

For 10 A-gers



- Health
- Entertainment
- Environment

69,69€

Editorial



Noah

Letizia

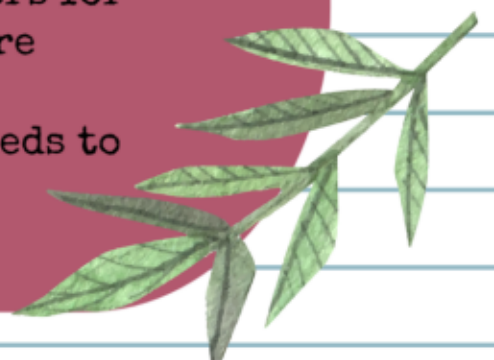
Dear readers,

Welcome to the first and only teenage magazine by our class, the f10a. We think we can all relate to general problems that teenagers tend to have just like questions about our future or enormous amounts of stress.

We are really proud to present our magazine that focuses on the teenage lifestyle and everything that comes with it.

Our magazine is called "for 10 A-gers". Get it?

The idea was to give teenagers a guideline created by teenagers for teenagers. All you ever see are magazines made by adults for teenagers and we felt this needs to change.





Content

Heathly Lifestyle

page 4-5

Sport @ home

page 6-7

Mental health

page 8-9

Ask Andy

page 10-11

How the life of an Immigrant teenager changes in a new country

page 12-13

Young Adults & Quarantine

page 14-15

Memes

page 16-17

Generational problems

page 18-20

First Car

page 21

Fridays for future

page 22-23

Lets safe the enviroment

page 25-26

Best holiday

page 28-29

Health

page 4-9



Entertainment

page 10/ 16-17



Environment

page 22-26



What is important for a healthy Lifestyle?

Healthy Lifestyle



2. Healthy food makes you smart

If you eat a healthy breakfast, you can concentrate better at school and learn better

1. With the right food you can stay healthy
A high-sugar diet can not only make you fat but also quite sick! Obesity often leads to diseases of the heart, liver and metabolism later on.

3 Healthy food makes you smart!

If you eat a healthy breakfast, you can concentrate better at school and learn better. Because our brain needs nutrients to perform well. Scientists have even found that intelligence is better developed in children who eat a healthy and varied diet (e.g. salad, rice, fish, fruit) than in those who eat too sweet and too fatty foods.

4. With the right food you will be fitter!

A healthy and varied diet makes you feel physically fitter, have more energy and be less sick. An added bonus is that if you eat right, you'll also sleep better. And if you're well rested, you feel good during the day and can get more done.



Healthy Lifestyle



Healthy Cookie dough

Ingredients

- 1 cup almond flour
- ¼ cup coconut flour
- 5 tablespoons pure maple syrup ¼ cup + 1 tablespoon
- 3 tablespoons refined coconut oil melted
- 1 tablespoon vanilla extract see Notes
- 2 large pinches sea salt
- ¼ cup dairy-free chocolate chips



Instruction:
Stir together all ingredients, except chocolate chips, until very well combined.
Stir in chocolate chips. Serve or chill.

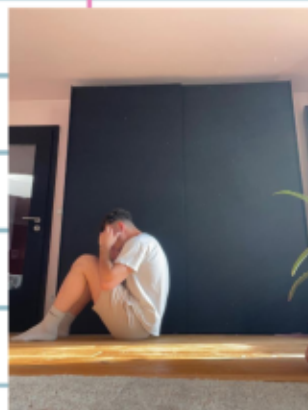
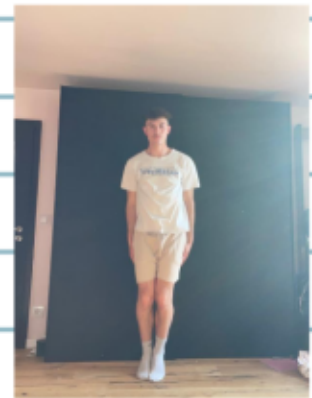


Workout @ home

During quarantine we weren't really able to workout. All gyms were closed and you also couldn't meet up with friends because you weren't allowed to. So everybody had to change their own habits, to workout. Because of that, many teens quit to workout and all their progress they've gained, was lost.

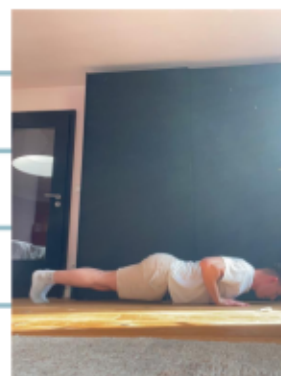
That's also why we wrote this article, in which we are going to show you step by step how to work out at home. The best part of it is, it doesn't require any equipment.

Before we begin with the workout we will do a small warm up to get your body working. The first warm up exercise is jumping jacks. Do them for about 2 minutes.



Then continue with 20 Sit ups. The best possible way to do sit ups is by laying down on the floor and getting up by using your abs. It is helpful to put weight on to your feet to hold you on the ground.

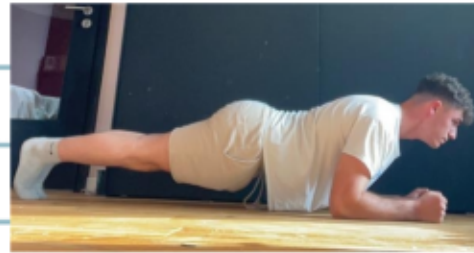
You should also do 5 Push ups. Put your hands shoulder wide on the ground and your body in a strait line. If you don't have the strength, you can also do the push ups on your knees instead of your feet.





Now you are ready for the main workout. So the first exercise is 20 Squat Jumps. Be careful to not put your knees over your feet. It is also helpful to start with a chair underneath so it is easier to master them in proper form.

The next full-body exercise is the plank. It requires balance, stability and activates muscles from your legs, your core and also your arms. Watch out to hold your body in a straight line.



Bicycle crunches are perfect to grow your sixpack. Hold your feet in a 90 degrees angle and do 15 repetitions.

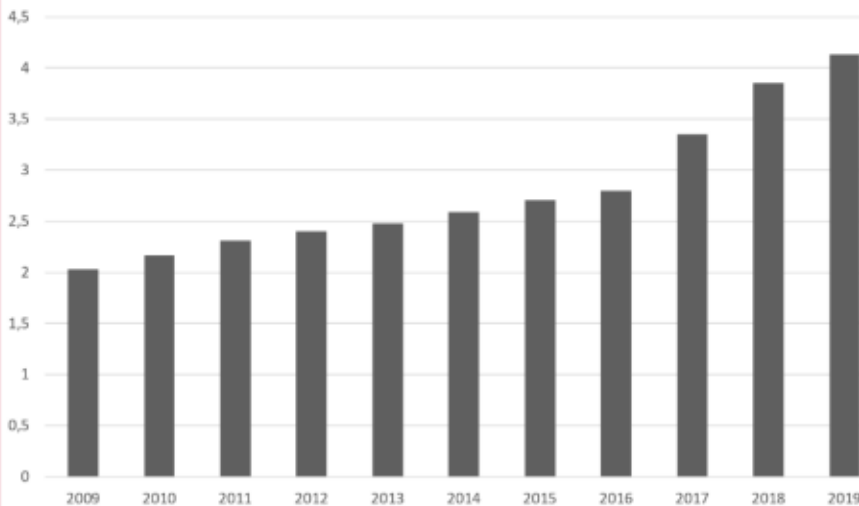
The last exercise for your training is the T-Pose. Hold your arms sprawled out on the sides and do some small circles fore- and backwards.



Now to minimise injury's we will show you two more stretching activities. Knee-to-chest stretching and the neck stretch.

Mental Health

Yearly Percentage of Kids and Adolescents in Psychotherapy



This graph shows that more and more teens are plagued by mental illnesses every year. But why is that? Why are teens so susceptible to Mental health issues?

A lot of things change as we grow up. We change on a physical and emotional level. We are subjected to social changes and we are more self-aware as our mind and body changes alongside the way others perceive us.

This increased self-awareness can cause us to be overly self-conscious about our shortcomings. Our lives also start to get more event- and stressful because we have to do things on our own that others did for us before, making doctor's appointments, for example.

We look for ways to earn money and also have to learn how to manage it. All of this and more can create great amounts of pressure because we feel forced to deal with and resolve all of these problems. Dealing with that kind of pressure and stress can be very difficult because we lack the maturity to.

But why has **it** gotten worse every year?

The increasing popularity and usage of social media platforms is one of the reasons. Frequent social media usage can add to the aforementioned problems that occur in a teenager's life.

TL;DR.: Teens struggle with changes they **encounter** in their lives and the stress it causes can cause psychological damage. This can be amplified by social media usage.

Ways to combat mental health issues

Avoiding Stress

Avoiding chaos can help you ease your mind. You could clean your room in a certain interval. That not only makes you less frustrated when you are at home, but cleaning your room regularly also builds a habit.

Habitually cleaning, exercising or even drawing can be beneficial because you can get into a flow state while doing it. You start doing it on auto pilot and can more or less zone out. This helps you to distance yourself from your thoughts and by extension the things that stress you for a while. This can have the same effects on your brain like meditation has because it more or less is meditation. Another thing you could do is using a schedule or checklist to plan what you are going to ahead of time. This helps you to have a clearer outlook on everything which also calms you down.

Doing Sports

Physical activity is an effective way to combat mental health issues. The physical strain it causes can momentarily distract you from the stresses of your life. Finishing a workout session fills you with a good feeling and seeing your progress you have made can make you feel accomplished. You can find more on sports on page ...



Seeking Help

Expressing your problems to people you trust can be helpful because talking about your feelings can make it easier to deal with the issue and it fills you with a sense of relief. Seeking help of a professional is the best way to fight mental health problems because they can help you find the root causes of your problems and help you find a way to resolve them. Do not let the thought of your problems being less severe than the problems of others deter you from starting therapy because there is always going to be a person who is in a worse position than the other. The fact is that if you have problems, they are your concern and you shouldn't think about anyone else. Your wellbeing goes first so don't be ashamed of talking to a professional.



ASK ANDY!

You ask... we answer!



I would like to do something for the environment. Could you help me and give me some tips? - Anton 17


First of all, you should try to avoid buying everything in plastic. There are also many ways like buying clothes in second hand or reducing water...like showering less or not turning on the faucet for that long.

Hi! Do you have some tips for me to reduce stress? - Clarissa 18


It is totally normal to be overwhelmed, but you still have to find some balance. First of all exercising or doing something for your physical or mental health. You have to distract yourself from all the stress, like searching for a hobby, something you always wanted to do! Like playing tennis, dancing or playing an instrument! You got this!

I'm in a relationship with an older man, he is 27 years old is this okay? - Alice 17


The most important point in a relationship is that you feel comfortable. You can't control who you will love. But we can't ignore the fact that your partner is 11 years older than you. Maybe you should search for a younger partner, trust me it will fit better.



What do you guys think about the beauty standers on social media?
~ Leny 16




Beauty standers will always exist and changes each generation. Because of social media we always get to see these beauty standers. Teenager tend to compare themselves with social media, and forget that a lot of these pages are fake and edit. So in our opinion theres no problem wiht using social media, a lot of Teenagers can't even imagen to life wihtout it. But we think its importen to no forget that social media can be fake.



Is porn dangerous? if so why?
~janett 18

Porn can be dangerous, because it transmitts wrong expectations. The scences are often violent and unrealistic. Theres also a chance to get addicted from porn like from drugs. It also can destroy your relationship because you aren't feeling satisfied by your partner anymore.



My best friend is an drug addict what can i do if I want to help him? ~Melina 17

At First it is very good that you will help your friend. You should tried to talk wiht your friend, discover if he has problems, like with his family, relationships or something else. If the conversation doesnt help you, than you should talk with his parents. I know it feels like a betray, but this is the only way, how to handle the situation. At least try to get professional help, like a rehab clinic.

Katja, Isabella and Marlene

HOW THE LIFE OF AN IMMIGRANT TEENAGER CHANGES IN A NEW COUNTRY



Today, teenagers with migrant backgrounds often struggle with setting down in a new country. But why do teenagers have problems with immigrating, or do they even have problems?

We asked two teenagers from two different countries how they experienced their change of life and all their bad or even good experiences with their „new life“ !

Here you will learn everything about their experiences with racism, disadvantages and advantages of their lives!



Eriona: Today we will interview two girls who come from Croatia and Syria and they will tell you about their life today!

How are you? Are you ready?

Maryam & Lorena : We are good thank you! yes we are ready :)

Eriona : How did you settle into this country?

Maryam : Really good, but sometimes there are of course problems for us too.

Lorena : Pretty good I would say. Every beginning is difficult, I suppose, but other than that I'm really satisfied.

Eriona : How is your school experience so far?

How did your teachers treat you?

Maryam : I had the biggest problems at the beginning with understanding the new language. But today it has improved, I see great potential in mathematics and I can get involved in the subject, which I also enjoy a lot.

Lorena : I actually agree with Maryam that it is difficult to communicate, but the teachers have always been respectful to me and always helpful to my school days.

Eriona : Have you ever dealt with racism?

Maryam : Unfortunately yes. More often. Especially in public. Because of my headscarf I got insulted with statements like "go back to your country" or they call me a "terrorist". Something like that hurts you very much.

Lorena : I also had small experiences with racism. For example from time to time I got insulted and asked why I spoke another language or that I should move back to my country, similar to Maryam.

Maryam & Lorena : And finally from us for you: fight, never give up and don't let other people pull you down. Because each one of you is special. Thank you!

Eriona : Wow! Those were really touching stories. We also find it very disappointing that people have to deal so much with racism, especially at such a young age like you two! Thank you so much for sharing, we wish you all the best for your future life.





Young adults & quarantine

Contra...

How did young people cope with quarantine?

During this global pandemic our lives have changed dramatically, especially for young adults. These changes were positive for some people but also negative for some others.

By the beginning of this pandemic a lot of things suddenly changed. There were sudden deaths everywhere in the world, people had to wear masks everywhere they went, you couldn't meet friends and family, not only because of the quarantine, but also because of fear of infecting others. People that attended school, young adults in our case, had to be homeschooled. Some saw this as an opportunity to skip school and not do any schoolwork, that had also increased in some cases.

As time went by some started to feel fatigue, they let themselves go and stopped caring about their health and themselves in general. They felt as if time wasn't passing by and some also felt depressed. Some said that they were wasting their youth like that.

But this was not the case for all people.





**STAY
HOME
SAVE
LIVES**

Young adults & quarantine...

Pro...

How did young people cope with quarantine?

The quarantine and the pandemic in general was the best time for some people.

They were happier in quarantine, when we all had to stay home and isolate. Since the students had to be homeschooled a lot of them became happier like this and even their depression and anxiety levels shruk.

They had more time in their hands and because of that they focused more on themselves and their happiness than school. A lot of them started practising more hobbies by following trends, such as reading, gardening, maditating, baking and many more. and because people were focusing more on themselves, some had massive glow-ups, some others built their own small businesses which were and still are very successful.

People did what made them happy. and since they all had to stay at home they also got closer with the people they live with, such as parents or siblings, and they spent more time with them.

Generational Problems

Why is it that there are so many disagreements between our generation and our grandparents' generation?

The main criticism that the elders have against us are:

- Today's Pampers upbringing
- our untraditional and disrespectful behavior
- our consumer society and that we are not appreciative
- our increasing lazy behavior

The main criticism that the younger generation has against the older ones:

- the outdated opinion of ideals (also role allocation)
- intolerance of sexual orientation
- female image
- racism



We have made it our task to find a solution to this problem and therefore we interviewed an old and young person to better understand the perspective of the other.

Interview to the generation differences

Here are the Questions from the younger generation and the Answers from the elder generation:

1. Why are we not allowed to choose who to marry?

Older people think that we don't have necessary experience to be able to make such a decision.

2. Why is the Contact with the opposite Gender forbidden?

This ban intended to protect you from being confronted too early with such problems that "only adults" should have, so you can enjoy your carefree childhood.



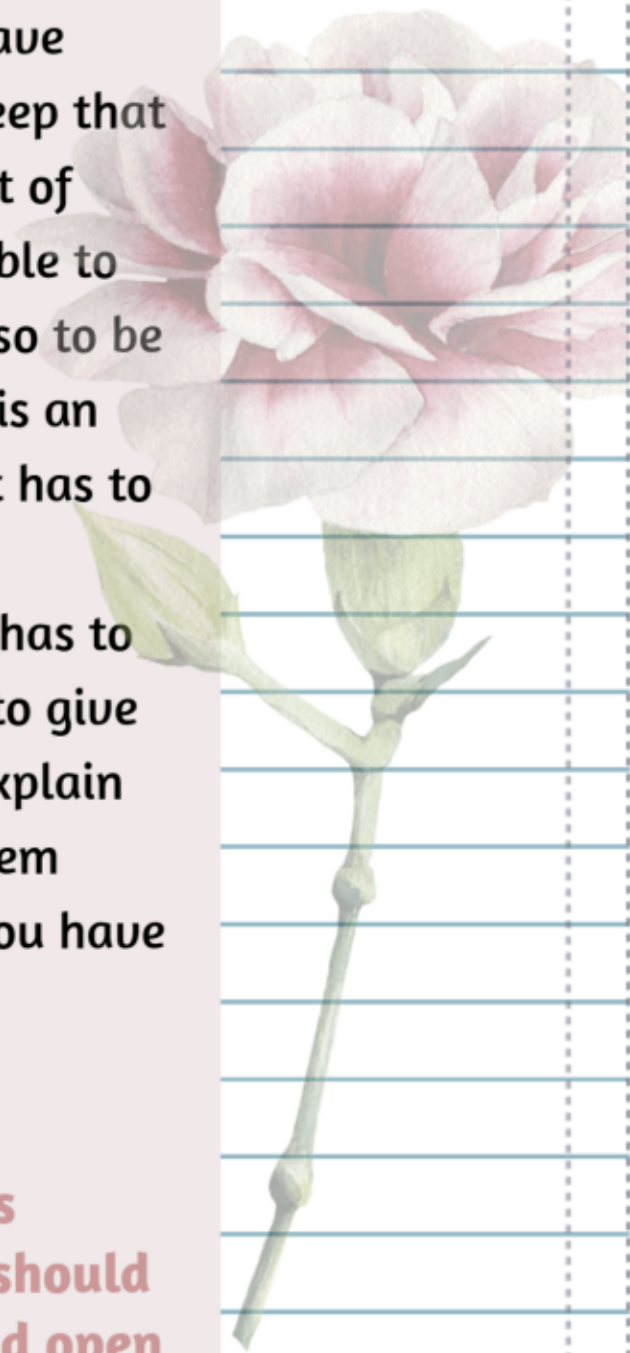
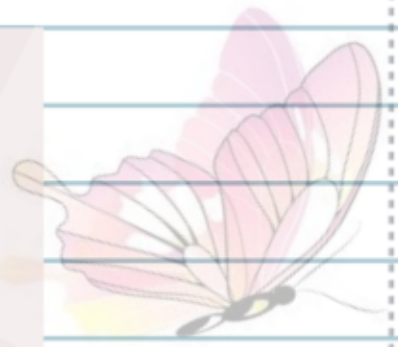
3. Why we Cannot realize self-determination over the body such as bans and aversion to tattoos?

Older people have concern that it will harm our body or that we will regret doing it later. They are also worried that as tattooed people, will have a different effect on society and that we e. g. can't find a job.

Our Solution

In Summary, it can be said that mostly the older ones mean well with us. They want to protect us from wrong decisions. They don't want us to make the same mistakes they might have made. In a conflict, we should keep that in mind. However, from our point of view it is very important to be able to make your own decisions and also to be allowed to make mistakes, this is an important maturing process that has to go through. It is also important maturing process that everyone has to go through. It is also important to give us boundaries, but you should explain your point of view or your problem calmly and objectively so that you have the chance to gain insight.

We believe the best solution is communication. Both parties should be considerate, empathetic and open to each other's opinions.



How to choose your first car

Many teenagers ask themselves what first car they should get as soon as they turn 18.

You should search for a small, cheap car with a low fuel consumption and a low number of horse power. At first you should look on www.autohero.com or on www.12gebrauchtwagen.de. On these websides you can find good and cheep cars. If you find a car you like you can also look fiior car dealers.

An other option is the "VW Golf". It is a little faster, but has more fuel consumption than the opel corsa. It is a good option to the opel, if it doesn't matter to you ,that is more expensive.



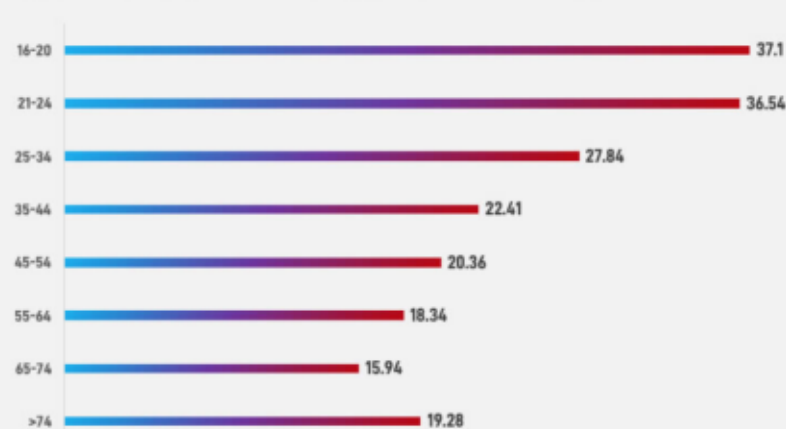
The Ford Fiesta is also a fast small car with enough space for 5 people. It has a low fuel consumption



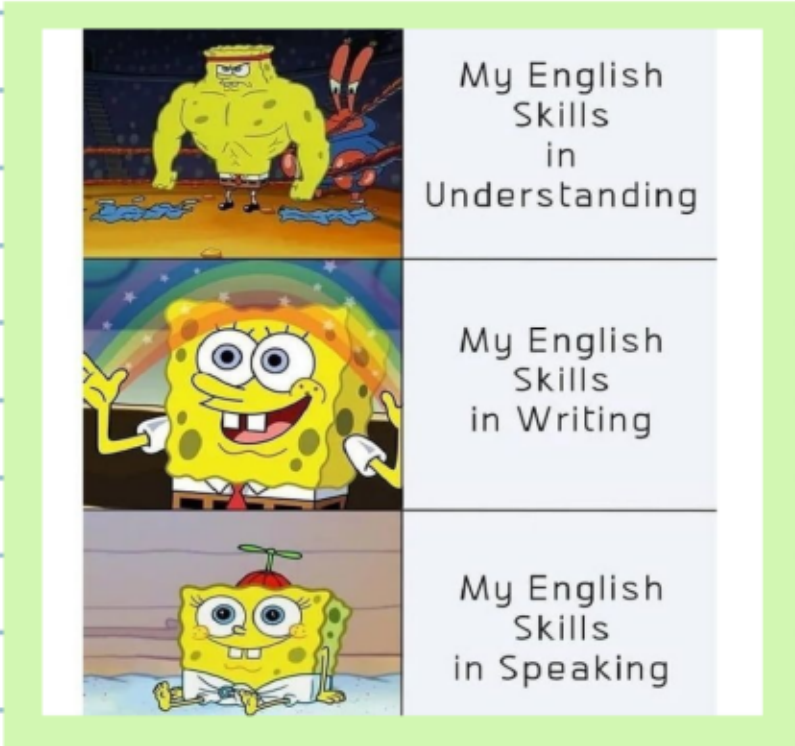
This statistic shows that the involment rate has fatally crashed in every age group.

A good first car is the "Opel Corsa". It is cheap in purchase and insurance. It is also small, so it's easier to drive and park.

Involvement Rate in Fatal Crashes by Age Group
Age of Drivers Involved in Fatal Crashes per 100,000 Licensed Drivers



Mememes!!



Casually entering the school on the maths exam day until you realise you accidentally packed the tv remote instead of the calculator:



POV: You entered the wrong classroom



When you're from Europe and you lose an argument against a American



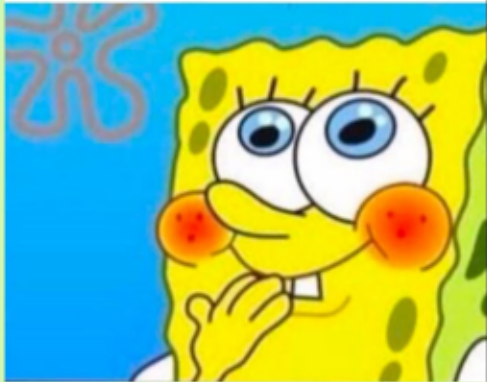
"I help blind kids"

The adjective:

The verb:



**WHEN TEACHERS
ARE 10
MINUTES LATE**



**WHEN STUDENTS
ARE 2
MINUTES LATE**



Banana's on Day 1

Banana's on Day 2



When you open up your schoolbag after months of summer vacation and the cheese sandwich is still rotting in there:



People who planned to study in the US after seeing the news about how it's going on in there:



Fridays for Future interview with Johann S.

Johann S. is a 17 year old teenager who is really into the Fridays for Future demonstrations. He went to many demonstrations in Munich and is also attending a lot of climate change activities in school.

What is Fridays for Future?



Fridays For Future is an international, intersectional movement of students striking for climate

The next question I want to ask you is why is Fridays for Future so important

I personally think that it's important because turning off coal-fired power plants will make a big difference for our nature



What do you want to achieve by demonstrating



So we want that the Paris climate agreement is getting followed like said because in that agreement there is everything against the coal commission. We the Fridays for Future demonstration are not happy with that being done in 2038

What do your parents and teachers actually think about the fact that you don't attend school on Fridays

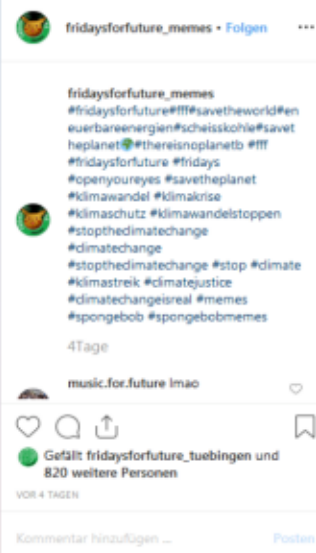


My mother was skeptical at first when she heard that I was skipping school for this, but now she likes it since it is for a good reason.

Some teachers support it but there are always some teachers who dislike it. But since I always catch up with school material they have no problem with that.

It's always a bit stressful but it's for a good reason so it's fine.

Okay thank you Johann that was a really nice talk with you. I wish you all the best luck in the future.



Let's save the Environment



General

Everything, that you see, hear, smell or taste - that is our environment. This also includes our families, friends, houses, cars and streets.

But when we today talk about the environment, let's think about plants, animals, earth, water and air first. This is the natural environment we must protect.

The most things in nature are interconnected, we call this the "cycle of nature"

Politics

Since the beginning of industrialization man has interfered with the sensitive system earth.

Especially in times of increasing globalization, international environmental policy is of great importance.

The environment is simply not given enough consideration.

Crucial matters:

climate protection, sustainable energy policy, biological diversity, protection of forests, seas, soil, waste management.

Earth

Nevertheless, humans have already irrevocably destroyed large parts of nature. Many animal and plant species are threatened with extinction and even the entire ecosystem of the earth is endangered.

The earth is constantly changing in a natural process, slowly, hardly noticeable to us humans.

A change that man causes and that nature cannot cope with. This is a major burden for our environment.



Opinion

The environment is in danger, but no one seems to care.

Do we really want to wait until it's too late?

We have to take action, now or never!

Animals

Animals that live freely in nature need special protection. A clean environment is important for this! Because not only humans need clean water, fresh air and enough free and healthy nature to be able to live well.

Plants and animals suffer first from ecological changes such as climate change and pollution of water, soil and air. Many things that we take for granted in everyday life are a major burden on our environment: This is particularly true of the tons of garbage that accumulate in the oceans year after year. This is a major burden for our environment.



The best holiday destinations for teenagers



Greece's largest island: Crete

The party beach Zrce on the Croatian island of Pag is very popular with young people. The mood there is definitely comparable to that in the Spanish party strongholds, Tim Vogler knows. Internationally known DJs attract many young people to party at the festivals every year. There are also numerous large and small clubs. Partying on Pag is not limited to the evening: Beach parties are already taking place during the day.

Vacationers can best live in Novalja. From there, other beaches on the island are easily accessible. Like Bulgaria, Croatia is even cheaper than the Spanish holiday destinations.



Clubs and festivals by the sea: Croatia

The party beach Zrce on the Croatian island of Pag is very popular with young people. The mood there is definitely comparable to that in the Spanish party strongholds, Internationally known DJs attract many young people to party at the festivals every year. There are also numerous large and small clubs. Partying on Pag is not limited to the evening: Beach parties are already taking place during the day.

Vacationers can best live in Novalja. From there, other beaches on the island are easily accessible. Like Bulgaria, Croatia is even cheaper than the Spanish holiday destinations.



The "Ballermann of the East": Bulgaria's golden sands

If you want to spend a particularly cheap holiday, it is best to go to the Golden and Sunny Beaches in Bulgaria. On the beaches of the Black Sea, the costs are still relatively low, but the quality of the parties and hotels is still good, says Vogler. The extensive parties on the gold beach have earned it the nickname "Ballermann of the East". Everything is geared towards young people. There are also many ways to celebrate on Sunny Beach, but overall it's a bit more relaxed there. There are not many sights on either beach. The holiday program is rather uniform: "Bulgaria is more party, chilling, beach." The holiday resorts were built especially for this type of tourism.



Classic Costa Brava: Lloret and Calella

The Costa Brava is the number one holiday destination for young people. "The range of parties is wide and has something for everyone," says Oehler. "The bars and shopping opportunities are also tailored to the young target group." Lloret de Mar and Calella are the party centers for young guests. One advantage: Barcelona is not far away. The metropolis can be reached quickly and offers a change from beach holidays. If you're tired of partying, you can go on a day trip to see the sights of the Catalan capital.



THE MUSCLE PILL

19,99€

*gain muscles
without
training*



Approved by Prof.
Dr. Henke

95% of all bodybuilders
can recommend these
pills

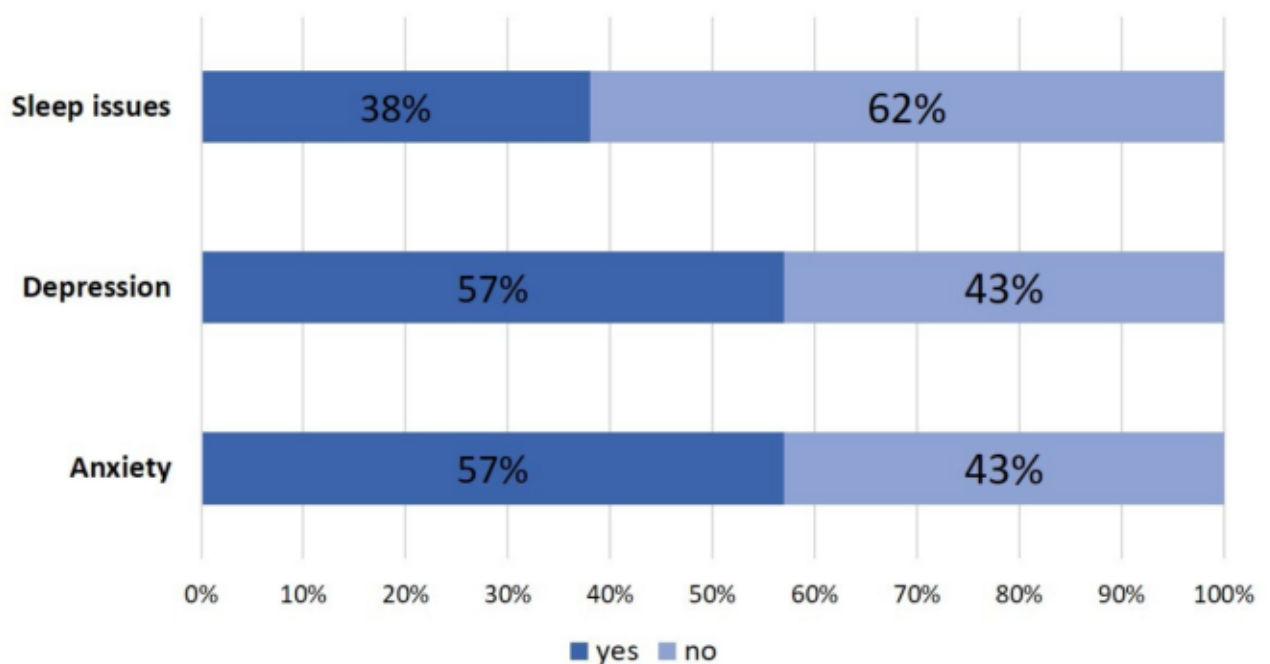


Effects of the pandemic on young people's health



Because of corona, young people often feel lonely and abandoned from society. School closures and lockdowns are bad for young people's emotional wellbeing, loneliness, depression and anxiety are the consequences of this. The pandemic is affecting young people beyond their physical health and nobody seems to care about them. They have fear for their future. We should talk more about the problems we have with each other.

Effects of the pandemic on teens' mental health



Based on a survey within the class f10a (21 students) in May 2022

BYE!



BYE BYE!!



**Thank
you!**