

Global Awareness Movement  
**GAM**  
TIMES

# GAM

## TIMES

"That was a constant  
paranormal experience."  
Interview with Canadian  
residential school survivor.

AUGUST  
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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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



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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

# They brought it upon themselves

By Kazi Rowshan Mashfiat

Let's play a game. I will give you two sentences, and you have to guess the possible scenario. Okay? Let's begin!

*The first sentence, Did you see what she was wearing?*

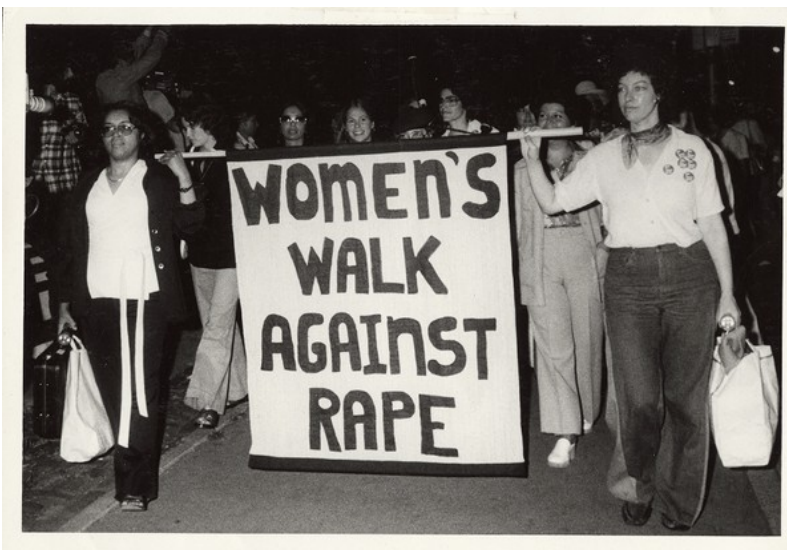
*The second sentence, What did she think was going to happen?*

And your options are:

- A) Someone is chit-chatting with her
- B) A male is complimenting her in front of his friends
- C) She is a victim of sexual violence getting blamed

And the correct answer is Option C! Ta-da!

In pre-modern times, victims of rape, and sexual violence were often blamed and even punished by the state. In Medieval Europe, rape was considered to be a woman's fault if she was attractive. The reason was that her beauty was so overwhelming as to "compel" men to rape her. In ancient



Source: sites.williams.edu

India, the Brihaspati scriptures prescribe that the "defiled" and "spoiled" victim of rape should be covered in ashes and kept well guarded in a house for being "enjoyed" against her will. As the cherry on top, The victim could also be abandoned and put to death if she was "enjoyed" by a man of inferior caste. Can you even imagine how

vulnerable and traumatized the rapist must have felt to be compelled to rape someone?



Even when the first laws against rape were drafted in the 1860s, they included clauses specifically centring a woman's character in a rape case because of the fear that women might make false accusations for some ulterior motive. Unfortunately, we haven't left the mindset in the 1800s. Till 2003, many laws allowed a more lenient punishment for sex offenders if the victim was "immoral". I mean, they were right that a woman has no right to even be in the vicinity of men; unless she is going to be a "*Promising young woman*". Even now, judges often cite a woman's past sexual history, drinking habits, her lack of physical resistance, and "close friendship" with the accused as evidence that the sex was consensual.

It is not only the legal system that places unfair importance on the victim's character and behaviour. Many news coverages and outlets focus on where the victim was going or who she was with, ways that communicate that she put herself in danger. They use subtle terms "outraging a woman's modesty" rather than sexual assault which makes the matter appear way less serious than the situation might be. When the media downplays or sugarcoats the severity of a crime, it can even impact the sentence of the crime and even increase the frequency of the crime.

Let me give you a real example: Recently, serious allegations have been made against Florida's congressman Matt Gaetz. He is being investigated for possibly paying for sex with a minor. Of course, he says he is a victim of extortion. As far as concerned, most of the headlines were like this:

*Matt Gaetz is reportedly under investigation over a relationship with a 17-year-old.*

So, let me break the situation for you. In most of the world, including Florida, a 17-year-old is considered a minor, and paying for sex is known as prostitution. And, If someone of Gaetz age (38), has sex with a minor, it is



statutory rape. And it should be addressed how it is. Imagine all news being like this: Shoplifting being called one side sided borrowing. Even better, Ted Bundy went to jail for making people go “bye-bye”.

*But why did the mindset of blaming the victim comes from?*

Representation of rape victims in films and media has also contributed to the view that it is the victim who should be ashamed. It is considered disgraceful for the family of the victim, putting the victim in further emotional guilt. It is always the victim who is the main subject rather than the offender. We always say, *she* was raped by him, but never *he* raped her.



In our society, man's tendency to "misbehave" is taken for granted. Aggressively pursuing crushes, eve-teasing, and stalking are seen as trivial or harmless fun for adolescent boys and young men. It is almost treated as the natural rite of passage for men to release suppressed sexual urges.

On the other hand, at around the same age, adolescent girls deal with their first encounters of sexual harassment such as catcalling in public spaces. Friends and family often teach young girls to adjust to these highly distressing violations, not by confronting the perpetrators but by protecting themselves. We are told to not wear "revealing" clothes, make eye contact with men, go out late in the night, or attract unwanted attention from boys.

So we grow up believing that if a boy misbehaves, it is our fault for provoking him and failing to protect ourselves. Unfortunately, it is this conditioning that makes us more prone to attacking the victim, instead of reflecting on the perpetrator's actions.

Here is the thing, only in the USA more than 2 000 people were raped in one day, during 2018, yet most of them are biased towards giving the

perpetrator a second chance, and some estimate that 90% of sexual violence cases are not even reported due to the fear of stigma and societal pressure. So, not only is sexual violence rampant around the world but the culture of victim-blaming



Source: NBCNews

ends up making the shame and the stigma of sexual violence for the victim rather than of the perpetrator.

On the other hand, multiple studies have found that a majority of sexual assault cases happen when the perpetrator is known and trusted. Showing us that there is no "safe" environment or "proper" behaviour that prevents sexual violence. It happens to a woman who is dressed "modestly" or "promiscuously", who is sober or drunk, who is in a club partying or in her home.

If there is no right way for a woman to behave, then finally, maybe, we need to understand that she is not the problem.



### **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.



## Allowed by law, banished by society - Women in Afghanistan

By Maria Aleksandra Kuderska

Due to the numerous researches done by global human rights organizations, situation of women in Afghanistan is one of the worst in the world. History shows that once given rights we should not take it for granted. The same exact thing is a case of Afghan women, who struggle with injustice caused by patriarchy. The country itself has a complicated situation in the moment due to the war with US and possible domestic war on the horizon. Such events have an enormous impact on people's lives, especially while their freedom and rights depend on the outside. But this is a reality for Afghan women who have suffered from Taliban's dictatorship for a long time, and still are.

In 1996-2001 Taliban were in charge in Afghanistan. They used to have an opinion of saviors, as they seized power in times of war and managed to establish peace. However, their orthodox beliefs based on Pashtunwali, ancient code of honor, became the reason of numerous reforms, many interfering with women's rights. First, they banned education for girls and



Source: [www.voanews.com](http://www.voanews.com)

women, then work. The only career that happened to be available for women was medicine, since Afghan women could not visit a male doctor. It was a dramatic change, but not the most outrageous one. Women were forbidden to leave their house without a male companion, which

often left some of them (for example widows) incapable of normal functioning. Not only could not they leave the house on their own, but also had to wear a burqa, a traditional outer garment which covers the body and the face. It was a huge interference with women's freedom, especially their physical integrity. A burqa at the time was worn by women living in rural areas, but was not popular at all in urban centers. Therefore women living in big cities had a hard time adapting to the new reality - that is why they started to create secret classes, conspire against Taliban and help each

other. Many left Afghanistan, but those who stayed had an impact on the change that came with constitution in 2004.

At the times of Talibans 80% of girls and women were illiterate. The post-Taliban constitution gave women all kind of rights, but only 40-50% of them attend to school. Why the numbers are so low? Why so many girls still do not have proper education? The liberal law gave them rights, but only on paper - at the same time it did not match with society's conservative worldview. Technically the constitution said about the freedom of speech, religion, the right to education and work, the parity in parliament, but ideas were more progressive than people, therefore powerful groups of traditionalist tried to curb them. The situation of Afghan women is unique because it is not the formality that enables them to live their life to the fullest, but patriarchal beliefs of their families. Not many women get to go to a university or work at high positions, and if they do, every one of them has a long history of fight with men, fathers or brothers to achieve it. Choice is a luxury and not every one can afford it.

How many more countries function under such fiction? It seems frustrating that possibly the most powerful tool which is law cannot change the Afghan reality. Women now live under fear because the probability of domestic war and come back of Taliban is high, which is why many emancipated ones consider leaving. That is an understandable move since nobody should expect from them more heroism - they already paid for freedom. Because every one of them has their own story of a fight.



Source: [www.educategirlsnow.org](http://www.educategirlsnow.org)

### **Maria Kuderska**

First year law student and feminist activist, fighting for equality and human rights. Enthusiastic about psychology and legal situation of animals. Passionate about Spanish culture and language, also a regular in Barcelona which I consider my place on Earth. When I am not out on the streets I play piano, write & dance to the mirror.





# 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

## INTERVIEW WITH RESIDENTIAL SCHOOL SURVIVOR

*By Helena Drzazga and Hanna Okurowska*

QUESTION: Could you tell us about your life before residential schools?

ANSWER: Hello, new friends and family, my name is Sekwun Ahenakew which translates to Spring Spirit and I am from Ahtahkakoop Cree Nation, which is located in the very centre of Canada. My life before residential schools was very peaceful, very quiet and humble. By humble, I mean living within meagreness and enjoying life near the lake and the forest in our cultural and ceremonial settings.

QUESTION: How did you end up in the residential school?

ANSWER: I lived on an Indian reserve. Indian reserves were put in place for my band in 1876. After the treaty was signed with the government at the time what happened was something called the “Indian act” was implemented and with that they put us on reservations. It is not a very large tract of land, and we call it locked land because in the past to move out from there



Photo from private albums of Sekwun Ahenakew

you would've had to lose your Indian status. A lot of things happened to us through the Indian act and it was basically a country within a country. Like a country that depends on another country.

My house burned down when I was in 7th grade. I was really young. When a house burns down you can't just immediately replace it. So we needed a

place to live, and the only option or alternative was to go to the Indian residential school.

QUESTION: How long did you attend the school?

ANSWER: I believe I was in there for 3 years, grade 9, 10, 11, and went back home to graduate.

QUESTION: What was your experience there? Could you tell us a little bit about it?



Photo from private albums of Sekwun Ahenakew

ANSWER: I say that I am 4th possibly 5th generation because the family 5 generations back stems from an orphan, who possibly was a direct result from the residential school. After that four generations including myself attended. However, we are learning something about intergenerational trauma and blood memory. Although it

wasn't run by any church organizations when I attended, the loneliness was highly amplified as it was not only our loneliness we were experiencing at the moment, it was the loneliness of my mother, her mother and way back. It stamped very heavily and deeply within my siblings and me.

The school was segregated by gender. Then it was just binary, male and female. My little brother was on the other end of the school. He was younger, and we missed him a lot, we missed him a great deal. We often cried for him at night, not knowing what he was thinking. Because I was



on one end of a school with my sister Kuschey? and then my little brother on the other side. I had my sister to support me when I needed it, but he did not have anyone on his side.

QUESTION: Did you ever feel safe in your school?

ANSWER: When I was there it was operated by indigenous CCW (child care workers), and they were very supportive. A lot of them were products from the residential school like I was. So, they knew how to facilitate us through the loneliness as best as they could with the capacity they had. So, they provided safety by the 5th generation. And that would be me:).

QUESTION: What is your most vivid memory of that time?

ANSWER: This might sound interesting or way out, but the most prominent memory or there were several of them, actually were paranormal activities that happened in the building.



The Old Sun residential school on the Blackfoot (Sikisika) reserve near Gleichen in southern Alberta.  
Source: [www.c2cjournal.ca](http://www.c2cjournal.ca)

You know in a building where you ate, where you slept, where you went to school, a building where you did all of your physical activities. All in one. That was a constant paranormal experience. So, there were a lot of things that happened within the building. And those stand out. It might be esoteric for me to say, but now I understand why these things have occurred in the past.

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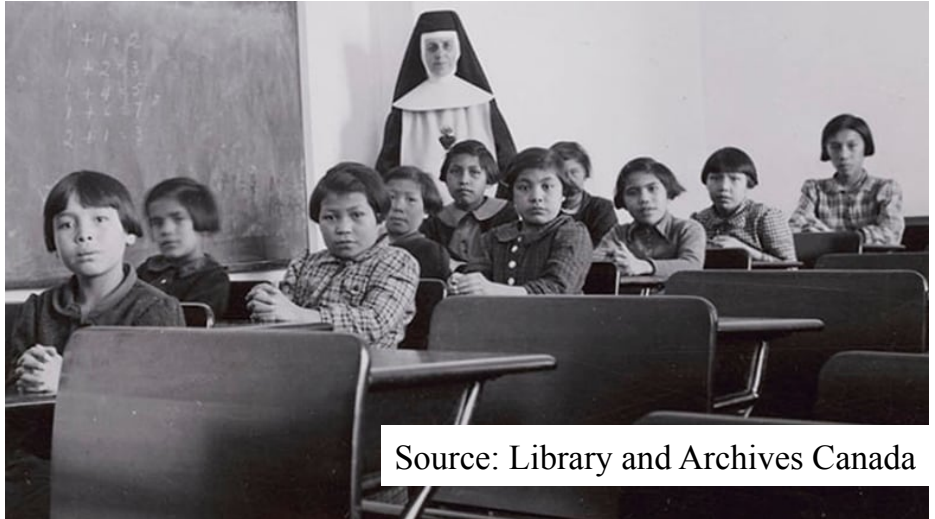
QUESTION: Other than your sister did you have anyone to rely on?

ANSWER: No.

QUESTION: You said that a lot of paranormal activities were happening there. Could you give an example?

A N S W E R :

Depending on your age, there were different sleeping arrangements. So, there was a place called a mid-dorm in the residential school that I had attended. The girls woke up



Source: Library and Archives Canada

one morning, getting ready for their routine and all of their shirts were pulled over their heads. They all woke up like that. It was very disturbing. That was one of the occurrences and one of the strongest ones that happened.

QUESTION: Were you surprised by the recent discoveries of the unmarked graves?

ANSWER: No, not at all. Just listening to the elders was a lot of what we did prior to attending the school. Our relationships with elders are very close. We had a lot of opportunities to just sit and listen to their stories. They passed on their knowledge to us before it was known the knowledge was there. We were exposed to a lot of the stories at a young age. It normalized the trauma and it wasn't until the numbers were revealed that was like a 'bum', a moment of realization.

QUESTION: Do you think it is important to find out the names of the children buried in those graves?

ANSWER: It is very important. When children attended the residential schools they came with names, indigenous names. In the most recent years of the residential schools, they did not have surnames. The names that are important to me are the names that children came to the school with, the names that were given to them by the creator. Not the names that were given to them through the system that they were forced upon.

Yes, names are important.

QUESTION: From what I understand, your school wasn't run by priests or nuns.

ANSWER: When I attended, it was not. However, when my mother attended, it was. My mother grew up in what is called treaty 4 territory in the southern part of Canada. When she attended, her mother tongue would have been nēhiyawēwin. But when she attended she was learning English and French. When she attended it was operated by the Roman Catholics.

QUESTION: Do you know if any priests, nuns or teachers were held accountable for their actions?

ANSWER: Not that I am aware of.

QUESTION: Do you agree with what the government is doing right now?

ANSWER: When it comes to that, I believe that they may by choice be sitting behind a lot of bureaucracy to be able to say this or that. Or not be able to say this or that. I think that it just needs to be streamlined and dusted off the cobwebs, so people can be able to reconcile.

QUESTION: The schools were opened in the 19th century and the last one closed in 1996. How is it possible they were open and running for such a long time?

ANSWER: I still live on Indian reserve and our lives are still guided, I guess, you could say gently, however I have stronger words for that, by this Indian act. For these schools to be implemented for that long is how we have been treated. Segregated, traumatized and went through genocide.



Source: [www.ctvnews.ca](http://www.ctvnews.ca)



QUESTION: Many generations of your family went to those schools, so were you aware of what might happen there or is it such a traumatic experience that no one can prepare for it in any way?

ANSWER: No, I was not aware of it. Although, it wasn't until later years that I learned that I was the fifth generation of residential schools survivors. My mother never spoke of it. In fact, she is only now starting to feel comfortable talking a little bit about it.

QUESTION: What impact had those schools had on indigenous people and your own life and culture?

ANSWER: As an indigenous woman growing up in those settings you put your own barrier for a voice. When you leave a reservation, and you attend university, that barrier is like you don't have a voice. When you have opportunities to speak up, your voice is just not there, unless you find your own



Children shoes as a memorial for the 215 children whose remains were found at the Kamloops Indian Residential School.  
Source: THE CANADIAN PRESS

inner power to speak. You realize that non-indigenous women are speaking, so I can too. Until you come to those realizations, you cannot lift the veil, the net that is covering your face and stopping you from speaking. When you do realize it, a lot of women don't get there, and a lot put themselves at high-risk lifestyles as a result. Because it becomes a downtrodden existence, your head is down, you don't matter. It is the norm, we have been exposed to a lot at a young age, the trauma is normalized. So, they don't realize that life could be easier. When you go up in life thinking it has to be hard and with this mindset you cut out all the possibilities to flourish. That's how it affects a lot of indigenous women and men.

**QUESTION:** Do you think that recent events can bring a significant change?

**ANSWER:** The recent events with the discoveries, the physical discoveries of the bodies have really changed the dynamics of how the society reacts. Now, I am not saying it is great, because there are some indigenous people working primarily in a non-indigenous work environment that are experiencing abandonment, because their coworkers don't know how to address the issue or how to speak about it and the indigenous person in this situation is just being told that it is not up to them to educate the public. So, with that it is actually the public, whomever they might be that must educate themselves.

It is not up to indigenous person to educate the public about what is going on, especially now because they are experiencing grief and trauma. It's going to come in waves, it's going to probably come in massive waves of 140 times, because that's approximately how many Indian residential schools there were in Canada. These numbers are coming and coming, and they are probably going to increase. You can't expect the indigenous person in a non-indigenous workforce to educate the public. It's the non-indigenous that have to take it upon themselves to seek this information, it's there.



**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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**Hanna Okurowska**

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 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

## What happened in July 2021?

*By Helena Drzazga*

Human Rights - this is something we all might think is under control. But the reality could not be more different. In the 21st century, people still have to face or fight against human rights violations. The specific problem that I have in mind is China's re-education camps created for Uyghur people living in Xinjiang Uyghur Autonomous Region, northwestern China. But, who are Uyghurs? They are an ethnic group. They have their own language, they are Muslim and they have Turkish origins. They are in the Chinese crosshair mainly because of their religion. China is a communist state, therefore no religion is allowed. China to "protect its own society" build Xinjiang Vocational Education and Training Centers - as they like to call it. In February, Human Rights Watch



expressed its concerns about the prevailing conditions in the Xinjiang region. They collected evidence for mass arbitrary detention, torture, forced political indoctrination and mass surveillance of the Xinjiang region. To illustrate what it actually means, since 2014, when the camps were opened, more than 1 million Muslims (the majority of them Uyghurs) were forced to leave their houses and without any legal trial held in internment camps. Moreover, children and infants were transported to Chinese orphanages to grow up with Chinese communist values. Those who are lucky enough to have the privilege of living in their own house are under constant supervision. In fact, their identity documents are checked every five minutes, and there are cameras on every corner tracking every move of the citizens. When entering a building you need to go through metal detectors. But to make those people's reality even worse, some of them are in forced labour for major brands in the electronics, textile and

automotive industries. Australian Strategic Policy Institute (ASPI) identified 83 foreign and Chinese companies who are either benefiting from the use of Uyghur workers in Xinjiang or from abusive and forced labour transfer programs. To find out more and seek the truth, ASPI reached out to those 83 brands for clarification. Companies like Apple or Fila did not bother to respond. The other companies in their responses rejected the charges and expressed deep concerns for human rights.

The conclusion is extremely clear and foggy at the same time. Human rights are exposed to constant violations and the biggest brands of our world are washing their hands of the problem. We can say that it is just the way things work, but our role in this whole unfair system is to do our best to realize where the problem lies and what we can do to prevent it from happening in the future.



Source: [www.theguardian.com](http://www.theguardian.com)

Let's now take a look at the opposite side of the Globe - Cuba. At the beginning of July, Cubans took to the streets to protest, expressing their frustration and anger with the prevailing economic situation and the reluctance to face those challenges by

the communist government. People protest against rising prices, decreasing wages and the still existing United States embargo. Today, because of the pandemic, which cut off tourism, one of the most significant sources of income, the island is exposed to the worst economic situation since the 1990s, when the Soviet Union collapsed. Of course, the United States with Joe Biden at the forefront took a stand. The U.S. declared that they are in full support of the Cuban people. Therefore, the state promised to sanction individuals responsible for Cuban people's suffering. Furthermore, invoking the Magnitsky Act (a bill that authorizes the U.S. government to sanction those it sees as human rights offenders), the U.S government is freezing any assets of those who have been found



guilty of human rights violations. Joe Biden's administration goal is to help out people, without interfering with the Cuban government. For example, they can provide internet access and loosen up the restrictions tightened by the former president Donald Trump, regarding Cuban Americans sending money back to the island. Okay, but what does the



Source: [www.pstodayuknews.com](http://www.pstodayuknews.com)

government of Cuba say about the recent wave of public rallies? Well, the response has been far from positive. Media run by the state called demonstrators "vandals and looters". It is estimated by the human rights organizations that around 700 people are being held by the government. In other cases, protestors have been convicted in quick trials without the presence of a defence lawyer. What is ironic is that many voices on the streets on July 11th shouted "We are not afraid!" and now they are living in constant fear.

Peru, the not so big south American country is going through some major changes. Firstly, Peru has the world's highest Covid-19 death rate per capita. As a result of the pandemic, millions have lost their jobs and are living in extreme poverty. Fortunately, there is a light at the end of the tunnel for Peruvian citizens, as a new president was sworn in on the 28th of July. President Pedro Castillo is a really interesting figure and he came out of nowhere on the political scene. He is the first president in years to not be associated with the Peruvian politician or economic elite. Pedro Castillo comes from a humble background; he had illiterate parents, whom he helped on their farm. By profession, he is a primary school teacher and he worked in this



Source: [www.reuters.com](http://www.reuters.com)

field for 25 years. This year, he became a candidate in the presidential election and won, edging out 17 other candidates by just 44,000 votes.

Is he really a new hope for Peru?

It is hard to say. Without any political past, we cannot state clearly what kind of politician he is or will be. Of course, like any democratically voted president, he has presented substantial promises and ideas on how to bring Peru back to life. One of his main proposals is to increase mining taxes to fund educational reforms and build new hospitals. He has also promised to create 1 million new jobs within just one year. Additionally, he is going to try to bridge the differences in the Peruvian society, uniting the poor and rich. What raises the biggest concerns and controversies is a



promise to write a new constitution. However, the Marxist - Leninist party he represents does not hold the majority in Congress. Therefore, there is a great chance the proposal will face resistance and then fail. To present you the whole picture of Mr Castillo, he is a proud

family man, he has two daughters and a wife. He is Catholic and is strongly against same-sex marriages, the same applies to abortion. Despite his early proposal to nationalize key economic sectors, he promised to respect private property.

He made a lot of promises, but only time will tell which will come true.



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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



# Solution or Warning?

*By Kaja Pośnik*

## The global benefits and ethical implications of Aduhelm, the new drug for Alzheimer's Disease

On the 7th June 2021 The Food and Drug Administration (FDA) approved of a new drug for the treatment of Alzheimer's Disease. The drug, called Aduhelm (Aducanumab), is part of immunotherapy and made to target the beta-amyloid protein, which is a component of plaques affecting neurons in the brain and contributes to the symptoms caused by Alzheimer's. Aduhelm targets the protein in the early onset of the disease and reduces the excessive build-up of the protein at the same time



Source: <https://www.outerbanksvoice.com/2021/06/12/aduhelm-and-alzheimers-how-big-a-breakthrough/>

decreasing the loss in cognitive functioning of the patient. After studying healthy patients or patients with a slow progression of Alzheimer's, Aduhelm was created to bind to the plaques and trigger an immune response of the patient's system in order to remove the insoluble clumps.

The emergence of a new, innovative drug treatment has been faced with a lot of optimism from the medical professionals as well as, and most prominently, from the patients and their families themselves. Aduhelm is the first drug to target the pathological changes in the brain caused by Alzheimer's Disease instead of only the symptoms and observable behavioural changes and is the first treatment

for Alzheimer's to be approved of in about 20 years making it a source of hope for many. However, although the initial drug trials have shown to be successful in reducing the plaque build-up in the test group compared to the control group, FDA is requesting the company currently in charge of Aduhelm (Biogen) to carry out another randomised clinical trial, which could prove to be a game changer for the drug. If this trail is unsuccessful in clinical settings, the drug may be considered to be removed from circulation.

When discussing the recent advancements in the field of Alzheimer's treatment, one needs to consider the ethical implications that accompany it besides the benefits. Aduhelm has been accepted through the 'accelerated approval' pathway and implemented into use faster than other drugs in the field, as it has shown promising results in the so called 'surrogate endpoint' in the clinical trials. However, due to the shortened time of testing and the missing evidence of how successful the drug is in treating Alzheimer's (it is known to mainly target the amyloid-beta protein, but the overall effect is still being discussed), the drug may have to undergo more scrutinised trials to ensure it will promote good health in the long run.

Another important aspect to consider when discussing potential drug treatments is their availability to patients globally. Aduhelm has been primarily



approved for use on the American market and designed for US patients, which limits the number of patients who could benefit from the change. The process of accrediting

the drug in the overseas markets such as the European Union or the UK is complex and it will take time before the drug is available to all those in need. Nevertheless, these are some of the most influential and affluent providers of medicinal drugs and good healthcare in the world. Considering that 2 billion people around the world don't have access to basic medicines and primary care, one should consider whether the new treatment for Alzheimer's will be available to the inhabitants of lower and middle income countries as soon as to those in the wealthier nations. The cost of the treatment is another barrier that may prevent the equal share of the benefit between all those in need (around 44 million people worldwide suffer from Alzheimer's, with around 6 million patients living in the USA). Aduhelm is priced at more than \$50,000 a year and in consequence available to only a group of patients and families unless governmental and insurance financial help is provided.

All in all, the benefits of introducing Aduhelm into the world of healthcare and Alzheimer's Disease treatment may outweigh the consequences in the long run, provided additional trials are undertaken to make sure the potential side effects are minimised. However, in order to emphasize the beneficial outcomes for the society and those affected, ethical considerations should be made and availability of the drug increased to enable patients from low income backgrounds and countries to have the right to fair and equal treatment. In the fast-paced and changing world, one can only hope these improvements will be implemented into daily life as soon as possible.



### **Kaja Pośnik**

Hi! I am going to begin my undergraduate degree in Neuroscience in the new 2021 academic year. I am passionate about science, especially investigating the working and nature of the brain, as well as combining it with my passion to the performing arts and musical theatre. I love public speaking, debating and writing articles for various online magazines, as well as volunteering and experiencing new cultures through travelling and global projects. In my free time I love singing and reading crime books!

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# Women in Neuroscience: A Shift in Medicine

*By Mya Moran*

In this ever changing world, it is important to be part of the change. Since the start of medical practice, the medical field has been dominated by males. Variables that determined who got to study medicine were heavily influenced by cultural and societal standards. In today's world, women are free to study and pursue whichever career they wish to pursue. Although this stands true, there seems to be a disparity in healthcare still. Only 27.9% of physicians in the United States are female, only 19% of surgeons are female, and only 3% of female physicians are hispanic. 82% of neurosurgeons are male, so I strive to be a part of the change to change this disparity in medicine. My love for neuroscience and medicine is shown through my dedication and work in neuroscience even just as a sophomore in undergraduate university. I am currently working on finishing my neuroscience degree and have published research in the social sciences. I work to help promote more women in neuroscience by using my TikTok platform to help encourage a new generation of women in neuroscience.



Maria Mikhàilovna Manàsseina

Source: Wikipedia

## **Women in Neuroscience and Medicine**

The very first woman to graduate with a degree in neuroscience in 1871 and goes by the name of Maria Mikhàilovna Manàsseina. Maria was one of the first women to graduate in medicine in Europe. She studied the brain in medical school and conducted sleep studies. She discovered that prolonged sleep deprivation caused negative effects that originated in the brain. In 1889, she published a comprehensive handbook on sleep that became widely distributed in Europe, and used as a sleep



encyclopedia.

In 1911, the very first hispanic woman to study and conduct research in the field of neuroscience graduated in Spain and went by the name Manuela Serra. She studied the intracellular fibrils of ependymal cells and astrocytes in frog spinal cord. In a publication from her laboratory in 1921, she reported for the first time the microglia, which she called “mesoglia.” This discovery contributed to the foundation of neuroscience.

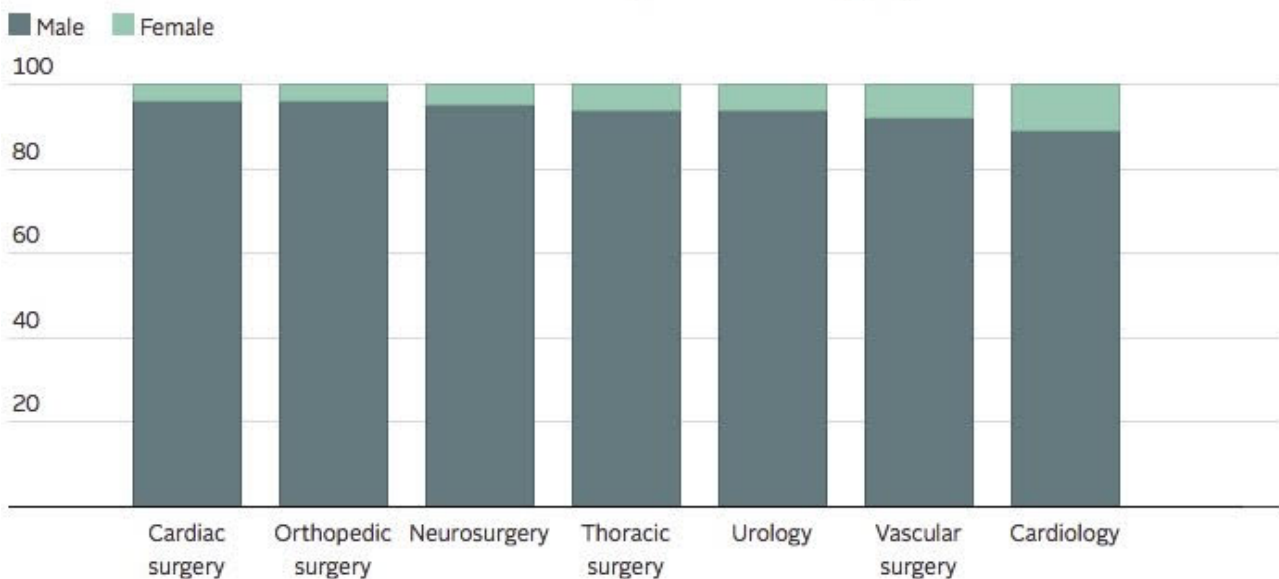


Manuela Serra

Source: [www.precisionary.com](http://www.precisionary.com)

Women in medicine overall have historically had lower participation levels in medical fields than men with occupancy rates varying by race, socioeconomic status, and geography. Women that are minorities or of lower socioeconomic groups have significantly lower involvement in medicine. As displayed in the graph, the disparity between men and women

## Share of women in specialty practices



in surgical specialties are greatly dominated in the United States by males. Every year this disparity slowly lowers but is still very far from closing this gap.

### **Variables in the Disparity**

Many variables that affect the disparity between women and men in medicine and neuroscience are related to societal standards. Just in the last decade there has been a societal shift in beliefs in what a woman is expected to do as far as life goals and employment. For centuries women were expected to just get married, take care of a household, and take care of children. There was no expectation of getting higher education or having a job. The male was always seen as the only one who needed to seek higher education and get a job. As time progressed, these societal standards shifted and there became a greater focus on women entering all parts of the workforce. Overtime, there was a shift in more and more women attending medical school and acquiring higher education. Although more women are seeking higher education and attending medical school, there is still a significant disparity between women and men in surgical specialties and in specialties such as neuroscience. The reason for this disparity is still very heavily affected by old societal standards. Specialties such as neuroscience are longer in duration to complete and considerably harder than other specialties. For women that want to have children and be married this long duration may seem as if it does not fit to having a family balance. Many women are encouraged to seek specialties with less demanding hours. It is so important for women to look at the small percentage of women who are in demanding specialties such as neurology or neurosurgery, and see that many of those women have a family. Many women have taken the chance and found a balance between work and family. I strive to encourage other women to take that leap and to stay strong. It definitely is not easy to keep a balance but it is possible. Reminding women that it is very possible to break through a field

dominated by men and still have a happy home life.

Once a woman breaks through and enters male dominated specialties, it is very discouraging to be surrounded by men that can make a woman feel less and like a minority in the work environment. Taking the leap of being in a field



dominated by men and being sometimes the only woman in the room, can be extremely intimidating. This intimidation can make a woman feel like they should switch specialties to feel more comfortable. So as stated before, it is so important to remind other women that they are enough and that they are strong enough.

### **Closing the Gap: Strong Women Study Neuroscience**

Although women made up only 26.9 percent of the 13,142 active neurologists in 2013, they constituted 44.9 percent of neurology residents that same year, according to the Association of American Medical Colleges. This shift could indicate small steps to lasting progress in closing the gap in women in neuroscience and medicine. The key is women finishing and knowing they can finish residency in a demanding speciality such as neuroscience. As an undergraduate student studying neuroscience at the University of California San Diego, I try to help and encourage anyone thinking of studying neuroscience. My TikTok platform helps me accomplish this by letting people reach out to me for advice. I post encouraging content so that my content can reach people who are debating whether or not they should pursue a career in neuroscience or medicine. I believe just being able to encourage other women and showing them that

there is other women in neuroscience who lead successful careers, and that they too can defy the odds.

My tik tok account: @theprettypremed



## **Mya Moran**

Hi! I am studying neuroscience at the University of California San Diego. I am a passionate researcher and have published research in social psychology. I plan to attend medical school and become a surgeon. I hope to be able to work as a travel doctor and volunteer in different countries. I want to be able to serve as a role model for girls everywhere that no matter the circumstance a woman can accomplish whatever she sets her mind to.

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# GAM CULTURE, ART & EDUCATION



Natalia Nawrocka

# Education in Africa

*By Julia Karczewska*

All around the world education is a time-consuming and complicated process, but it seems to be even more difficult in Africa. Most schools have tuition fees, which are a huge burden for many parents or guardians. Sometimes, even if the schools are free, buying schools supplies and uniforms is a financial challenge.

In Africa, just like in many other countries, parents view education as a form investment and an opportunity to achieve something in life, for example, a well-paid job. Consequently, they do not want to spend money on a child who, in their eyes, is not intelligent enough to go to school and that is why they choose only the smartest child to continue the education at school.

There are also other reasons which make education impossible. There are situations in which parents do not let their children go to school because they need them to help at home, do some house chores or work in the field.



Children from Central African Republic attend a primary school in Democratic Republic of the Congo's Equateur province.

Source: UNHCR/C.Schmitt

These are serious

problems because some children do not even have a chance to learn basic skills like reading, writing, not mentioning speaking foreign languages.

The situation of girls in Africa is even more difficult. In this country boys are more likely to get a good job. Parents choose to send their sons to school

because it is, in their opinion, more reasonable. In Africa girls are still seen only in traditional roles as housewives and mothers without many privileges and that is why they seldom get a chance to be educated.



One of the girls we support through the Big Sister project.

To find out more visit our website: <https://globalawarenessmove.wixsite.com/home/big-sister>

Education in Africa is also a challenge when it comes to conditions at schools. The buildings have poor construction, they are small and do not have enough space for all students. In many places schools cannot offer even basic things like for example a roof to protect students from the sun, benches, chairs, electricity or toilets. Some schools do not have running water.

Summing up, education in Africa needs much support and changes to be at a good level and to offer students the quality everyone deserves. Hopefully, the situation will get better soon and all the boys and girls will have a chance to study and develop their skills.



### **Julia Karczewska**

Hi! I'm a 15-years-old high school student. I live in Warsaw, Poland. In GAM I'm the Head of content, Big Sister project. I joined GAM because I love the idea of talking, learning and spreading information about global issues. In free time I love dancing and fighting for human or animals rights.

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# GAM SUSTAINABILITY & WELL BEING



Pola Janowska  
Maria Grupińska



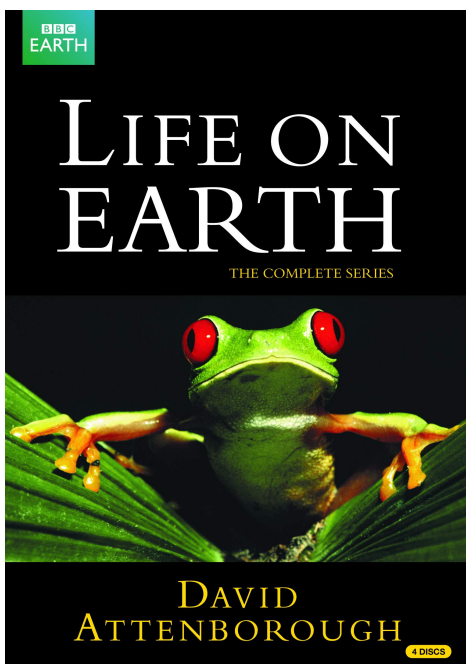
# Documentaries that you need to watch

By Pola Janowska

There are many great documentaries about Climate Change, Plastic Pollution, Social Issues and Healthy Lifestyle. Here are some of which really spoke to me. All of the documentaries mentioned are available on Netflix.

## Less is now

This documentary is about having a minimalistic life. I think that minimalism and sustainability are deeply connected. This documentary shows how many things we have that we don't need or want. It tells us to keep the items that make us happy or that fulfill us somehow. It is not very long so I would recommend watching it.



Source: amazon.com

## „Life on Earth” series

Source: Upflix.pl

„Life on Earth” is a series of short documentaries by the one and only, David Attenborough. I love this series because it talks about climate change and that it shows ecosystems and how the global climate crisis impacted them. I think that it's important to see this series as it shows the impact of our actions.

## The Game Changer

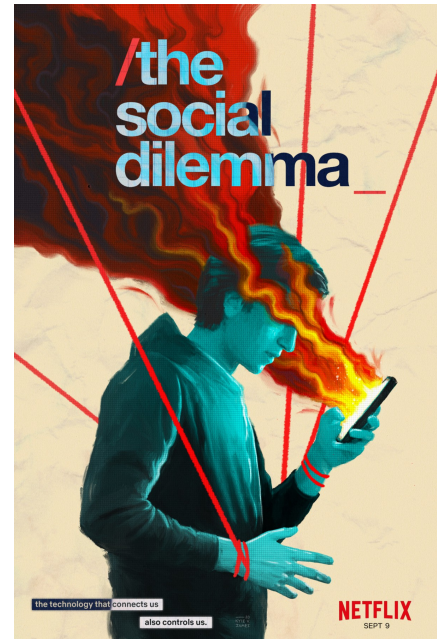
This documentary doesn't talk about climate but is a must-watch. Our diet is strongly related to climate change, and this

documentary shows the impact of a vegan diet on our health and performance. It focuses on sports and the diets of the best athletes, and It turns out that a vegan diet boosts their performance. It is such an eye-opening and inspiring documentary.

## „The Social Dilemma”

Source: gamzealuc.medium.com

It talks about social media. It shows how our every searched is tracked, and every bit of information that we put online is used to propose to us the most suitable adverts (and make us buy more). It is essential to learn how big of an impact social media has on our lives.



Source: amazon.com



## „How to Change the world.”

This documentary shows how the organisation Greenpeace started and how it became the global movement it is now. I didn't find this documentary as impressive as the ones above, but I think it is still worth watching. It shows how the smallest organization can become a huge movement and change the world, which is super inspiring.



### 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.



# 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!*