

EQUALITY



INCLUSION



# EQUALITIES MAGAZINE

Culloden Academy

March 2024



CULLODEN  
ACADEMY

Classroom code: **aykkpg6**

# MEET THE TEAM:

Teachers:

Ms Cavellini

Mr Munro

Mrs Skinner

Mr Wilson

Pupils:

Sophie Jones

Zara Jones

Elliot Goldie

Scott Mackay

The equalities and rights respecting group meet every Thursday lunch time in Ms Cav's classroom.

We'd love to see you there!

A bright, glowing spotlight effect is centered at the top of the page, illuminating the title.

# SPOTLIGHT ON THIS MONTH

**This issue's  
focuses are:**

## **Anxiety**

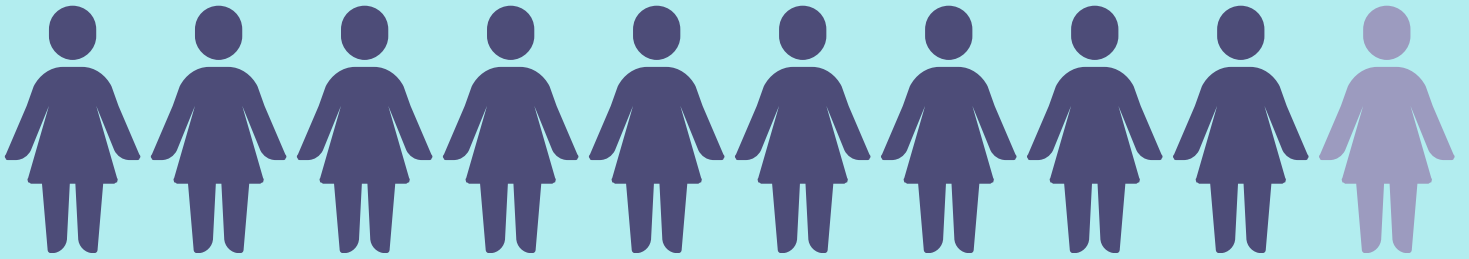
Pupil surveys, tips  
and advice

## **Exams**

How to revise and  
prepare for exams

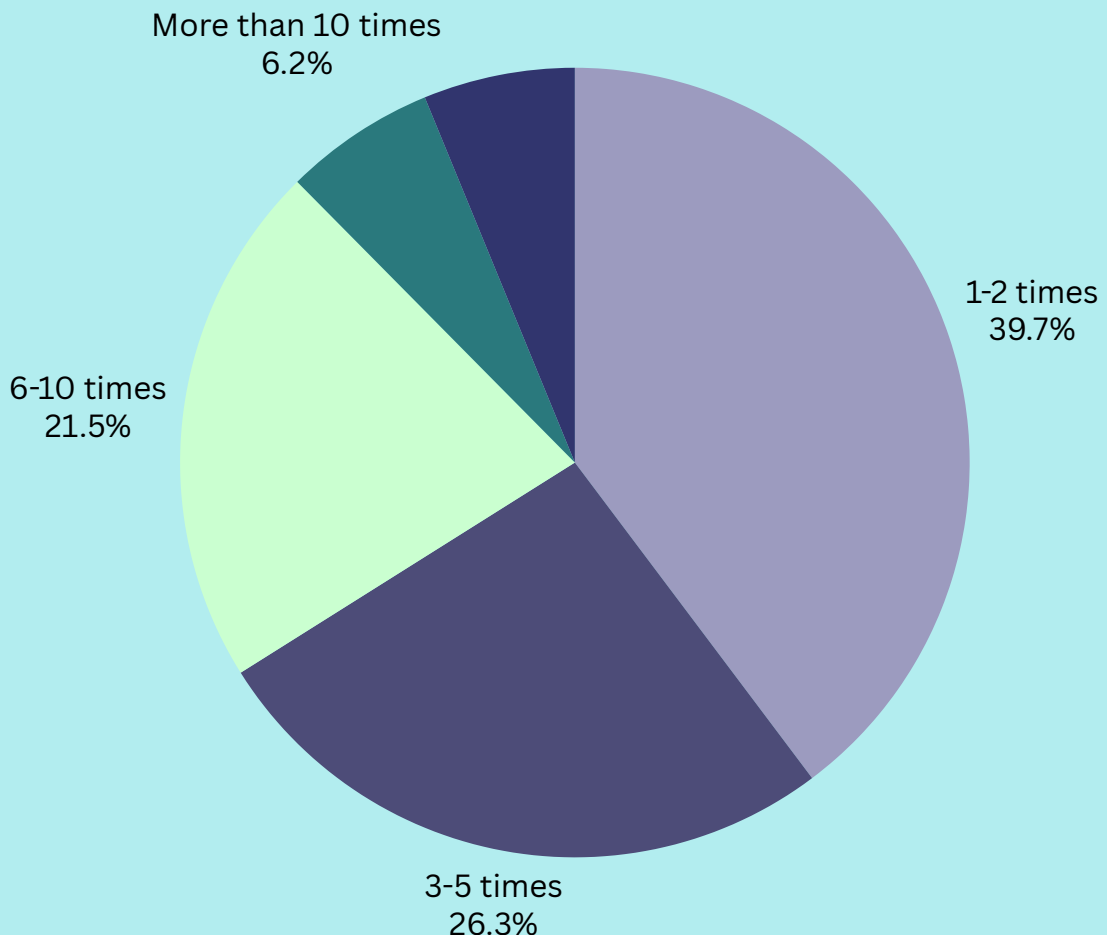
# PUPIL SURVEYS

How Culloden pupils experience anxiety



Only 1 in 10 S3-S6 girls reported never feeling anxious in a school day

94% of S1-S2 feel anxious at least once a day



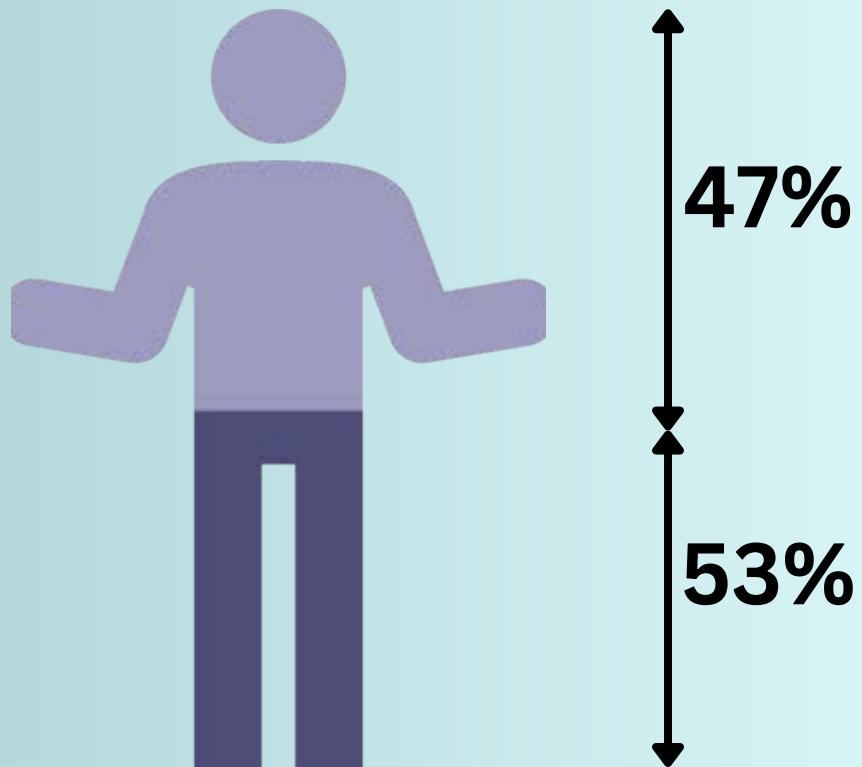
How many times a day do you feel anxious? (S1-S2)

# PUPIL SURVEYS

How Culloden pupils experience anxiety



75% of people feel anxious about being late to assembly



53% of senior male students feel anxious at least once a day



# BOOK CLUB

A selection of great stories supporting equality for Young Adults



## **My Father, The Panda Killer** - Jamie Jo Hoang

A poignant coming-of-age story told in two alternating voices: a California teenager railing against the Vietnamese culture, juxtaposed with her father as an eleven-year-old boat person on a harrowing and traumatic refugee journey from Vietnam to the United States.

Told in the alternating voices of Jane and Phúc, *My Father, The Panda Killer* is an unflinching story about war and its impact across multiple generations, and how one American teenager forges a path toward accepting her heritage and herself.

## **There's No Way I'd Die First** - Lisa Springer

A spine-tingling contemporary horror-comedy novel that follows a scary-movie buff as she hosts an elaborate Halloween bash but soon finds the festivities upended when she and her guests are forced to test their survival skills in a deadly game, from debut author Lisa Springer.

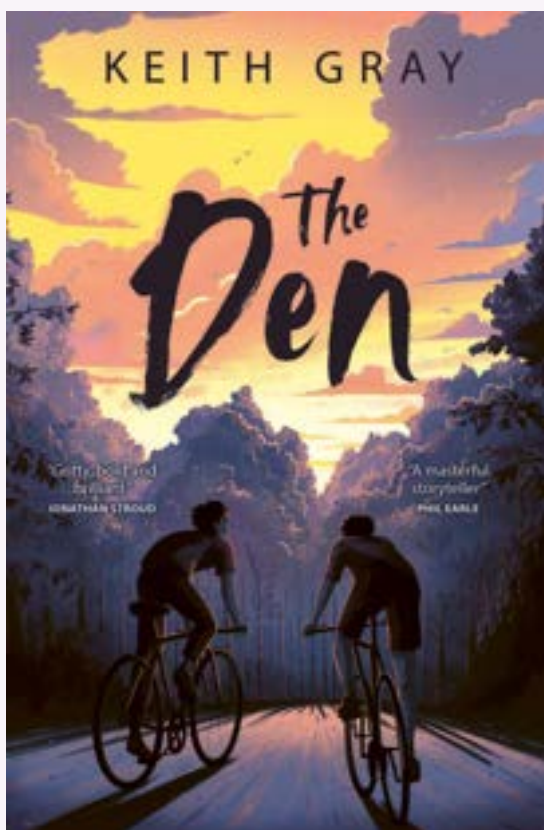




## Letting Go - Cat Clarke

Never make a promise at a funeral. It's my new motto. When Agnes made a promise to her girlfriend, Ellie, she thought they would be together for ever. But when she has to keep that promise a year later, it puts Agnes in a situation she could never have predicted – climbing a desolate mountain in miserable weather, with Ellie and her new boyfriend, Steve. And when the weather takes a threatening turn and the tension between the trio hits its peak, Agnes will have to push herself further than she ever thought was possible ...

**Information for Adults:** This book has a dyslexia-friendly layout, typeface and paperstock so that even more readers can enjoy it. It has been edited to a reading age of 8. Content may be unsuitable for younger readers.



## The Den - Keith Gray

Marshall feels the need to escape because things are so tough at home. Rory is just happy it's the first day of the summer holidays. While out on their bikes they stumble across a long-forgotten underground bunker at the edge of the woods.

This is the den, and going down inside will stretch their friendship to its limits. There will be rivalry and betrayal, but can wrecked relationships be saved before the summer has even begun?



# Exam tips

## from Culloden pupils

- Don't study 24/7, only until you feel better about the subject, then take a break
- Try to study away from your bed, such as at a desk or in a different room
- Start revising a little, but often
- Talk to teachers and ask for advice
- Start early and break subjects down into small parts
- Take time to do things that you enjoy to recharge your batteries
- Don't worry about not revising the same way as your friends, everyone learns differently
- Listening to music while studying can help
- Create a study timetable and try to stick to it but don't overwork yourself
- Keep reviewing things that you're not comfortable with
- Know that nothing is forever - if you mess it up it's okay as long as you've tried your best.





# Anxiety Management

## Tips from Culloden Pupils

- Sleeping and eating well
- Remember that your panic won't last forever and that the thing you are worrying about will stop
- Try to talk to other people that you trust so you aren't keeping your anxiety to yourself
- Breathing and mindfulness exercises
- Use the Decider Skills - see PSE for more?



# HIGHLAND PRIDE INTERVIEW

By Elliot Goldie

## **Where can we get more information?**

The best place is the Highland Pride groups on Facebook, where we update our own information but also promote other events and happenings around the region. As an organisation, HP doesn't organise everything, we simply don't have the time or resources. As such, we're happy to help promote events that others want to put on.

## **Are there any events organised apart from the march for young adults?**

Again, check HP on FB for anything going on. I believe there is a banner-making workshop being organised by an external group, but beyond that - what do young adults want? It's not the first time we've asked ourselves this question, sadly none of us on the Committee really qualify anymore! A couple of us do have offspring within that category, and we're always trying to encourage all events to be as inclusive as possible.

## **Do you have any tips for teenagers who are thinking of coming out or transitioning?**

Ooh, now here's the Big Question! I did the deed in my 50's, so I have no idea how relevant anything I might suggest would be,

but I suppose the worries about family and peer rejection or ridicule apply at every age; I certainly wasn't going to come out as trans back in the '70s, when the cultural context simply didn't exist! I stayed hidden from my birth family, from my partner and my own kids until a freak circumstance rather outed me; there had been enough hints and odd comments over the years to convince me that such an action would not be viewed favourably (as it was, I was wrong about that, so it only goes to show!)

Perhaps my main tip would be to be as certain of your reception as you can be - and that, again, is completely unknowable. There's a lot of people out there who will happily talk the talk, but when it comes to actually walking with you, will run a mile in the other direction; the sad thing is, you can't tell it's going to happen (or not) until it happens (or not). Be prepared for the worst: homelessness, loneliness, isolation. Hope for the best, though: the world is a much more understanding place now than it was when I was a teeneager, we didn't even have internet back then, so information was almost impossible to come by and homophobia was the norm, perfectly acceptable in society. Do your research, and if you don't think you absolutely need to come out, then consider not doing it. You can be gay or bi without any external clues, and nobody need ever know unless you want them to. Being trans is a whole other can o' worms, of course, since so much of the condition is tied into how you look, how society perceives you and treats you. That's getting better, but it's far from ideal even now.

## **We were excited that the Pride March was back this year. Can you tell us about it?**

Organising it is harder than it looks! In previous years (2018, 2019), we were able to "piggy-back" the event onto other things run by the Council, and they did a lot of the work, lent us infrastructure, etc. This time, we're starting from scratch and we're currently wading through an insane amount of

bureaucracy and red tape in order to make it happen. But it's happening (subject to confirmation ): Saturday July 22nd, and check the HP groups on FB for further details about parades, entry to the Northern meeting Place village, etc. I can say that you need to apply for a ticket for the village, but again there will be more on that as it happens and they go live.

We've got speakers, bands, stalls, food and drink... all the stuff.

## **What resources do you have to support teenagers in the Highlands?**

I don't think we've got anything specifically for teenagers as such, but if anyone wants to organise things, HP will do their best to support however we can. Bear in mind, though, we're all volunteers with day jobs, and our funding comes entirely from donations and sponsorships - and it's all being eaten up by Pride planning just now. But in terms of things like helping publicise, advising if required... we're there for you.

## **Do you have any tips for teenagers on how to be a good ally?**

Well, now, I can illustrate this with a little story from my own past. I was travelling home shortly after socially transitioning, and a lot of wounds were still very raw around me. My son and one of his mates were on the same ferry (this was in Orkney, where I lived at the time) and on seeing me as me for the first time, his mate said, "is that your dad?"

"Yes," said my lad. "Don't judge..."

"I'm not sure I can't judge," said his mate.

"In that case," my boy said, and made me so proud as he did so, "judge kindly."

And that's the core of it, I think: people are judgemental by nature, we do it all the time and very often don't even realise we're doing it. But making the effort to just stop and consider what you're thinking before you say it is a good step; training yourself to think positively about LGBT people is an even better

one - after all, the bottom line ought to be, what difference does it make to you if someone is gay, bi, trans or anything else? Seriously, how is my sexuality or gender presentation going to adversely affect you? If it makes you "uncomfortable" - why? And have you considered that being such a bigot and arse might make me "uncomfortable"?

My own opinion is that a lot of the current anti-LGBT rhetoric stems from a desire of a select few to stamp some sort of authority over the rest of us, to impose a conformity that they control. It's a power thing, an ego trip if you like, all about domination and intimidation and being somehow "powerful" because of it. UK politics currently lacks a genuinely socialist, people-oriented faction; all the current crop are money- or power-driven, and things like humanity, compassion and tolerance don't thrive in such environments. But I also believe that these things run in cycles; the pendulum will swing back again eventually, and a more liberal, tolerant, progressive politics will rise to the fore for a bit. There will always be battles to fight, such is the way of things. But all it takes to fight those battles is a willingness to listen, to try to understand, and to accept that someone else's life is their life, to live as they choose, and should not be subject to censure from anyone else.

*Best wishes, Roz*

This interview represents the views and opinions of Roz White and are not necessarily those of Highland Pride as an organisation.



# WORDSEARCH

## Revision

P	T	A	P	N	Q	K	K	D	L	K	I	Z	T
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EXAMS  
PAST PAPERS  
STUDY  
QUIZLET  
BLOOKET  
RETRIEVAL  
FLASHCARDS  
NOTES  
REPETITION  
REVISION  
KAHOOT  
MIND MAP

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