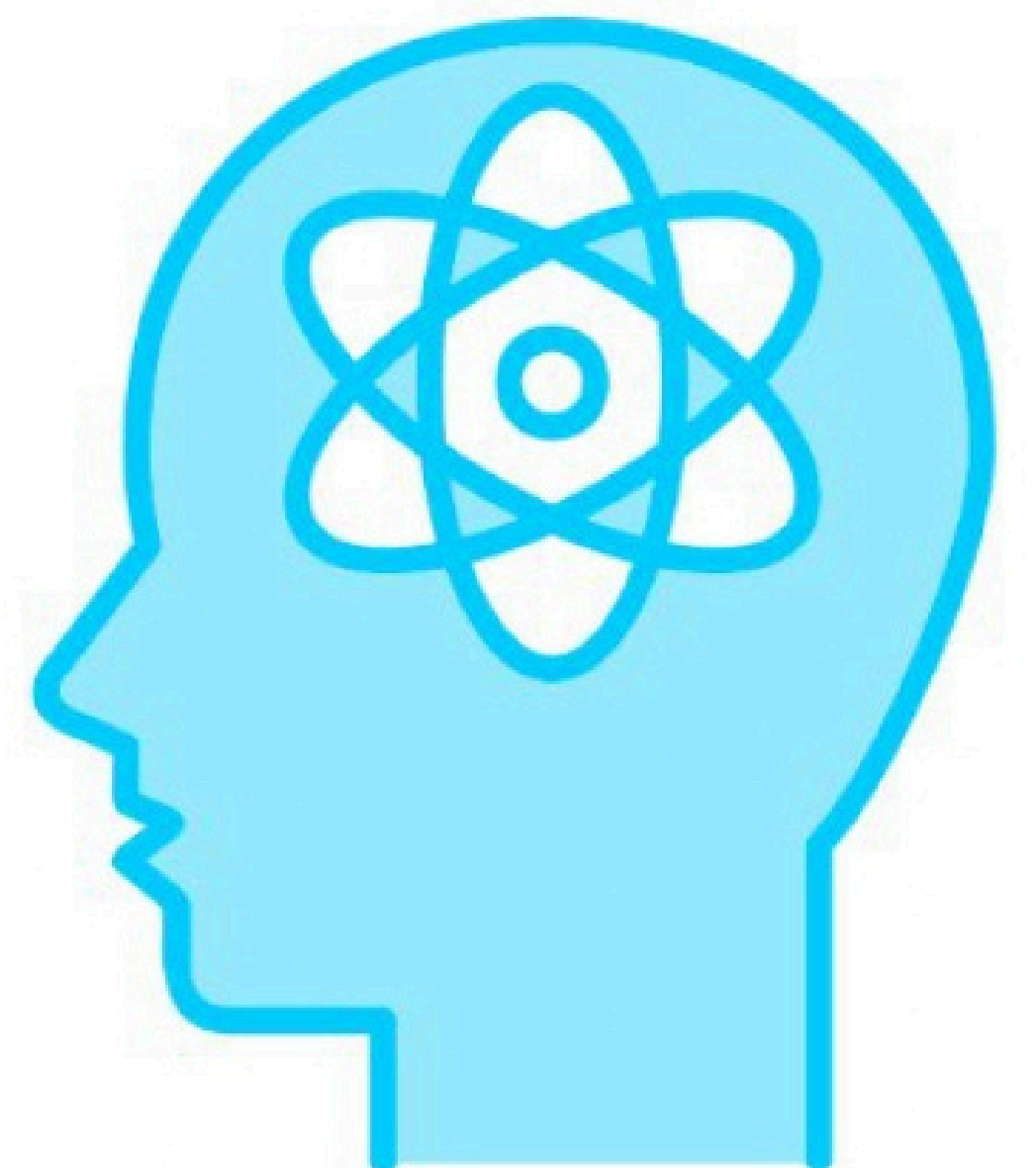


*School class*



*106 essays*

*May 2026*



# TABLE OF CONTENTS

---

## *1. Everyday Problems*

---

- *Sexism in everyday life*
- *That's why you're broke as a teenager*

## *2. Hobbies*

---

- *Football the most popular sport*
- *Why you should start dancing*

## *3. Social Media*

---

- *Bitter Virgins*
- *Cancel Culture - Fair or getting out of hand?*
- *How social media affects teenagers*
- *The Role of Social Media Influencers*

## *4. (Video) Games*

---

- *Gaming: Just Entertainment or a real Problem?*
- *Will Board Games Still Be Popular in 10 Years?*
- *The World of Gaming: More Than Just Play*
- *Are video games really making our kids dumber, or do they have benefits?*

## *5. Culture*

---

- *Music - an important part of life*
- *Are modern movies less original, or just less willing to take risks?*
- *Why aboriginal culture matters*

## *6. Health*

---

- *Why school should start later*
- *Depression: A Serious Illness and Its Impact on Daily Life*

## *7. Politics*

---

- *Russia - The new North Korea?*
- *The cost of being a woman: Pink Taxes*
- *How fast can we destroy our world?*
- *How Friedrich Merz changes our society*

## *8. Philosophy*

---

- *AI - The Oracle at Delphi 2.0?*
- *Inside the mind of an psychopath: Who are they and what makes them so different?*
- *Is free will just an illusion?*

# INTRODUCTORY NOTE

---

*If you need proof that students nowadays do not only care for the latest TikTok-trend, this essay collection will more than suffice. While preparing for the final English exam in year ten, 25 teenagers from class 10b of the Gymnasium Sedanstraße took heart and wrote feature articles about topics they are honestly into. The result is rich mix of subjects, ideas and opinions that display the diversity of these wonderful young women and men.*

*Enjoy reading!*

*April 2026, Jan Kassel*

# EVERYDAY PROBLEMS

---

- *Sexism in everyday life*
- *That's why you're broke as a teenager*

# SEXISM IN EVERYDAY LIFE

---

*Written by Luisa*

# Sexism in everyday life

Do sentences like "I need a few strong boys to carry some things" or "Is it that time of the month again?" sound familiar to you? They probably do because they are just two of many sayings most of us have heard many times in their lives before. Thanks to us hearing it so often, we do not realise that it is actually sexism bleeding into our every day life and hiding in between jokes and sayings.

Sexism in our every day life, is very much real, even though we do not realize it immediately.

For the longest of time women have been seen as weaker and less worth than a man, and now while in many countries women and men have equal rights, this misogyny is still deeply rooted into our minds.

Sexism shows up in many forms, one of them being that women are often reduced to being mothers. It is expected from a woman to give birth to children, the same way it was centuries ago. Society expects them to be mothers, which is why a single mother does not even get half the recognition a single father does. Think about the last time you saw a single mother and thought nothing of it. Now if people see a single father he is labeled as responsible and it is almost extraordinary to see one, even though it is a standard for women. If sexism is openly posted on the internet, through jokes and memes, people often comment "How can you say this, a woman birthed you?" on these videos, although these comments have good intentions they are still reducing women to only being mothers.

Double standards are huge part of sexism in our lives. Women who are strict and confident are seen as bossy, while men are seen as ambitious and serious. A very common thing is also, that when a woman has more than one boyfriend in a short period of time, she is called out for sleeping around, but when a man does the exact same thing he is told, that he has game and gets cheered on. It is not fair that women get criticized for things men get praised for.

Another very important point is, that men are almost always associated with people in position of power. For example if somebody talks about a CEO, they almost always assume that it is a man. Men are called superior to women, they claim to get better jobs and to work harder, meanwhile statistically girls almost always do better in school than boys. They get higher grades and often graduate at higher rates, girls are also less likely to repeat grades and more likely to attend and complete university. To add to that women seem to always have to prove themselves, and work way harder to get the same recognition a man gets early on, at for example their workplace.

A very common stereotype is that women are very emotional and never stop talking, if they dare to express their feelings, and do so by using a little to much emotion the same question is always asked "are you on your period?", which is just misogynistic and absolutely wrong to say. Menstruation has nothing to do with women wanting to express their feelings. Although women are supposedly very emotional, the domestic violence rate against women rises approximately 40% in England when a national sports team loses.

Sexism goes in both ways, but sexism against women is more wide spread and systematic, encountering women everywhere and everyday. If a man stands up for a woman in need he is seen as special, this is quite sad because it should be normal and the bare minimum for every person to do so.

These reasons and countless more are why feminism is so important, and it is disappointing that feminists are often misinterpreted as men haters. Feminism means gender equality. We are all humans and should all be treated the same. Females have the same worth males do.

So, before you make that sexist joke, comment or assume someone is less qualified to be in a particular workplace, think about how you are encouraging sexism in everyday life.

**THAT'S WHY YOU  
ARE BROKE AS A  
TEENAGER**

---

*Written by Emilia*

# **That's why you are broke as a teenager**

written by Emilia

Maybe you are wondering why you are broke at the end of the month. Have you ever thought about how you spend it?

I think many teenagers don't really notice where their money goes. There are different reasons for this problem, especially social media, trends and the influence of companies.

First of all, social media plays a big role in teenagers' spending habits. I think that social media is influencing the buying habits of teenagers. Influencers set trends and create pressure to belong and to fit in. A statistic published in 2022 shows that teenagers spend nearly half of their money on clothes, shoes and fashion. The amount of money teenagers spend on social media trends is surprisingly high, even though many trendy clothes are not even liked by everyone. For example, some teenagers buy expensive sneakers just because their friends have them and not because they like them.

Another important point is that companies are raising consumer habits very early. Regular buying can become a habit, and in the long term, this is expensive. So teenagers get used to buying things even if they don't really need them.

A good example for this is Valentine's Day. Today many teenagers feel emotional pressure to buy gifts for their partner or friends. What should be a nice gesture of love often turns into a money trap. Companies and industries use these emotions to make profit and teenagers spend money just to show their feelings.

In conclusion, teenagers are often broke because of social media trends and early consumer habits. Influencers and companies are creating pressure for young people to spend money. To avoid this,

teenagers should think more about their spending and decide carefully what they really need.

# H O B B I E S

---

- *Football the most popular sport*
- *Why you should start dancing*

# FOOTBALL THE MOST POPULAR SPORT

---

*Written by Hussien*

# Football the most popular sport

Written by:Hussen

Football is one of the most popular sports in the world. Many people play it and watch it every day. It is also called soccer in some countries.

Football is a team sport. Each team has eleven players. The players try to score goals by kicking a ball into the other team's net. The team with more goals wins the game.

People can play football almost anywhere. You only need a ball and some space. That is why it is very popular with children and adults.

Football is not only about winning. It also teaches teamwork, respect, and fair play. Players must work together and help each other. They also need to follow the rules and respect the referee.

Many countries have professional football leagues. Big tournaments like the World Cup bring people from all over the world together. Fans support their favorite teams with passion and excitement.

In conclusion, football is more than just a game. It is a global sport that connects people and creates joy.

# WHY YOU SHOULD START DANCING

---

*Written by Natalia*

# Why you should start dancing

You think dancing is just about performing a dance in PE class for a good grade or dancing awkward at a wedding? Think again. Whether you have the grace of a swan or two left feet, dancing is one of the oldest and powerful human inventions. It's not a strange physical activity. It is a universal language and a form of art. Let's look at how a regular dance can affect your physical and mental health positively.

On the surface, dancing is a very good way to stay fit. It requires physical strength and sometimes hours of practice. For many the goal is to stay active, lose weight or have fun. Research also shows that dancing is a full body workout that improves our health and coordination. Unlike a repetitive gym routine that is also healthy for our bodies, dance also requires creativity, making the workout stay varied.

If you are interested in art, you should know that dance can also be a unique form of art. At the first glance it might only seem like a regular sport, but many people do not notice how dancers use their bodies to tell stories and communicate complex ideas without a single word. Everyone is able to create art. In contemporary dance, for example, it is not always about the perfect technique. It is about artistry. In fact some of the most powerful performances do not even need music. Dancers perform to the rhythm of poetry or even in total silence, proving that the art lives within the person, not just the melody.

Or you can stop seeing dance as a spectacular sport and start seeing it as a social activity. In the past, it has held communities together for centuries. Whether it is a massive festival or a crowded club, moving with others is extremely good for your brain. Scientists have found that when we dance

together, our bodies release a flood of endorphins that make us feel better. So, instead of standing awkwardly in the corner at a party, try to get out there and join the others.

Finally, dancing can also be much more than moving to a beat. It is also socially important and can be seen as a form of art. Even if you hate dancing you can, not deny that dance is a power of health, connection between people and communication. So next time you hear a song, stay confident and do not worry about how you look. Just try it out!

by Natalia

# S O C I A L M E D I A

---

- *Bitter Virgins*
- *Cancel Culture - Fair or getting out of hand?*
- *How social media affects teenagers*
- *The Role of Social Media Influencers*

# BITTER VIRGINS

---

*Written by Frieda*

## Bitter Virgins:

How the Incel-scene evolved from a harmless community to a misogynistic and dangerous internet sub culture

In recent years a highly misogynistic Internet sub-culture has caused a big outcry in the media, due to the increasing numbers in violent attacks.

1997, prior to any social media platforms, a young Canadian woman, named Alana, launched a website for women and men, who struggle with loneliness and have the unfulfilled wish of finding a romantic connection.

Upon hearing people talk and joke about others who are described as "lonely virgins" and who did not start dating in their teenage years, she decided to create "Alana's Involuntary Celibacy Project". A blog on which she posted articles and ran a mailing list.

Her goal was to give people who were labeled as "late bloomers", a chance to vocalize the thoughts that kept them up at night and to find a community among people who understood them and who they could relate to.

The website started as a healthy place. People were able to talk about their loneliness and wonder why they were not able to meet anyone of romantic significance. Alana herself stated that during this stage, there were only very few men who actively described anger and might have been a threat, but other than that Alana found her project to be a "friendly space".

The abbreviation, which started as "Invcel" was quickly changed to "incel" for an easier pronunciation, was used to describe a person who is lonely, had never had sex or had not been in a relationship for a long time

In the 2000s, Alana became more comfortable with her own identity, got more successful in her dating life and eventually moved away from the community, convinced her project would continue without her. And while the project did carry on, it certainly moved far away from what she hoped it to be.

In an interview Alana said that, if she knew what her innocent project would turn into, she would have never set her website up.

The present day definition is a far cry from what an incel used to be. The word "incel" now stands for mainly heterosexual, white men who can not find a romantic or sexual relationship and blame feminism and society for their celibacy. Individuals that refer to themselves as an incel are strongly driven by misogyny and the belief, that they have the right to have sex. Their frustrations are often directed at women who have shunned them out.

Their ideology is heavily based on the belief that society is an organized looks-based hierarchy, that dictates social and sexual relations.

Women are shallowly viewed, either as "Stacys", who are sexually attractive women who solely date attractive men who are referred to as "chads", or "Beckys", the "average" women who owe attention and sex to men.

Women in general are also being called "femoids" or "FHOs" which stands for Female Humanoid Organism and only further proves the deeply rooted misogyny in the incel ideology.

Incels think that there used to be a "golden age", although they can not decide on when exactly this time period took place. A time where couples followed traditional gender roles, were married early and strictly monogamous. Men in this age supposedly had no problem finding women as romantic partners.

Incels believe that this "golden age" was ruined by feminism, women's liberation and technical progress. This is the reason why incels blame feminism for their lack of intercourse.

The "black pill" and the "red pill" are also widely spread metaphors in the incel community. Based on the Movie The Matrix, where the main character has to choose between swallowing a red or a blue pill, which determines the characters future, The Incels assigned other meanings to the pills then portrayed in the movie.

In the Incel Ideology, the "red pill" stands for the knowledge, that women suppress men and the "black pill" describes the hopeless "truth" that unattractive men are disadvantaged and will not experience sexual or romantic success. Following this belief, women will only turn to them once they are passed their "sexual prime" after which the women will settle with the "inferior" men for financial stability. Men who believe in the black pill think they only have the option of resignation or violence.

There are many places on the internet where incels have their community. While their forum on the platform Reddit has been banned for its content, which included misogynistic abuse and rape threats, there are still many popular forums for discourse between incels.

But not only places that specify on this ideology have this kind of sexist content. On social media, incel content has spread beyond forums to platforms like TikTok and Youtube. All of us are familiar with memes making fun of women and whilst they might seem harmless at first, memes are a powerful way of strengthening cynic stereotypes of women.

The constant exposure to this sexism disguised as mundane humor mixed with more obviously misogynistic content which circles in the internet can slowly influence how users think about relationships and gender.

For young people, especially those who feel isolated, this can be dangerous. They might be drawn in by the sense of community and then be exposed to the negativity, hopelessness and extreme views.

But its far worse than disgusting words and empty threats. Within Incel discussions, violence is often rationalized and over the years incidents have accumulated.

In May 2014, 22 year old Elliot Rodger became an "incel hero" with his killing spree in Isla Vista, California. Before his attack he posted a video and wrote a document expressing his anger towards society. On May 23rd 2014, he killed three people in his apartment then went on to shoot more people in the area near a university. On that day Rodger killed six people and injured fourteen others.

His attack is seen as one of the first major attacks connected to the modern incel community and brought global attention to their ideology.

But sadly this attack wasn't the last. Other big killings include the 2018 Toronto van attack, where 22 year old Alek Minassian killed ten people by driving a rental van into pedestrians after posting to Facebook to praise Elliot Rodger: "The Incel Rebellion has already begun! We will overthrow all the Chads and Stacys! All hail the Supreme Gentleman Elliot Rodger!"

In conclusion, the topic of incels is important because it shows how loneliness and frustration can turn into concerning hatred when people find support in toxic online communities. The Incel ideology promotes misogyny, dehumanizes women and encourages violence.

It is important to raise awareness, promote healthy discussions about relationships and support people who struggle with loneliness before they are drawn into extreme ideologies.

**CANCEL CULTURE –  
FAIR OR GETTING  
OUT OF HAND?**

---

*Written by Alexandra*

Over the past few years the digital movement "cancel culture" has destroyed many careers of which some victims were in fact more innocent than it has seem on the internet. Cancel culture has been created on social media with the intention to make people take accountability for inappropriate or unethical actions. This basically means that people like celebrities or even companies get publicly criticized and sometimes boycotted because of something they either said or did. While some may see it is a good way to hold others accountable, others say that it often goes too far and maybe also become unfair in certain cases.

On the positive side, cancel culture can be a powerful tool for accountability. In the past, public figures often got away with saying or doing problematic things without real consequences. Today, social media makes it easier for people to call this out.

Especially when it comes to issues like racism, sexism, or discrimination, public pressure can lead to actual consequences and sometimes even positive change (eg. through educational criticism).

However, there are also clear downsides. Online reactions can spread extremely fast, making people judge before the whole story is told. A single mistake, an old post or a poorly worded opinion can lead to massive backlash. In some cases, people lose their jobs or get "cancelled" in a way that feels disproportionate to what they actually did. There's also often too little space for explanation or improvement.

Another issue is that cancel culture can create a kind of fear around speaking freely. People might start holding back their opinions because they're afraid of being attacked or misunderstood online. This can make discussions less open and more defensive, instead of actually helping people understand each other better.

In the end, cancel culture is not simply good or bad. It can lead to important changes and greater awareness, but it can also become unfair and extreme. The challenge is finding a balance between holding people accountable and still allowing room for mistakes and growth.

Alexandra Kremser 10b

**HOW SOCIAL MEDIA  
AFFECTS  
TEENAGERS**

---

*Written by Sofia*

## How social media affects teenagers

Nowadays, social media is a big part of everyday life. Almost everyone uses it, whether they are at school, at work, or at home. Especially teenagers spend a lot of time on platforms like Instagram, TikTok or Snapchat. But how does social media really affect them? Is it only harmful, or can it also be helpful?

On the one hand, social media can have negative effects on teenagers. Many young people compare themselves to others online, which can make them feel insecure or unhappy with their own lives. In addition, spending too much time on social media can lead to less sleep and lower concentration in school. Cyberbullying is another serious problem that can harm teenagers emotionally. Since you can be very anonymous on social media and do not have to tell your real name, many people are more confident in bullying or hating others because they know, no one really knows who you really are.

On the other hand, social media also has positive sides. Teenagers can stay in contact with their friends and meet new people from all over the world. It is also a good way to share ideas, express creativity and learn new things. For example, many students use social media to find information or get help with school work.

However, it is important to find a balance. Teenagers should not spend too much time online and should be aware of the risks. Parents and schools can also help by teaching young people how to use social media responsibly.

In conclusion, social media affects teenagers in both negative and positive ways. While it can cause problems like stress or insecurity, it also offers many opportunities.

Therefore, it is important to use social media in a smart and balanced way.

Sofia Saaburny

# THE ROLE OF SOCIAL MEDIA INFLUENCERS

---

*Written by Yobel*

## **The Role of Social Media Influencers**

In today's digital world, social media influencers play a big role in forming opinions, trends, and behavior. With millions of followers on platforms like Instagram, TikTok, and YouTube, influencers have become powerful people, especially among young people. They can influence how people think, what they buy, and how they present themselves online.

One of the main roles of influencers is promoting products and brands. Many companies work with influencers because they can reach a large audience in a more personal way. Unlike traditional advertising, influencer content often feels more real and relatable. This makes followers more likely to trust their opinions and recommendations. Because of this, influencers can strongly affect buying decisions and lifestyle choices.

Influencers can also have a good impact by raising awareness about important topics. Many talk about issues such as mental health, climate change, and war. They share information, support good causes, and encourage people to think about important problems. In this way, influencers can help create positive change.

However, there are also negative sides to being an influencer. Some promote unrealistic beauty standards or show a perfect lifestyle that is not real. This can make people feel insecure or unhappy with their own lives. Others do not clearly say when they are being paid to promote products, which can be misleading for their audience.

In conclusion, social media influencers have a strong impact on modern society. They can inspire and inform people, but they also have a responsibility to be honest and use their influence in a positive way.

by Yobel

# ( VIDEO )

# GAMES

---

- *Gaming: Just Entertainment or a real Problem?*
- *Will Board Games Still Be Popular in 10 Years?*
- *The World of Gaming: More Than Just Play*
- *Are video games really making our kids dumber, or do they have benefits?*

**G A M I N G : J U S T  
E N T E R T A I N M E N T O R  
A R E A L P R O B L E M ?**

---

*Written by Michele*

# Gaming: Just Entertainment or a Real Problem?

## The advantages and disadvantages of video games in modern society

Video games have become very popular in recent years. Many teenagers and adults spend a lot of time playing every day. Gaming is no longer just a hobby, because it has also become a professional activity through esports. However there are both advantages and disadvantages of gaming that should be considered.

Gaming means playing digital games on devices such as computers, consoles or smartphones. There are many different types of games, for example action, sports or simulation games. In addition, esports has become a big industry where professional players compete in tournaments and can earn a lot of money.

One advantage of gaming is that it is fun and relaxing. Many people play games to forget about stress. Furthermore, gaming can improve important skills such as reaction time, concentration and problem-solving. Online games also allow players to communicate with others and work together as a team. Another positive aspect is that gaming can create jobs. Some people become professional gamers, streamers or work in the gaming industry.

On the other hand, gaming also has disadvantages. One major problem is addiction. Some players spend too much time gaming and neglect school, work, or social life. This can even lead to bad grades or job loss. In addition, too much screen time can cause health problems such as eye strain, lack of exercise and poor posture. Another issue is that some games contain violence, which can have a negative impact on young players.

In my opinion, gaming can be a great way to have fun and learn new skills. I sometimes play video games myself and enjoy it. However, I think it is very important not to play too much and to focus on school, friends and real life.

In conclusion, gaming has both positive and negative sides. It can be entertaining and even offer career opportunities like esports, but it can also lead to serious problems, such as addiction or job loss. Therefore, it is really important to find a good balance between gaming and other real life activities.

**WILL BOARD GAMES  
STILL BE POPULAR  
IN 10 YEARS?**

---

*Written by Emir*

**Will Board Games Still Be Popular in 10 Years?**

*Between tradition and technology: the future of classic games*

Board games have been an important part of entertainment for centuries. Even today, millions of people around the world enjoy games like Monopoly, chess, or Dungeons & Dragons. They are played at home, in cafés, and even at special board game events. However, in a world where digital technology is becoming more and more important, many people are asking: will traditional board games still be popular in 10 years, or will they be replaced by digital games?

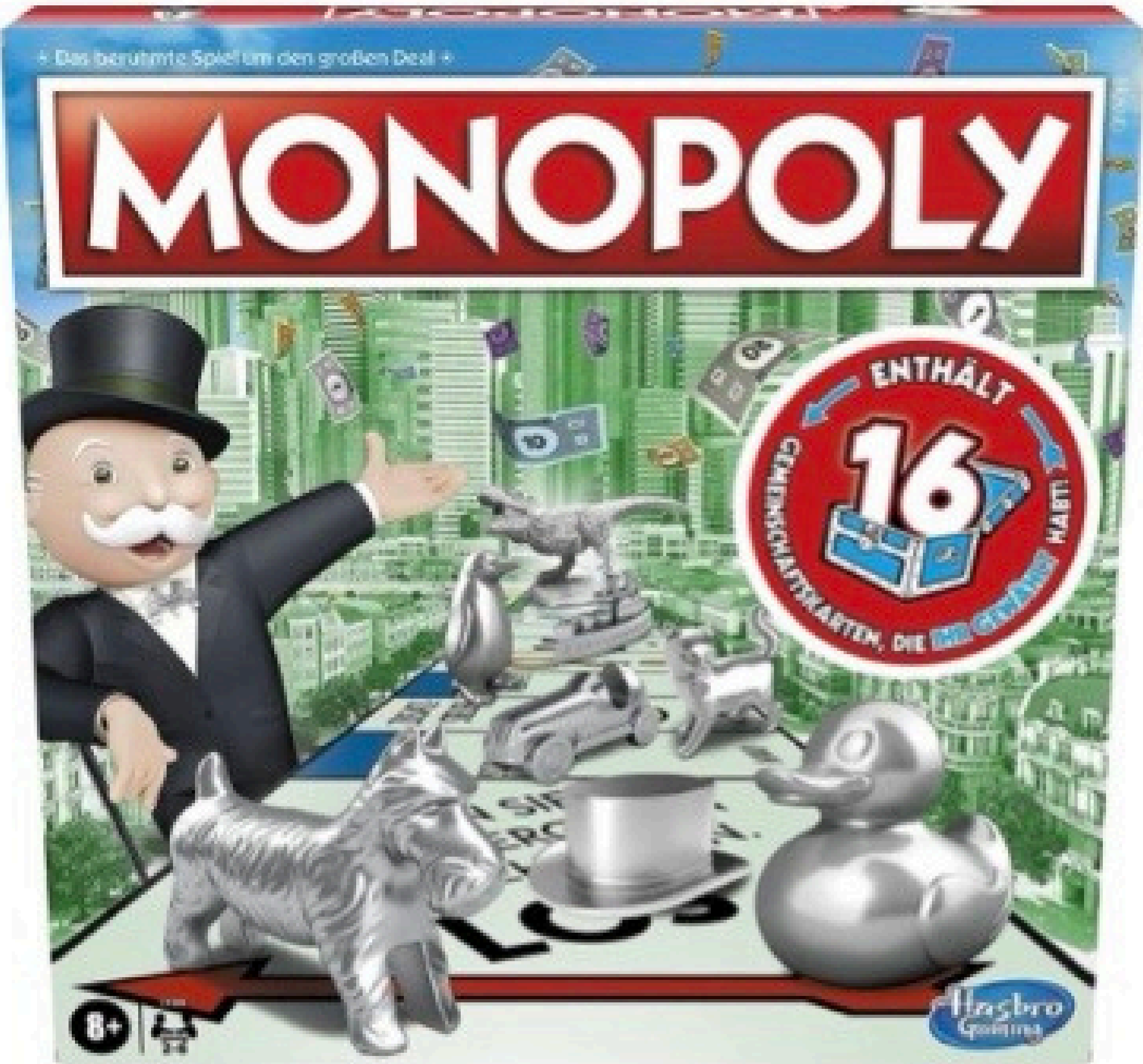
One of the main reasons for the popularity of board games is social interaction. When people play board games, they sit together, talk, laugh, and spend time with each other. This face-to-face communication is something that digital games often cannot fully replace. Board games also give players a break from screens, phones, and the internet. In a time where many people spend hours online every day, this “offline experience” is becoming more valuable.

Another important factor is the wide variety of games available. There are classic games that have been popular for decades, such as chess or Monopoly, but there are also many new and creative games. Every year, game designers create innovative ideas that attract new players. Some games focus on strategy, others on storytelling or teamwork. This variety makes board games interesting for different age groups and keeps the hobby alive.

In addition, board games are becoming more modern. Some games now include apps or digital elements, which combine the best of both worlds. This shows that board games are not disappearing, but instead adapting to new technologies.

On the other hand, digital games are a strong competitor. Video games offer impressive graphics, exciting gameplay, and the possibility to play with people from all over the world. They are often faster and more dynamic than board games. Especially young people are attracted to online games because they are easy to access and always available. As technology continues to improve, digital games will likely become even more popular in the future.

Despite these advantages, digital games cannot fully replace the unique experience of playing together in real life. Sitting around a table, rolling dice, and reacting to other players creates a special atmosphere that is difficult to recreate online. In conclusion, board games will most likely remain popular in the next 10 years. While digital games will continue to grow and develop, board games offer something different and valuable: real human connection, creativity, and a break from technology. Instead of disappearing, board games will probably continue to evolve and stay an important part of our culture



Emir Keshfedinov

**THE WORLD OF  
GAMING: MORE  
THAN JUST PLAY**

---

*Written by Mahmoud*

Gaming is a big part of life for many people today. It's not just for kids anymore people of all ages play games. Whether on a console, PC, or phone, games are everywhere and easy to access. That's why more and more people get interested in it.

Gaming means playing digital games alone or with others. There are many types, like action, sports, or story games. A cool thing is that you can play with friends online and meet new people. It's not only about winning, but also about having fun and relaxing.

A big part of gaming now is esports. This is competitive gaming where players join tournaments and compete against others. Some gamers are even professionals and earn money from it. Big tournaments can have thousands of viewers, just like real sports.

Gaming can also be good for you if you don't overdo it. It can help you think faster, improve your reactions, and even reduce stress. But it's important to take breaks and not play all day.

In the end, gaming is more than just a hobby. It can be fun, social, and even useful if you use it the right way.

**ARE VIDEO GAMES  
REALLY MAKING  
OUR KIDS DUMBER,  
OR DO THEY HAVE  
BENEFITS?**

---

*Written by Linus*

## Are video games really making our kids dumber, or do they have benefits?

Many parents watch their children in front of their Xbox or PC, playing some intense games, and they have doubts. They worry that if a child constantly shoots at others in a game, they might become desensitized and act violently in real life. Parents also fear that their child might neglect important activities like school or helping around the house.

Video games are now one of the most powerful forms of entertainment in modern life. They range from simple arcade games to complex, story-driven adventures and are part of daily life for millions. Their influence goes beyond entertainment; it impacts education, social skills, and even mental health.

The belief that video games make kids "dumber" is a common worry, but it's not entirely true. The impact of video games on children's intelligence depends more on how and what they play rather than gaming itself. On the plus side, many video games can actually help brain development. Games that involve puzzles, strategy, or creativity can enhance problem-solving skills, memory, spatial awareness, and multitasking. For example, building or simulation games encourage planning and experimentation, while fast-paced games can improve attention and quick decision-making. Some studies even suggest that moderate gaming is linked to better cognitive performance in specific areas.

However, issues can arise when gaming becomes excessive or starts to replace other important activities. If a child plays video games for too long, they may fall behind in schoolwork, reading, physical activity, and socializing. This imbalance, not the games themselves, can lead to lower academic performance or slower growth in other skills like language and emotional intelligence.

Another factor to consider is the type of content. Games that are repetitive, overly passive, or not suitable for a child's age may not offer much educational value.

One major advantage of video games is their ability to improve cognitive skills. Many games ask players to think critically, solve problems, and make rapid decisions. Strategy games, for instance, encourage planning and managing resources, while action games can enhance hand-eye coordination and reaction time. Moreover, video games are increasingly being used in education, making learning more engaging and interactive.

Another key benefit is social connection. Online multiplayer games allow players from different parts of the world to communicate and work together. Friendships can form through shared gaming experiences. For some individuals, especially those who find face-to-face interaction challenging, games provide a comfortable space to connect with others.

However, video games also come with downsides. One common worry is addiction. Spending too much time playing games can lead to neglecting responsibilities such as school, work, or relationships. This can also harm physical health since long gaming sessions often mean little movement and poor posture.

Additionally, there are concerns about mental health. While gaming can relieve stress for some, it may increase frustration, anxiety, or aggression in others, especially when dealing with competitive or violent games. Exposure to inappropriate content can also be damaging, particularly for younger players.

In conclusion, video games have both positive and negative effects. They can boost cognitive skills and create social opportunities, but they also come with risks if not kept in check. This means gaming doesn't automatically make kids dumber; rather, it's essential to find a balance between gaming and everyday life to avoid falling behind in school.

Linus

# CULTURE

---

- *Music - an important part of life*
- *Are modern movies less original, or just less willing to take risks?*
- *Why aboriginal culture matters*

**MUSIC – AN  
IMPORTANT PART  
OF LIFE**

---

*Written by Alessia*

## Music - an important part of life

Since over thousand years, music plays a big role in the life many people. People all over the world listen to music, create music and share it with others. Music can be found in every culture and even though many different languages, music can be understood by everybody because it expresses feelings without needing words.

Music is made up of sounds and rhythms. These sounds can be slow or fast, loud or quiet. Because of this, music can create different emotions. For example, soft and slow music can make people feel calm or sad, while fast and loud music can make people feel happy and excited. Many people listen to music when they want to relax, focus or improve their mood.

Music is also important for culture. Traditional songs show the history and values of a country or a group of people. They help keep traditions alive and allow younger generations to learn about the past. At the same time, music changes over time. New styles and genres are created when different cultures influence each other. In addition, music can be good for people's health. It can reduce stress and help people to feel better.

Playing an instrument or singing can also improve skills like memory and concentration. That's why music is sometimes used in therapy to help people recover from illness or deal with emotional problems.

Music also brings people together. People go to concerts, festivals or listen to music with friends. These shared experience create a sense of connection and happiness. Even singing together in a group could make people feel closer to each other.

In conclusion, music is more than just entertainment. It helps people express emotions, understand cultures, and connect with others. Because of its power and importance, music will always be a part of human life.

**ARE MODERN  
MOVIES LESS  
ORIGINAL, OR JUST  
LESS WILLING TO  
TAKE RISKS?**

---

*Written by Lukas*

# **Are modern movies less original, or just less willing to take risks?**

written by

Lukas Nito

Hollywood has never produced more movies than today, yet a large number of these movies are not based on original screenplay. Instead many modern releases are sequels, remakes or adaptations of existing stories such as books, comics, games or even older movies. According to industry trends in recent years, only a few of major studios movies are genuine original stories and this raises the question of whether modern cinema is still driven by creativity and passion or primarily by already existing franchises with low commercial risk?

The strong focus on sequels, remakes, and the growth of franchises is one of the main reasons modern movies seem less original. Studios often try to extend the story of a successful movie into multiple parts. This strategy lowers financial risk because these movies already have an audience. This results into many franchises getting extended beyond their creative potential, which means that studios keep making new releases even when the original creative idea has already been fully maxed out. As another following result, the quality goes down and the storytelling becomes repetitive and less interesting.

A good example for this phenomenon is the Fast & Furious franchise. While the first movies focused on action-based street racing and car culture, later releases suddenly became increasingly exaggerated and unrealistic. Over time the franchise moved from street races to cars in space like situations.

Although the franchise became globally more successful, many critics argue that it lost parts of its original creativity and storytelling quality. Despite their worse reviews the movies continued attracting large audiences, showing that building a strong fan base and brand recognition can keep a franchise successful even when its quality decreases.

Another important factor which influences the lack of originality in modern movies is the rise of streaming services. Platforms like Netflix, Disney+ and many more constantly need more new content to keep their audiences engaged. This leads to a high quantity of releases with less time to make instead of less releases, which get more production time with higher quality. By pushing a lot of content, audiences generate a lot of hype in social media supporting the success of these movies in the short term, which generates a lot of money. However, this strategy often leads to oversaturation, where too many similar built movies are released within a short period of time. As a result, individual releases become less memorable and lose their usual impact on audiences.

Nostalgia also plays a major role in modern cinema. Many studios rely on familiar characters, stories and worlds that audiences already know from their childhood or earlier experiences. By bringing back well known franchises or remaking older movies, studios can create an emotional connection with viewers, which increases the chances of commercial success. This strategy is safe because it targets existing fanbases instead of trying to build a new one from scratch.

Overall it would be wrong to say that modern films are generally unoriginal because there are still impeccable exceptions that prove the opposite. For example "Get Out" by Jordan Peele stands out with its unique kind of psychological horror offering a

fresh and unconventional idea. Another one is Inception by Christopher Nolan, which is based on a complex original concept rather than an existing franchise yet still becoming highly successful.

Even smaller films like "Mid90s" by Jonah Hill show that personal and creative storytelling continues to exist, especially outside of major productions.

In conclusion, while remakes and adaptations dominate the mainstream, there are still notable exceptions that show creativity and innovation, which are very much alive. These films may not always receive the same level of attention but they prove that originality in cinema has not disappeared, it has simply become less dominant in cinema.

1: impeccable, tadellos, einwandfrei

# WHY ABORIGINAL CULTURE MATTERS

---

*Written by Leonie*

# Why Aboriginal culture matters

Aboriginal culture is one of the oldest living cultures in the world. It is rich in traditions, knowledge, and deep connections to the land. This article explains the importance of Aboriginal culture, its values and why it should be respected and preserved.

Aboriginal people have lived in Australia for tens of thousands of years. Their culture is deeply connected to nature, storytelling and community. However, for a long time, Aboriginal culture was ignored or suppressed.

Today, more people are beginning to recognize its value and importance. Understanding Aboriginal culture helps us appreciate history, respect diversity and learn from ancient knowledge.

A central concept in Aboriginal culture is the “Dreaming” (also called Dreamtime). The Dreaming explains how the world was created and how people, animals and landscapes came into existence. These stories are not just myths; they are an important part of Aboriginal law, spirituality and identity. They teach people how to behave, how to respect nature and how to live in harmony with others. The Dreaming is still passed down through storytelling, songs and ceremonies.

Another important practice is the traditional burning of the land, often called “fire-stick farming”. Aboriginal people have used controlled fires for thousands of years to manage the environment. This method helps prevent large, dangerous bushfires, encourages new plant growth and supports animal life. It shows a deep understanding of nature and sustainable living, something that modern societies are only beginning to fully appreciate.

Aboriginal art is also a key part of the culture. It is not just decoration, but a way of telling stories and sharing knowledge. Paintings often include symbols, patterns and dots that represent elements of the Dreaming, landscapes and important events. Each artwork can have a deep meaning connected to a specific place or story. Through art, Aboriginal people keep their traditions alive and communicate their cultural identity.

In addition, Uluru is one of the most important sacred sites in Aboriginal culture. For the Anangu people, the traditional owners of the land, Uluru is closely connected to the Dreaming stories and spiritual beliefs. It is not just a natural landmark, but a place of great cultural and religious significance. Visitors are asked to respect this importance, for example by not climbing the rock as it is considered sacred.

In conclusion, Aboriginal culture is an essential part of Australia’s identity and heritage. It teaches respect for nature, the importance of community and the value of tradition. By learning about and respecting Aboriginal culture, we can help preserve it for future generations and build a more understanding and inclusive society.

~ Leonie S. Cygan 10b



# HEALTH

---

- *Why school should start later*
- *Depression: A Serious Illness and Its Impact on Daily Life*