thoughts
- Suiside

Today, it may be hard to believe that for example, being transgender was considered as a mental health disorder by the WHO (World Health Organization) until **2019**. “Gender identity disorder” was removed from psychological diagnostic manuals in 2013.

This should never have even been the case in the first place but from 2019, transgender health issues were no longer classified as mental and behavioural disorders. There were big changes made to the World Health Organization's global manual of diagnoses.

There is no longer a Gender Identity Disorders section and identifying as transgender is no longer considered pathological in and of itself, nor is the desire to transition physically. Gender non-conformity is characterized as a sexual health condition; which they refer to as **Gender Incongruence**. This is the desire to be of a gender other than one's assigned sex.

Homosexual men used to be criminalised in the UK and they risked being arrested or sent to aversion therapy in a psychiatric hospital. It was the more privileged middle class men who were offered aversion therapy, as a “softer” option than jail (Alan Turing being the most prominent example). In contrast, the majority of mostly working class men who were discovered as being gay were more likely to end up in prison, without the offer of “treatment” as an alternative.

Although female homosexuality was not criminalised in England, like male homosexuality, it was still officially classified as a mental disorder. Some women in the armed services were referred to psychiatric services because their sexuality was discovered. They were “treated” with lysergic acid diethylamide (LSD) in the 1950s and 1960s to “overcome their sexuality”.

Fortunately, in many countries it is illegal to send your child to conversion therapy and gay marriage is legal in **28** countries. However, in some countries such as Bolivia, donating blood is banned for people who identify as gay. Just **19** countries allow transgender people to serve openly in the Armed Forces. So it goes without saying that we still need to fight for freedom!

- *Iris C. and Zoya S.*

Thank you for reading this week’s edition. We hope you found it interesting. Best of luck to anyone who has any upcoming assessments, be proud of all the work you have done. Have a lovely week!

Below, you will find some information on where to seek help and support on Mental Health, as well as some links to resources you might find interesting. Please also have a look at this week’s ‘Feel Good Challenges’ below.

- meditations on Youtube to explore if you don't have Netflix
2. [Guided meditation to build resilience](#)
  3. [Resilience exercises you can facilitate](#)
  4. [Ted Talks](#) - there are so many to choose from
  5. Anna Freud website: suggestions for self-care strategies:  
<https://www.annafreud.org/on-my-mind/self-care/>
  6. Youngmind: general information about all related to Mental Health  
<https://youngminds.org.uk/>

1. [Headspace on stress](#) - there are loads of other Headspace

## Where to find support:

# FRANK

0800 77 66 00 talktofrank.com  
Friendly, confidential drugs advice

**Self Care:** Check out the ideas on the **Anna Freud** website.

<https://www.annafreud.org/my-mind/self-care/>

# YOUNGMINDS

Text **YM** to **85258** for free 24/7 support across the UK if you are experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

### **Talk to a trusted adult:**

Your **tutor** is always a good place to start. We also have counsellors, your Head of Year, your Director & Deputy Director of Sixth Form, Father Jack. If you need some support, you can talk to any member of staff.

# LGBT foundation

**WE'RE HERE IF YOU NEED US**  
0345 3 30 30 30 [lgbt.foundation](http://lgbt.foundation)

# kooth

Whatever you're facing  
We're here to listen

Call free day or night on  
**116 123**  
Email  
[jo@samaritans.org](mailto:jo@samaritans.org)

**SAMARITANS**

[samaritans.org](http://samaritans.org)

# Talk to us on 0808 801 0400

Helpline Open Monday to Friday, 9am to 9pm

Calls to Mermaids are confidential and any details recorded will not be shared with a third party. All staff, trustees and volunteers are required to comply with our Privacy and Confidentiality policies.

Hello  
my name is

# THE MIX

Essential support for under 25s

[kooth.com](http://kooth.com)

Including online chat

## THE FEEL GOOD CHALLENGES OF THE WEEK!

Good Challenge. Thank you! :)



[c.martos@stmaryleboneschool.com](mailto:c.martos@stmaryleboneschool.com)

Pick one to do or try and challenge yourself to do all three to be a feel good master!



Think about how the LGBTQIA+ community can be supported and look up some charities that help them. Why not donate to them or fundraise if you can?



Try to do some research on refugees. For example, what are the UK laws? Have a look at the presentation and links provided above.



Try to participate and get involved in the upcoming **Pride Week events** at school!

Please feel free to contact the Mental Health Ambassadors using the email below if there are issues you want to learn more about, if you would like to join the Mental Health Ambassadors Team or if you have an idea for a Feel