

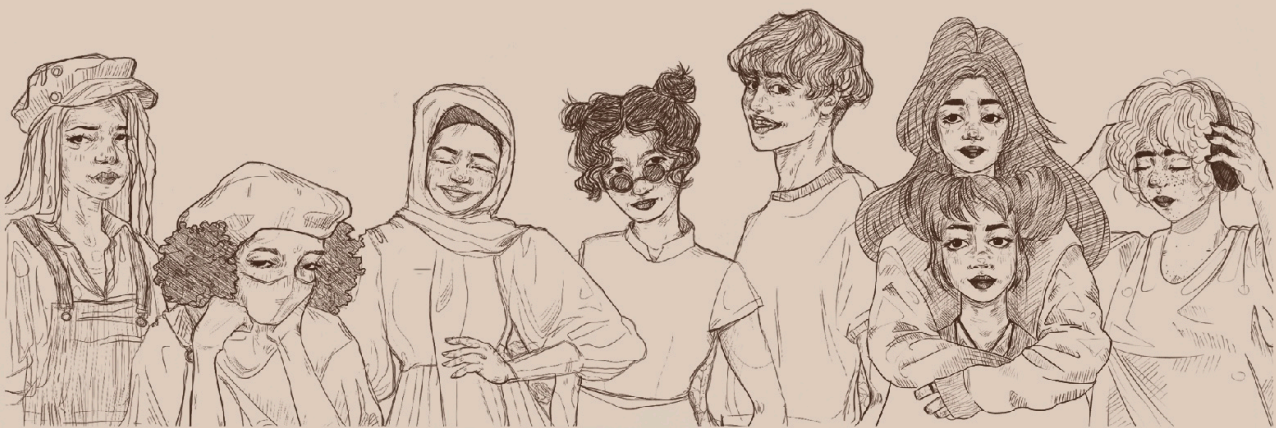
Global Awareness Movement  
**GAM**  
TIMES

# GAM

## TIMES

"I just want peace."  
Interview with young  
adults on their view on  
the Israeli- Palestine  
conflict.

JULY  
2021



one small percentage of profit, together with  
the cost of handling, added to the actual cost



# GAM

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## TIMES



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Nawrocki

Hello! We are GAM Times. A part of Global Awareness Movement, a community that brings together teenagers from all around the world. You can say we are a youth that is trying to make an impact since day one. We are online newspaper created by teenagers in Poland, but we work globally. With people all around the world we create a community. Thanks to that we can write articles targeting global issues with certainty that we deliver truth and truth only. And that makes us unique, we have a global point of view. We write and talk about human rights, women rights, politics, climate change, stereotypes everything that matters. We are focusing on spreading awareness on issues that are important to us and we hope, they would become important to you as well. Our goal is to spread awareness mainly among youth, but I encourage everyone to read!

~ Helena Drzazga, editor in chief



# GAM HIGHLIGHTS



Hanna Okurowska

GAM Highlights is a place where you can read a summary of the most important political and social events of the month. We think it is crucial to be aware of what currently is happening in the world, all of it, and to achieve that every month we will publish here a collection of diverse news.

~Hanna Okurowska

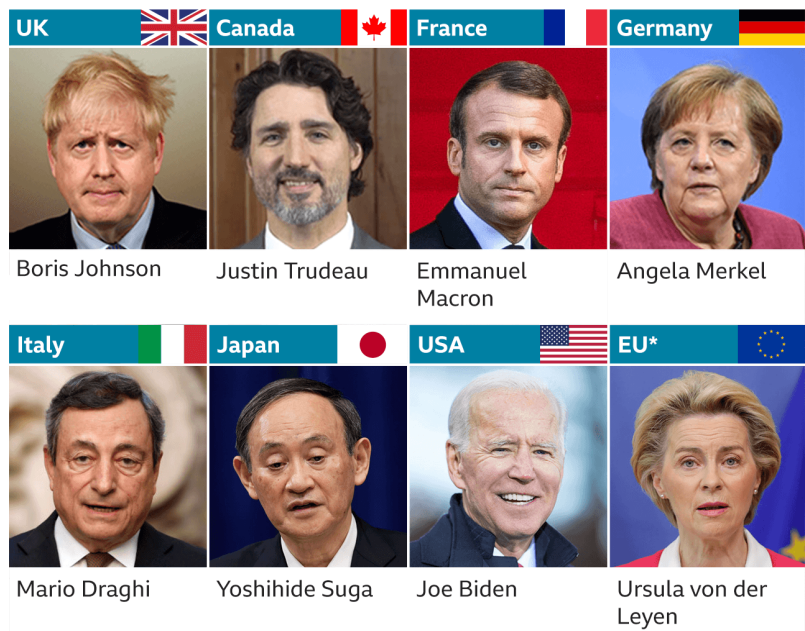
# G7 SUMMIT IN A NUTSHELL

By Hanna Okurowska

On June 11, 2021, leaders of seven biggest economies in the world have met for the famous G7 summit, but what does it actually mean for us?

The conference in Cornwall this June has made a lot of media fuss, partly thanks to Boris Johnson who decided to cover the 261 miles between London and Cornwall by plane, to then later sit down and discuss the matter of climate catastrophe, but also because it was the first visit of Joe Biden to Europe and the US president himself has put his two cents in the matter of how West should handle China.

## G7 leaders in Cornwall



\*The EU is not a member of the G7 but is usually part of G7 summits

Pictures from Getty Images

BBC

But if you look closer at the dynamics in the Group of Seven, changes are quite obvious. Founded in 1975 by France, Japan, Italy, Germany, United States and Great Britain group called itself G6, but a year later, after Canada joined, it was renamed to now known G7. There was also a 17-year period of time where Russia was invited to the table, but eventually got suspended after annexation of Crimea and starting a war in Donbas. Next complications came about with the beginning of 2017 when Donald Trump got elected but his input in G7 seemed more of a disturbing child rather than a serious politician; just like when he stubbornly tried to host the summit in Washington last May despite the raging pandemic.

So, what did the leaders of the greatest economies in the world establish last month and why for many it might seem like a disappointment?

I read an article about this years G7 summit being somehow stuck in time and I must admit this is probably the most accurate description- on the one hand, with Joe Biden taking reigns over the Atlantic, leaders of the biggest states don't have to worry anymore if the president of such a might will flip the world upside down with just one tweet sent in the middle of the night, but then again as Angela Merkel said in her closing remarks- "the election of Joe Biden as U.S. president doesn't mean that the world no longer has problems." And that's what this year's Cornwall meeting has proven; resolution to provide a billion Covid vaccines to poorer countries only confirms that contrary to what many want to believe- pandemic isn't over yet and with new variants circulating the globe it seems that despite the optimism its further and further to be. On topic of the Covid-19; one of the main points is a demand that China fully investigate the origins of the Corona virus and publish the results. After all, it's been almost two years now, and we still don't know which theory is the closest to the truth, and whether Trump's allegations of the Wuhan lab leak have any basis, as he recently claimed.

Another major topic was dealing with China's abuse of human rights, Joe Biden flew to Europe with big hopes of his allies backing him about decisive action against Beijing but had to come back humbled by the fact that Europe isn't that hurried to cross China off, especially now that it quickly becoming one of the most powerful and important players on the international arena.

What was endorsed though is a global minimum tax for the largest companies, which is now being questioned by many investors and economists whether it was a good move in times of pandemic economic downturn as it may result in less investment which will certainly not lead to growth. Although looking at a wider picture it will fulfill its function of creating, what Bidens administration calls, "foreign policy for the middle class" and unable the rest of the world to cut corners when it comes to paying taxes.



The last topic, of the climate catastrophe, was particularly important due the 26th UN climate conference that will be held this year and that is said to be the first real testament to the Paris Agreement. However, the issue with that is that since the agreement in Paris was made in 2015 most European countries thanks to large financial outlays and rapid decarbonization don't account for much of the world gas emission, not like China and other emerging economies that are leading on this field. Ultimately, this problem is to be resolved with the commitment of participants to donate \$ 100 billion a year to help poorer countries reduce CO2 emissions, but for results of that we most probably will have to wait another few years and see for ourselves.



Hi! I am 17 years old high school student. My job in GAM is to be up to date with current political and social events and write them up for my GAM Highlights section, as well as run a GAM Facts series. In my free time you'll usually find me with a good book in hands or watching my favorite movies.

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# GAM WORLD



Helena Drzazga  
Hanna Okurowska

Sexism, human rights, refugees, those are only a few of the topics we want to raise in this section. Our goal is to publicize different social issues that people tend to forget about. We are going to interview and talk to many interesting people, both valuable experts in their fields, as well as people who have been wronged by the system and are as passionate as us about making a change. With this column we wanted to provide a space for our interviewees to be heard and for our readers to educate themselves as much as possible on those crucial problems

~Hanna Okurowska

# Israeli-Palestine Interview

*By Helena Drzazga*

This month we are taking a closer look at the Israeli-Palestine conflict, that is happening for centuries now. We asked young adults from Israel and Palestine, for their perspectives and views on this situation. We want to know what youth thinks and to hear fresh opinions.

QUESTION: Could you tell me a little about yourself?

ISRAEL : I am Agam. I am 16 years old. I was born here in Israel, and my whole family is Israeli. I haven't lived here my whole life. In fact, I lived in Poland for the majority of my life. However, I love Israel, it is really important to me and my whole family lives here.



PALESTINE: I am 30 years old, I was born and raised in Halifax and my ethnic origins is Pakistan Kashmir.



QUESTION: What are the roots of the conflict?

I: In general, Israel's many, many conflicts start with a religious background. It is a giant problem. "We think this is our land", "No, we think this is *our* land". I think because it is religious it causes so much more of a problem. Religion is not something we agree about. It is just something that we live with. When I believe in this and you believe in that, it is okay. However, when it is a reason why two countries are in constant war it is a big, big problem. This specific conflict that just happened is more of Israel's fault. Israel has a lot of faults, and the government has a lot of faults. I believe a lot of this comes from Israel, which is not taking care of all of its citizens, especially those who live in the Gaza strip. The Gaza Strip is in horrible condition, and no one is taking care of it, no one is making sure that all citizens are okay. I think the root of it is that the government is not paying enough attention.

P: The root of the conflict, I believe, is Zionism. Zionism is the ideology of creating and developing a Jewish homeland in Palestine. Everyone has the right to a homeland but the issue is when it is at the expense of others.

QUESTION: What do you think of your opponents?

I: They are really scary, of course, it is scary. Especially when you live in Israel, and you are here. My opponents are basically every country that surrounds Israel. It is like a constant fear that one of those big countries can attack us at any time.

P: Firstly to clarify, who the opponent is, anyone who is carrying out injustice or oppression, they are the opponent, anyone who does not value human life they are the opponent, whether that is the Israeli regime, oppressing Palestinians, the Indian Modi establishment in Kashmir or the Saudi Arabians oppression and aggression in Yemen.

QUESTION: Is homeland or peace between the nations more important to you?

I: Peace. For sure peace. I don't think I need to explain it. I just want peace, not only between Israel and people living outside of it. I want peace for people who live in between. You know the Arabic people that live in Israel, they live in horrible conditions as well. Not only in the Gaza Strip, just in general. I just want a perfect world!

P: Peace is the most important objective, no money, no land, no holy place is above the life of a human.

QUESTION: Do you think that the government or the media are creating even more problems? In other words, are they aggravating the conflict?

I: Definitely. When you read and watch the news all you can see is different perspectives. Everyone claims to have a new perspective, and people on the news start to argue who is right. And what keeps happening when there is a big conflict, for example a war, is that the media starts to show people hurting Arabic citizens, devastating their shops, saying “No more Arabic citizens”. And I cannot believe you would show this on TV. I agree to spread awareness, but say „this is bad, this shouldn't be happening”. Leaving it without any comment might be perceived as a positive thing. I just don't get it, it is so horrible!

P: In all honesty, the biased coverage by the media and elected representatives of the issues happening in Palestine, fuelled and contributed before, but in today's age where everyone has access to social media, and the people on the ground can record and share first-hand experiences, this has helped change the narrative.

QUESTION: Do you think that HAMAS is a terrorist organization?

I: I do. I don't know, maybe it is just because I was taught that, but this is just how I see them.

P: Hamas to many nations in the west is a terrorist organization, but to the people of Gaza, who are currently undergoing a land sea and air blockade, they have democratically voted for them, they are their elected representatives. I DO NOT agree with their strategies and tactics, the same way I do not agree with the strategies or foreign policy of other countries.

QUESTION: Do you think that involving a third party such as the UN is a good idea to resolve the conflict?

I: I think it is great when there is a third perspective. We obviously can't solve it alone. Right now, it is just people screaming at each other. The only way to solve this is when someone else intervenes and starts making peace.

P: All the UN is doing is offering words of condemnation, no further action has been carried, Israel is clearly committing International war crimes and human rights violations, the illegal settlements the bombing of the most densely populated area in the world, where are the sanctions, where are the UN peacekeepers, the issue is the nations that fall part of the Security Council such as the US, are always vetoing any motion to bring change.

QUESTION: This conflict is very complex. What are the most common misconceptions that you have had contact with?

I: I've heard a lot of stuff. When I receive new information, I try to ask myself: is that true? I often think it is a misconception, but what if I was just taught to think that? There are so many perspectives coming at you, so you can't ever be sure. I hear one person saying that this is not a war; it is just Israel dominating and controlling other areas.

P: The most common misconception that I've had experience with, is that people believe it's a conflict, this is not a conflict. A conflict would suggest equal powers having a fight or war, where one side is the clear aggressor, land grabbing, murdering of children, ethnic cleansing, apartheid walls, blockades, police brutality, genocide is all ongoing in Palestine today.

I really don't see it like that. I don't even think that this conflict was started by us. Everyone that I see is like, "Finally, the world will see who started!" But nobody cares who started. It started such a long time ago that I don't believe there is a bad and a good guy anymore.

QUESTION: Do you think there is a solution that can satisfy both parties?

I: I wish there was. If there is any, it would be shared territory. No Palestinian, no Israeli, just shared by everyone. But I don't see that happening any time soon. Everyone just wants it. Without thinking about the other side.

P: In all honesty, I don't know, too much land has been stolen, too many illegal settlements have been developed, too much blood has been spilt, before a solution can be found the aggression and oppression would need to be seized.

QUESTION: What scenario are you hoping for?

I: I just want peace. I want everyone to be and feel safe, especially the Arabic citizens in Israel. That's what worries me the most right now, because it is a terrifying way to live, to live in a country that is racist towards you. Israel is chaotic. I don't know if you know this but, today, 25% of the government is from the Arabic party.

P: I am hoping for Palestine to be free, this means, for the indigenous people to have a right to return, a right to their land back. For all nations and all people to have the right to worship and live without fear as they did before 1948. Jerusalem to be a place where all people can worship at their respective holy places, as they did before the aggression and oppression began.



I really hope that the new government will change something. So, hopefully, there will be a change.



## Helena Drzazga

Hi! My name is Helena, and I am 17 years old high school student. I am editor in chief of GAM Times. My goal is to spread awareness among youth, mainly on human rights and politics. In my free time you can find me in an art gallery, cinema or fighting for equality.

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# GAM SCIENCE



Karolina Sosnowska

GAM science is a place where you can read about recent discoveries, learn things about human body brain, animals, nature and many other things related to that topic. It is your chance to gain knowledge in fast and easy way. I believe it is really important to understand how everything that surrounds us functions and that's why this column originated.

~ Karolina Sosnowska

# **The Promising Vision of Precision Medicine to Soon Revolutionize the Global Healthcare System**

By Kacper Ścibski

While researchers and clinicians focus on understanding the reasons behind every disease and their possible treatments, we shall remember that just as every patient is individual, so are the symptoms, disease reasons and prevention methods unique for everybody. Have you ever had acne during your puberty? Do you remember your friend recommending you an amazing balsam that helped them? It did not do the trick with you, did it? This trivial example demonstrates that the *one fits all* model does not always apply.

This is why work on new Precision Medicine (PM) has just began in the recent years. PM, about which this article is about, uses a method of patient subcategorization, allowing to compare the individual medical conditions to other patients. Such approach narrows down the required treatment to a specific group of patients, rather than applying one, often ineffective method for all.<sup>1</sup>

## **A New Compromise? How Does the Precision Medicine differ from the Personalized Medicine?**

Since the field of medicine emerged, it has always relied on observation and analysis of various health conditions. So far, all the medical knowledge has been scattered in forms of research papers, publications, articles, books, etc. From a very long time ago, people have always realized that, for example, walking around without a hat and a warm coat in the winter can lead to flu. However, over the years, this knowledge, based on observations of thousands of patients, had been accumulating to be used by the next generations of clinicians. Nowadays, (in addition to the continuous new research) humanity has already obtained a wide scientific understanding of diseases treatment and preventing many of them.

In the last few decades, there has been a great movement towards *Personalized* Medicine. As the name suggests, every clinical case here is investigated

individually. However, in real life, this approach is often found to be limited by the tremendous amount of testing (usually based on patient's genetics which is quite expensive, to say the least). If we add the time-management and lack of resources that could allow for a proper medical diagnosis, *Personalized Medicine* becomes rather a futuristic concept and Precision Medicine is a step towards it.<sup>2</sup>

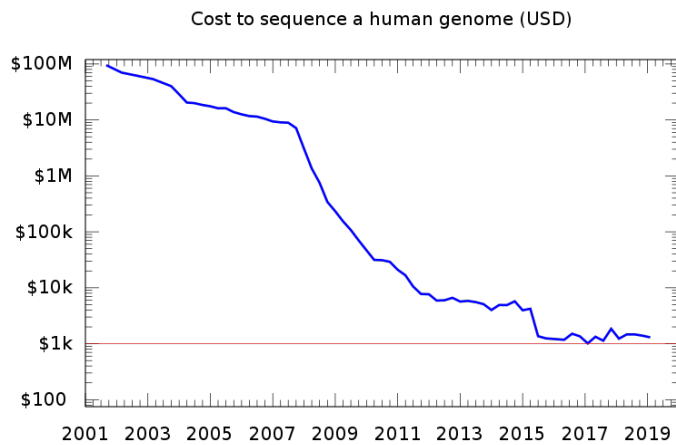
Healthcare providers do realize a similar problem, which is why a compromise has been suggested. While Precision Medicine is a relatively new approach in global healthcare system, for which the first step would be a development of a database, including disease classification, affected by lifestyle, medical conditions and susceptibility to diseases, followed by a more effective treatment. The development of such a medical data analysis tool could significantly reduce the waiting times to see the doctors, help to choose the individualized set of drugs, or even predict and prevent multiple diseases.

The movement towards Precision Medicine has been accelerated in 2015, when President of the United States, Barack Obama, decided to fund 200 million USD to the "Precision Medicine Initiative." After just a year, over 10,000 American specialists were already involved in the project.<sup>7</sup>

### **Examples of Already Existent and Potential Uses of Precision Medicine**

The most common example of practice of Precision Medicine is blood group classification. In the early XX century, an Austrian Physician Karl Landsteiner noticed the blood serum of certain individuals would agglutinate when mixed together. Yet, he later discovered this was not always a rule and blood agglutination was dependent on the antigens present on the surface of the red blood cells. For categorizing humans into three groups (later named as A, B and O) his work was awarded with a Nobel Prize.<sup>8</sup>

Another huge milestone in PM was a huge development in the genome sequencing. When "The Human Genome" Project launched in 1990, it was estimated to last for 15 years and cost almost 3 billion USD. High cost and time necessary for this project pushed the scientists to start manufacturing other sequencing methods.



The initial price went down to millions, then thousands, ending up in a “race” of reaching a baseline of 1000 USD. Nowadays, the term ‘Next-Generation Sequencing’ is used to collectively refer to the most recent technologies. Those are not only becoming cheaper, but also more

time-efficient while reaching a great accuracy.

Ability of sequencing the human genome has already been proved to have a massive potential in Precision Medicine. In 2017, “Nature” published an article claiming the Next-Generation Sequencing might allow for an effective cancer treatment. An example of leukemia was given, where after recognizing the mutation site, the abnormality could be targeted with a specific drug. For example, with Gleevec - a medicine being effective only in a treatment of particular genetic mutations, yet, passive in others. Clinical tests have already proven for this method to be efficient in curing cancer among patients - most astonishingly, with a use of a single drug only, essentially excluding the need for chemotherapy.<sup>9-10</sup>

In addition, NGS can revolutionize oncology by providing a fresh look on tumor formation. So far, the clinicians were mainly focusing on the location where cancer begins to develop. Surprisingly, according to other recent findings, “The genetics of some breast cancers, for instance, may be more like stomach tumors than other breast cancers.”<sup>9</sup> This new approach is often referred to as a ‘basket trial’ - which characterizes cancer based on its genetic background and not only the location in the body. Specifically for the tumor, which originates from a random mutation, the conclusions can be made that sequencing the genomes of multiple patients and collecting them as a one database, would allow for a better understanding of cancer.

Yet, cheap and accessible genome sequencing may be the most important factor to enable Precision Medicine to develop, another important aspect, on which it

is heavily reliant, is the lifestyle. This broad term includes the diet, amount of physical activity or psychological health. PM is especially promising in the fight with diabetes - an arising problem in the developed countries. However, it is being observed that the increased tendency of obese people to develop diabetes at some point in their lives, is not always a rule. Researchers are currently working on relating the different biomarkers with Type II Diabetes susceptibility. PM, if applied in the future, along with Artificial Intelligence, could categorize the patients and “use biomarkers to personalize lifestyle recommendations, intended to lower type 2 diabetes risk or to slow its progression.”<sup>12</sup>

Another target of the modern Precision Medicine are the commonly-known “diseases of affluence.” Those afflictions include conditions like heart-stroke, type II diabetes or obesity.<sup>3</sup> As long as everybody knows lack of sport activity or diet based on the junk food often leads to various complications, predicting the disease susceptibility might often rely on genetic factors too. The easiest way to determine that would be by comparison with data other patients’ data. Such classification would be based on individuals’ health histories, genetic susceptibilities or even the environmental factors they are exposed to, in order to decide on the best actions strategies for the patients<sup>4</sup>

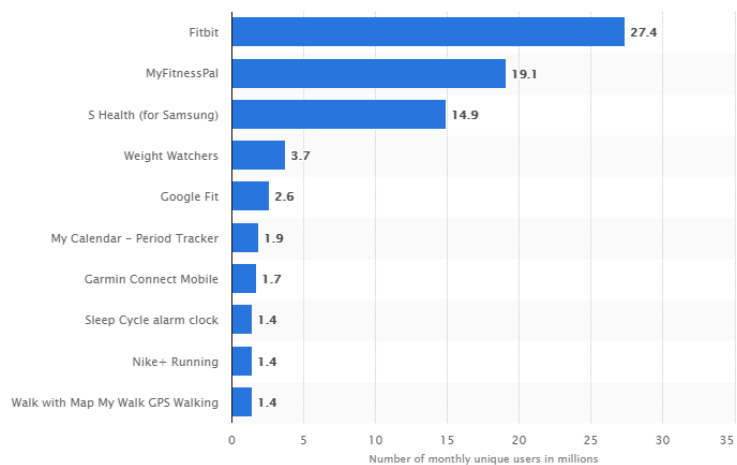
Another medical condition with a potential to be solved by Precision Medicine application is asthma. This disease includes symptoms like difficulty to breathe, wheeze and cough - all due to inflamed airways producing mucus. Asthma can be caused by number of factors, including allergic response to pollen and dust, too intensive physical activity, or respiratory infections. Because of that, the broad term ‘asthma’ is used to describe a group of diseases. Yet, caused by different medical conditions, the diagnosis is usually exclusively based on symptoms assessment rather than application of personalized medicine. The most common - Inhaled corticosteroid (ICS) therapy is prescribed for almost all the patients. However, according to the recent findings, therapeutic responses “to ICS are seen only in [...] 50% of all asthmatics.<sup>11</sup> Remaining 50% is misdiagnosed. In the future, it is believed biomarkers analysis might soon enable a better treatment of asthma. However, because such a

strongly personalized approach goes along with a high cost, Precision Medicine might provide the clinicians with a more affordable alternative.

## Need for Database and How to Create One?

As proven above, genome sequencing might soon become a pillar of the Precision Medicine. While technologies, allowing to do so for less than a thousand dollars already exist, one could expect genome sequencing to popularize among the society thanks to commercial companies. Apparently, this is already happening. A good example for that might be “23&Me,” which for as little as 99 USD will analyze the sample of a person’s genetic material to check for their ancestry, family tree or even the anatomical traits’ origin. We can then speculate genome sequencing will very soon get popularized and become available to everybody. In addition, many researchers are focusing on making use of Artificial Intelligence to recognize common diseases. If this happens, the software will be automatically able to analyze the results from various patients, which is why creation of a dataset is the first necessity.

At the same time, with its potential, PM would then look at the environmental factors and their influence as well. Fortunately, measuring lifestyle is easily possible thanks to mobile health-tracking applications. In the



US only, over 70 million of citizens (above 18 years old) regularly use them. The three most common ones include: Fitbit, MyFitnessPal and S Health (Figure 2.). After registering, those apps can automatically record any kind of fitness activity, the heart rate, blood oxygenation, etc. Sometimes, we can even connect other portable devices to our smartphone, like a bathroom scale to record our weight, or a smart



watch to automatically measure the pulse during the training. The preinstalled Artificial Intelligence is then able to come up with tasks for us to enhance our training or sometimes even tell us off for gaining a few kilograms after Holidays... All this precious data could then become an important part of our health history and be used in Precision Medicine - to prevent certain diseases of affluence.

Unarguably, fitness-tracking applications could serve as a precious source of information for the PM. Yet, they are capable of taking multiple measurements, automatization plays a huge role here, thanks to which, apps are very user-friendly and work in the background. However, many users complain about the feature of tracking the calories and micronutrients consumed - supposedly helpful for people who are on a diet. Currently, in order to add a meal eaten, application would ask about a type of food, followed by its weight. Due to limited recipes library, and difficulty in determining the weight of the food, many people do abandon this feature. One idea to improve it could be brought by Artificial Intelligence, so less effort is needed to input the data. Looking at the most recent research, two technologies might become extraordinarily useful.

The first one, being at a very early stage of development, proposes using AI to recognize different kinds of dishes from images taken by the user. Based on food recognition and placing it into subcategories (Vegetables, Fruits, Dairy, Oils, Grains and Protein), the learning algorithm could be implied to calculate calories and microelements uptake.<sup>16</sup> Furthermore, AI was already proven to successfully distinguish between complex dishes, such as those of Thai cuisine, achieving a great accuracy.<sup>16</sup>

Another research suggests substituting the traditional barcodes with QR codes on our daily shopping products. This is because the QR code is capable of storing large amounts of data. The new feature could be then extended to contain nutrition metrics. When scanned by our diet-tracking application, data would be added to the smartphone in order to process the nutrient components.<sup>17</sup>

If both of those solutions were to soon become implied in the health-tracking technologies, users could gain a much better image of their health. Furthermore, AI

could be programmed to analyze this information, provide tips on possible diet alteration, or advise an increase in particular nutrients consumption.

The new feature could become a part of Precision Medicine, directly advantageous to the users by recommending balanced meals and hence - preventing many vitamin deficiency conditions. Finally, all the data collected by the health-tracking applications, along with our sequenced genome, as well as health history could then be uploaded and stored in a programmed cloud. At the same time, AI would constantly analyze our results. This method could provide the clinicians with all the medical information about us - available from any point in the world.

## **Summary and Conclusion**

Currently, Precision Medicine stays more as a futuristic, utopian concept - still at an early stage of development. However, it might not be that distant as it sounds. Humanity is already in possession of all the required tools to be able to create it and, most importantly – has a good scientific understanding of multiple diseases and their symptoms. In addition, PM's possible applications were already well defined, highlighting its necessity. Furthermore, PM could enable new ways in the research and be a self-learning platform. As described above, the most important stage of software and dataset formation, requires an effort from clinicians, Data Analysts and Computer Science specialists. This might become a milestone in PM development - promising more efficient treatments and prevention methods in the near future.



### **Kacper Ścibski**

I am currently a Biology (Pre-Med) undergraduate at NYU Abu Dhabi. My greatest passion is low-cost travel, followed by an inborn curiosity for Science, as well as playing Baroque music on a saxophone. My two life goals are - to help my future patients as a doctor and visit all the countries in the world!

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# GAM FEMINIST



Maria Kuderska

The world is made for men, this is what Caroline Criado Perez proves in her book called “Invisible women”. Years of neglecting “the second sex” created unequal reality in which we are living. Although some issues are easy to point out, many are still ignored such as invisible labor or under-researched women’s health problems, not to mention discrimination of women of color and members of LGBT+ community. That is why we raise up our voices here, so that those without one can be heard. This is an intersectional feminist section. Because feminism is for everybody.

~ Maria Kuderska

# TRANS WOMEN AND FEMINISM

*By Kazi Kazi Rowshan Mashfiat*

When you think of feminism, what is the first thing that comes to your mind? You might think of the straight and queer traditional woman with female genitals, of different ethnicities with possible male allies fighting for equal rights. But you will not consider Trans women, women born as men, in most scenarios of feminism. My question is, why is that?

Since the beginning of time, Trans women have been an anomaly in the gender spectrum. They are the unanswered question of biology, social outcasts often labelled as 'experimenting' and even deprived of basic needs such as healthcare. Transgender



<https://blog.apaonline.org/2018/08/09/transfeminism-how-trans-issues-and-feminism-overlap/>

people are frequently targets of anti-trans violence. Trans feminists recognize anti-trans violence as a form of gender policing, forgetting the main motive of feminism.

*What is transfeminism?*

Transfeminism is a movement by trans women who view their liberation to be essentially linked to the liberty of all women and beyond. It is also inclusive of intersex, male and female allies alike.

The issue was that vanilla feminism is considered complicated enough, let alone the term transfeminism. It was the term that challenged the post colonized British societal norms.

*Why did transgender women need transfeminism?*

Well, one of the main reasons was Transphobia in organic feminism.

Transfeminists report many under-examined situations in which one woman uses her power to potentially hurt another woman. All transsexuals rape women bodies were examined as male by reducing their sincere female form to an artefact, appropriating this body for themselves.

Those of us who grew up with Harry Potter loved J.K Rowling to some extent. That admired writer considers herself as a feminist despite being highly transphobic. No wonder some say her to be the infamous Rita Skeeter herself.



<https://msmagazine.com/2012/04/18/trans-feminism-theres-no-conundrum-about-it/>

*How transfeminism is similar to traditional feminism*

A core tenet of feminism is that biology does not and must not equal destiny. The idea that women should not be held down by old gender roles plays a significant role in all feminisms. Transfeminism expands on that premise to argue that people should not be confined by sex/gender norms.

Feminists have traditionally explored the boundaries of what it means to be a woman. Transfeminists argue that trans people and cisgender feminists confront conventional views of sex and gender. Transgender liberation theory offers feminism a new vantage point from which to view gender as a social construct, even offering a new meaning of gender.

Transfeminist critics say that feminism has lost sight of the basic idea that biology is not destiny. They argue many feminists seem perfectly comfortable equating sex and gender and insisting on a given future for trans persons based on nothing more than biology. Transfeminism aims to resist the fixedness of gender, which common approaches to women studies depend upon.

### *Where transfeminism is different from traditional feminism*

Despite the similarities, there are also stark contrasts between transfeminism and other forms of feminism. Many transfeminists directly defy the idea that womanhood is an entirely social construction. Instead, they view gender as a multifaceted set of diverse intrinsic and social qualities. There are trans and cis people who express themselves in ways that differ from the community's expectations of masculine and feminine. I mean, beard and lipstick? Definitely go together, because this strongly affects how the person experiences and connects their gender and their standing within patriarchy. The transfeminists would argue that masculine/feminine expression is an important concept worthy of feminist inquiry, to be compared and contrasted with both assigned sex and gender identity.

## *Sisterhood in transfeminism*

"Sisterhood" is a primary term that separates transfeminism from mainstream feminism. According to critics, "sisterhood" as a term provokes the idea that patriarchy and its tactics are so universal that the most meaningful experiences of women everywhere are equivalent. However, women in culturally, ethnically, and/or economically diverse societies, young women and girls, women with disabilities, and others, object to the idea of universal sisterhood and its logical extensions, including two views: first, if one works for the benefit of any woman, one works for the profit of all equally; second, that in a sexist society all women have the same (minimal) level of power.

Having said all that, I want to conclude by mentioning my favourite trans person: Alok Vaid Menon. Now for the preachy bit where I try to make you feel guilty and sympathetic. Moving music plays in the background.

We should treat everyone equally and not discriminate against people based on their choice of dressing or gender. Instead of backlashing ideas that do not fit our daily sections, let us try to welcome and even celebrate the changes. I know that it will not be easy but, slowly, we can be part of the marvellous new changes.



***Alok Vaid Menon***

Source: <https://theracquet.org/11291/news/we-all-benefit-from-the-end-of-the-gender-binary-author-performance-artist-and-fashionista-alok-vaid-menon-to-speak-at-uw/>



All fluff and drama aside, transpeople already go through 10 times more obstacles than cisgender people, people whose gender and personal identity corresponds with their birth gender. They face criticism and bullying on a large scale that somehow manages to be normalized by all. Not to mention the lack of support that they very need. They are a lot stronger than many of us can ever be. They are not some contagious disease that needs to be isolated.

I know that it might get a lot to absorb but gender and sexuality are whole different spectrums, none of which are simple enough to be put into the norm boxes. To make it simpler for everyone, let us see people as humans with



<https://www.theguardian.com/commentisfree/2019/may/19/valerie-jackson-trans-women-misogyny-feminism>

hearts and needs, and not try to fit them into what the gender norms should be. Men are manly with nail polish, and women are femme with chest hair, so let us work that style; not scrunch our noses.

Bye!



## **Kazi Rowshan Mashfiat**

Hi! I am 14 years old an IGCSE 2022 candidate. I have strong opinions about taboo topics which I try to express with words. I am lousy when it comes to describing myself, but I really worked hard on this article. I would love hear your remarks on it.

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# GAM SUSTAINABILITY & WELL BEING



Pola Janowska  
Maria Grupińska

# Everything Plastic

*By Pola Janowska*

Plastic is a big part of our everyday life, there is no doubt about that. It's everywhere we look. It has many benefits, but it has many disadvantages.

Plastic Pollution is the accumulation of plastic objects and particles (e.g. plastic bottles, bags and microbeads) in the Earth's environment that adversely affects wildlife, wildlife habitat, and humans.

Plastic is hazardous, as it very hard to decay as it is insoluble. It can take 500 years for plastic to fully degrade. Especially dangerous are microplastics, which are less than 5 millimetres in length. They are present in a variety of products including, cleaning and personal care products.

Plastic Pollution is a problem because it pollutes our land and oceans, causing animals to suffocate. Moreover, plastic release toxic chemicals to the environment, which can be poisonous to humans and animals. Studies show that 100% of marine species investigated had some level of plastic in their digestive system. This means that when we eat fish or other seafood, we could be eating plastic. I would recommend watching Seaspiracy if you would like to learn more about this problem.



<https://bangkok.unesco.org/content/unesco-bangkok-marks-beat-plastic-pollution-mission-sense-urgency>

It is and will be hard to ditch plastic entirely, but there are a few ways to decrease our use of this material.

First of all, try to avoid plastic bags, cutlery, bottles etc. You can use reusable ones or use old plastic items. Purchasing new products can be expensive at first, but it will save you a lot of money in the long run. You can also try to use more organic products, as many shampoos, washes and other products contain microplastics such as Polyethylene. Try to wash your

clothes less often. A single load can release 700,000 microfibers. Only wash when you need to

Another thing you can do is spreading awareness. This is super important! Share informative posts on your story, talk with your friends/family and educate yourself. You can read a book, listen to a podcast and watch different documentaries.

This month, as Plastic Free July, try to avoid using plastic as much as possible. You can share your journey with thousands of people with the hashtag #plasticfreejuly.



<https://www.burnie.net/Council/News-and-Updates/Council-News/2020/Plastic-Free-July-is-here>



### **Pola Janowksa**

I am 15 years old, leader of GAM Junior as well as a Climate Activist. I take part in many environmental projects. My goal is to educate youth about global problems.

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# GAM CULTURE & ART



Maja Pszczoła  
Helena Drzazga

GAM Culture & art is the highlight of world events, festivals and holidays. Each month we focus on the biggest celebrations from around the world to bring you closer to the traditions from the people around you, ones you may not be aware of yet. In addition to that, we dive into the cultural differences that, at first glance tear us apart, but at the end of the day can bring us all together.

~ Maja Pszczoła

# June 2nd - World UFO Day

*By Maja Pszczoła*

Throughout history, people have always looked up to the sky. Most commonly through religious purposes, the sky held a significant place in the people's lives. It was there that the question of whether we are alone in the universe was born.

The question itself can be viewed from multiple perspectives. Mathematically it would be impossible for the conditions which have occurred on Earth to not be able to repeat in one way or another to create a stable environment which could support and sustain life. Biblically, the Earth is God's perfect creation alongside humanity, so fine detailed to support life, it had to have been designed by a higher power, therefore defeating the need for another anywhere else in the universe. This question, in many ways connects back to from what one believes humanity came originally from.



<https://nymag.com/intelligencer/article/pentagon-ufo-report-what-we-know.html>

Unidentified Flying Objects, more common as UFO's have records of sightings since the ancient days. With its culture rooted in mythology, the sightings would most likely have been seen as acts of gods along with the other elements of nature that they could not yet grasp. In the modern day, UFO's are mostly connected with conspiracy theories, with proof of blurred pictures and videos, as well as loosely interconnected stories. However, the fact remains that we can never be certain of the truth, so this July, take a moment to look up at the sky above you and perhaps you may see something interesting that no one can quite explain.



## **Maja Pszczoła**

I'm the Head of GAM Culture, an 18 year old Junior studying abroad in an international program in the US. I love art and I am passionate for always learning and improving. My goal is to raise awareness to the world around us and bring us closer together as a united society.

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## List of Figures

**Figure 1** The cost of human genome sequencing change over time; source: [https://commons.wikimedia.org/wiki/File:Historic\\_cost\\_of\\_sequencing\\_a\\_human\\_genome.svg](https://commons.wikimedia.org/wiki/File:Historic_cost_of_sequencing_a_human_genome.svg) [Accessed: 18<sup>th</sup> March 2020]

**Figure 2** Number of health-tracking applications users in the United States; source: <https://www.statista.com/statistics/650748/health-fitness-app-usage-usa/> [Accessed: 14<sup>th</sup> March 2020]



# GAM

## *Global Awareness Movement Shape the World*

Join one of our global projects  
GAM Young Leaders Alliance/  
GAM Voices/  
GAM Happy Kid Mission/  
GAM Times/

Become an Ambassador in your country

Learn new skills in multicultural environment

## *Are You Ready?*

Global Awareness Movement is an initiative created by young people from Poland, which is spreading all over the world. Our mission is to spread awareness amongst young people by educating them and engaging in the social and environmental issues of the modern world. We believe it is important to show global problems from local perspectives, in order to highlight that they affect all of us and our everyday lives no matter where we are.



*Join our global  
community and get  
voluntary experience!*