

**Pulp.**

# Notre Dame Sixth Form presents

**NO.3**

Spring 2024  
Issue NO.3

## TV

Leah Jeffries Is  
Annabeth Chase

## Film

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Favorites and Top  
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## Webcomics

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# Editorial and Thank You

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The first thank you goes to you - the reader! For picking up a copy of our magazine and giving it a read. With this issue of PULP, our brilliant writers have brought you topics from the environment to film and TV so there's bound to be a topic that interests you.

Our team has worked hard to produce this magazine not just by writing, but by formatting the design, creating puzzles and riddles for you to solve, and keeping the team organised. We made this magazine because of our collective passion for sharing our interests and stories, and we're so grateful to you for giving us that opportunity.

Thank you for supporting us! We hope to see you in the next issue.

- The PULP team



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# Leah Jeffries is Annabeth Chase

Leah Sava Jeffries is a successful young actress of colour who recently starred in the popular action movie, 'Beast', in which she played the daughter of Idris Elba. She has also acted in popular TV shows such as 'Rel' and 'Empire'.

As some of you may know, she recently secured the role of 'Annabeth Chase' in the Disney Series, 'Percy Jackson and the Olympians'. 'Percy Jackson' was originally a bestselling book series by Rick Riordan and it is now getting its own live action adaptation. Naturally, there has been a lot of excitement expressed in the media by fans of the books.

However, since Jeffries will be portraying a character who is described in the books as a blonde white girl, there has also been a largely negative response.

Following the casting announcement, Leah's TikTok

account had been steadily gaining popularity when it suddenly disappeared and fans were naturally confused as to why they could no longer find it.

On her Instagram Live, Jeffries confirmed that it was the platform itself that deleted her account following a targeted harassment campaign in which racist trolls mass-reported her account for fake violations - resulting in it being deactivated.

In fact, the negative response was so extensive that Rick Riordan posted a blog on his website entitled "Leah Jeffries is Annabeth Chase" where he addressed the hate she's been receiving.

In this blog, he explained how Leah had not simply been cast to "tick a diversity box" - that during the casting process he was not looking for someone who possessed the perfect

## About the author:

E.Eburne is a Year 12 student studying History, English Language and Literature and Art. They are planning to study English /Creative Writing and Illustration in Uni and then eventually become a published author and illustrator. They have been a part of the Pulp team since Sep 2023 and enjoy writing/reading books/poetry and listening to music 24/7.

resemblance to the character - he was searching for someone who could perfectly embody the character's personality and ideals.

According to him Jeffries does just that. He shunned the people who were against her taking on the role and said that spreading hate in the name of "accuracy" is entirely unacceptable.

Leah Jeffries is only 14 years old - I think we can all agree that it is completely inappropriate to harass a child under any circumstance.

Still, so-called "fans" of the books have hidden behind the argument that there needs to

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# TV

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***“Leah impressed me from the moment I met her. She has that sort of steel that makes her a leader, but there’s a bit of vulnerability to her. Now again, does she look like Annabeth in the books? No. Was that important to me? No. If anything, it was a massive benefit to broaden the cast in terms of representation.”***

- Rick Riordan

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be more representation of “blonde girls who are smart” in the media. However, there have been many films where the lead character is a smart blonde female. Here are a few examples:

**Valley Girl** - Blonde girl rejects her popular lifestyle and joins a prestigious school.

**Legally Blonde** - Genius blonde girl who is perceived as dumb becomes a lawyer.

**Buffy the Vampire Slayer** - Strong, blonde, female lead who is smart and defeats vampires.

These are only a few of the characters in the media that portray the ‘smart blonde’ group. Therefore it is clear this is not an underground trope that

needs further representation.

The content our society consumes is supposed to reflect the population, but all too often the media tends to marginalise minorities. Stories in the media affect all areas of our life in terms of how people view themselves, how they live their lives, and how they view others. Historically, film industries have had a poor track

record in accurately representing diversity. For instance...

White Women (**51%**) and other Women of Colour (**57%**) are significantly more likely to be depicted as attractive than Black Women (**41%**) in family films. Black Female Characters (**29%**) are more likely to be shown as violent than White Female Characters (**25%**) and twice as likely to be violent as other Female Characters of Colour (**15%**).

These statistics clearly show the importance behind Leah Jeffries portraying this character. Not only will she give young black girls a character to relate to in mainstream media but a strong female lead to look up to.





## **Annabeth Chase:** **Character study**

However, some people have claimed that being a blonde white girl is important to Annabeth's character and story arc because she is discriminated against because of

***“It got to me for the quickest second. But I know that no matter how many people are going to say bad things, it’s never going to be true.”***

- Leah Sava Jeffries

these features.

Here's why this is irrelevant:

Annabeth Chase is the leading female role in the Percy Jackson and Heroes of Olympus series. She is the demigod (half-god half-human) daughter of a mortal man and Athena, Greek goddess of Wisdom and Warfare.

Like Athena, Annabeth is a strong leader. She can identify others strengths and weaknesses and add them to her own. She's bright and quick-witted. She's extremely astute at reading body language and analysing people during a first meeting. She's incredibly wise, she spends her free time designing buildings. Annabeth is incredibly

determined and daring. According to Sally Jackson, (Percy's mother) Annabeth is the most level-headed demigod she has ever met.

Annabeth is very self-aware - she understands that she has to be because of her Fatal

Flaw. A Fatal Flaw is mental or physical weaknesses that are particularly dangerous to demigods as they can often cause their downfall. (Also known as a Hamartia to those who have studied

Ancient Greek or Shakespearean tragedies.)

In the book, Annabeth tells Percy her Fatal Flaw is Hubris, which means excessive pride. This becomes crucial to her character arc as she uncovers many obstacles on her journey to overcoming it.

You can now understand that the epitome of her character is based on her qualities and not on the colour of her skin.

Overall, Annabeth is a very strong, stubborn and intelligent character. Her genius and self-awareness has saved her friends and herself on many occasions. Despite this, she has been underestimated

many times for being a girl. But, only a few times in the book series was her blonde hair mentioned as a focus for prejudice.

This shows that Annabeth being blonde is not crucial to her character. I personally think that Annabeth being black is an intriguing extension to her character and I am excited to see what new things Leah Jeffries will bring to this well-loved role.

In short, true fans should understand that her ethnicity is irrelevant to her story arc and her character is so much more than the colour of her skin. The reasons behind the racial hatred Jeffries has been receiving are completely unsupported. Rick Riordan himself chose her as the perfect actress to portray a character he created.





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# TV

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People should respect his judgement as the Author. And people should respect Leah Jeffries as a talented young actress who has shown time and time again her marvellous maturity and

capability when it comes to acting.

Last year, the theme of Black History Month was Celebrating and Saluting our Sisters. As always, we should strive to learn more about the

successes and struggles of Black Women. And, instead of tearing them down, encourage Black Women to pursue their passions and opportunities.



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# Geography

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## Join The NDHS Geography Society

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We are the NDHS Sixth Form Geographical Society. Set up in early 2023, we aim to create new projects, welcome speakers and share our passion for geography with one another and the wider school community.

**To date, we've run and taken part in a number of events:** We ran the Royal Geographical Society (RGS) competition, which was open earlier this year to the lower school.

On November 27th, we took part in the RGS Micro-Lecture at the Norwich School. Two groups participated, speaking on Indigenous groups in Scandinavia and

Sustainability in Costa Rica. Both Micro-Lectures have been adapted to be shared later on in this edition of Pulp; if you're interested, take a look!

You may have also noticed our work on the display boards in M23, highlighting topics such as climate change, glaciation, migration and wider geographical reading and watching to learn from. Look out for some further renovations to the displays around the Geography department areas, there are definitely plans in the works!

Additionally, we took part in the Norfolk Wildlife Trust placemaking and idea-sharing event at the Norwich Arts

Centre about the development of Sweet Briar Marshes here in Norwich. The work we did and the ideas we generated have been presented on the NWT's exhibition boards and are now visible in the area's plans. Many prominent members of the Norwich community have shared their opinions and contributed to them.

Students in the lower school who attended the Sixth Form open evening may well have spoken to our passionate members around the Geography department. You can identify us by the (classy!) green "Geo" badges on our lanyards.

We're looking forward to welcoming more passionate Geographers, even if you do not directly take Geography, throughout the year and into next year!

In the meantime, check out the Micro-Lecture articles featured on pages 23 and 25 and keep watch here for further news from us.



**Follow us on  
Instagram  
@ndhs\_geog**



## Sustainability In Costa Rica

This article is about a country that I have fallen in love with – a country on the other side of the world, that I know I have to visit: Costa Rica.

Costa Rica was first seen on the world stage in 2019 when the country won the Champions of the Earth Award. In 2021, they won the Earthshot prize for the restoration and protection of nature. Costa Rica's land mass makes up just 0.03% of the global landmass. That's just twice the size of Wales. And yet they are responsible for the protection of 5% of global biodiversity and 6 different ecosystems. In comparison, the UK has over 3 times Costa Rica's landmass, but only 0.8% of the world's biodiversity. We remain in the bottom 10% for the protection of this, having lost 50% of it, mostly since the 1970s.

### **So many statistics, but what can we do with them?**

Costa Rica is an environmentally diverse country, and the UK is not doing enough to protect its own diversity.

Three decades ago, neither was Costa Rica. In the 1940s 70% of its landmass was covered in rainforest. 50 years

later this had decreased by 1/2. The drive for industrialisation had begun,

moving toward an economic system that valued 'productive land' for agriculture over the 'unproductive' natural ecosystems. The situation worsened until Costa Rica had one of the highest rates of deforestation in the world by the 90s.

So when I tell you that Costa Rica began its efforts to change this outcome as far back as the 1940s, are you shocked? That is how long it took for positive law changes and reinvestment in the environment to slow and begin to reverse the damage to Costa Rica's ecosystems.

After a 44 day civil war in 1948 the government abolished the army and reinvested its funding into land, education and culture to empower its communities. By supporting the most impoverished in their society, it was possible to raise living standards, employment conditions, and happiness within the country. Happy, healthy people re-invest. The Costa Rican government knew that the only way to continue to develop but also save their ecosystems was

### About the author:

Amelia is a year 12 student studying Geography, Biology, and Psychology who is working hard to save for a year of travelling, before getting a degree in physical geography sciences. She has been part of the Pulp team since September 2023 and enjoys poetry, sewing, listening to music and activism for asexuality, feminism and politics.

through a sustained collective effort.

One effective method is that 30% of their territory is protected land: National Parks. The majority of these are open to the public, although not free of charge, or are part of the ecotourism industry. This equates to around an eighth of their economy and employs a tenth of the working population.

### **Some National Parks include:**

**Manuel Antonio** on the pacific coast. This park consists of mangrove swamps and rainforest, as well as coral reefs offshore.

**Tortuguero** is on the northeast Caribbean coast - it has beautiful beaches and focuses on marine turtle protection - particularly green sea turtles, which are an endangered species. Funding from the park also goes toward discouraging poaching.

**Arenal Volcano Park** is in the central northern region of Costa Rica, on the shores of

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# Geography

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Lake Arena in La Fortuna. It is a popular rainforest hiking destination, home to high plant biodiversity as its volcanic soil is fertile. Much of the country's hydroelectric power sites can be found in the lake here, as well as in bodies of water high up the volcano slopes.

Outside of these parks, organic farming is fostered to protect land even when it is used for invaluable cocoa and coffee bean farming. Raised public awareness of the ecosystems around them makes people think twice before acting - and alternative solutions for income to poaching and deforestation back this up.

Landowners who can prove their work toward sustainability and a carbon neutral economy have been paid by the government since 1997 (in the PES scheme). This is now funded by taxes from fossil fuels, and helps to protect forest land outside of National Parks. In recent years, Costa Rica has brought into place many other new protective and incentivising laws such as:

**The National Environmental Plan (NEP)** - this outlines long term goals such as carbon neutralisation, investment in green tech, and building resilience.

**The National Adaptation Plan (NAP)** - this comes under the NEP plan and focuses on strengthening resilience to climate change

through management, planning, protection and investment.

Costa Rica has massively reduced deforestation, cutting only 2 percent of the trees they used to. They use almost entirely (93-98%) renewable sources for energy - mostly hydroelectric, wind and solar.

Citizens 'pay to throw' wastage by weight and recycling has increased by nearly five times between

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## **“Costa Rica’s greatest tool has been education”**

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2015-17.

But Costa Rica's greatest tool has been education.

Investment in schools provides knowledge to new generations and secures a well-prepared work force. Laws and employment incentives encourage people to keep informed and active in the community. Ecotourism educates those from outside the country. I have tried hard not to mention politics - but it is impossible when humans and their environment are irrevocably tied together, and geopolitics influence almost all decisions in some way.

Costa Rica thrives in a culture entirely different from our western one: people-focused,



community-driven and future-conscious. They recognise that the now affects those to come and change cannot be made just by individuals. You may be shocked to hear that despite this, Costa Rica is a democratic, capitalist country with an HDI of 0.809 (out of 1.0). There is still work to be done - there always is. Pay equality is not where it could be and they are not quite carbon neutral. Poaching still occurs and their crime rates could be a lot lower. The IPCC (Intergovernmental Panel on Climate Change) has highlighted Costa Rica to be of particular risk to climate disaster in the next 50 years. Could all their hard work not pay off?

One tiny country cannot change the course of the entire world. But just - imagine, for one moment. What if all countries used such strategies? Adaptations would be necessary. No model is without faults. But we could create a greener, cleaner world.

Sustainability is not just a practice in Costa Rica; it is a way of life. One we should all adopt.



## Indigenous Communities: Sustainability For The Future

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### About the author:

Lucy is a year 12 student studying French, Geography, Chemistry and Art and is planning on studying geography/geology with either French or Arabic. She has been part of the pulp team since September 2023 and enjoys reading, musical theatre, researching queer history and languages.

Little is known about the plight of the indigenous communities that inhabit our earth and as our world is modernising it is important to raise awareness of the challenges of their ways of life in order to help preserve the sustainability and longevity of their cultures in the future.

First of all, we would like to address the fact that international organisations generally try to avoid attributing a universal definition to the world's indigenous communities. However, some common features that encompass them are; that they have a strong historical and spiritual link to an area of land and its resources, and they also have a unique culture, language and beliefs.

Some of the most well-known indigenous communities include; the Māori people of Aotearoa (New Zealand), the Inuit people of Northern Canada, Alaska and Greenland, the Aboriginal Australians and the Sámi people of Sápmi, who's challenges especially in their

partnership with the Norwegian government, we will be focusing on in our lecture.

It is thought that there are around 476 million indigenous people in the world today, in over 5,000 different communities, spread across 6 different continents and 90 different countries, making up 6% of the global population. Their languages make up around 4,000 of the approximately 7,000 languages in the world, but sadly this number is expected to half by 2100. Indigenous lands as a whole are estimated to absorb at least twice the amount of carbon emissions their inhabitants release. Unfortunately indigenous people also face extreme discrimination and inequality, for example; on average non-indigenous people live for 20 years longer than those who are indigenous.

### Saami/Sámi:

The ancestral lands of the Sámi people, though smaller than they were historically,

are referred to as Sápmi and span across Northern Norway, Sweden, Finland and the Kola peninsula of Russia with most of the population concentrated in Norway. However, there are also small diasporas in the USA and Ukraine.

In anglophone countries we tend to call this region Lapland, although that is widely considered pejorative and largely not in use anymore.

And as a side note, when using different Sámi phrases we will be using the most commonly spoken Sámi language, Davvisámegiella or Northern Sámi- with 20,000 speakers as opposed to 1,500-2 for the others; many of which are also sadly extinct after centuries of oppression.

Historically and currently, many traditional Sámi practices such as reindeer husbandry and salmon fishing are hard to make a sustainable living off of. Hence, in order to eat and heat their homes, many Saami have no choice but to abandon their communities and traditions. And with the

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# Geography

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and traditions. And with the threat of climate change disrupting what still remains and warming the summers, Sámi people, like many indigenous communities worldwide, are more and more often facing the consequences of actions they did not commit.

Having long fought for their rights and preservation of their culture, one such instance of Sámi activism is the opposition to the construction of the Alta dam where, In an attempt to diversify their energy sources in the 1970s, the oil-rich Norwegian government began erecting a hydroelectric dam along the Alta-Kautokeino river and the Sámi village of Máze, risking the inundation of centuries of memories and culture.

Many argued that the dam would disrupt the reindeer migration routes, damage sacred sites, and displace Sámi communities. What's more, this severely impacted those who made their living fishing from the salmon-rich river. Again, the most affected people in this instance were Sámi.

This act didn't go without resistance however: Sámi activists organised protests, with over one thousand people occupying the construction site and chaining themselves to the fence, bringing international attention to their cause. In the end, however, it wasn't enough and the Norwegian

government commenced the building of the dam, heavily impacting these people already impoverished by a system built against them.

With a bitter history of forced conversion, robbing of their land and homes, assimilation, residential schools, lack of autonomy, all culminating into Sámi people finally being recognised as indigenous in Norway in May of 2023. What happened next was extremely jarring, though not exactly surprising.

## **Green Colonialism**

In a bid to counteract their global climate impact, the Norwegian government has plans to electrify its oil and gas installations to reduce its greenhouse gas emissions.

However, whilst environmentally conscious, many of the new wind farms are or will be installed in Sápmi, with the plans also requiring the instalment of roads and other large, industrial structures. Many of these areas, previously untouched by size-able man-made infrastructure, are crucial to the Sámi communities, who use this land for the traditional practice of Reindeer husbandry.

Worryingly, these new wind farm proposals could restrict access to vital pastures and calving grounds as well as disrupting the migration pathways of the reindeer. From a climate standpoint, the reindeers' primary food,

lichen, is also beginning to grow more scarcely due to the rising presence of toxins in the air- and these disruptions will only add to the mounting number of effects climate change has already had on this practice. It is interesting to note that not only are Sámi people affected by climate change, but also by the Norwegian government's attempts to mitigate it.

In response to this recent development, many Sámi activists have protested, camping outside the Norwegian parliament in traditional Lavvu tents, organising industrial action for the energy sector and much more, though to this day the matter has not been settled. But for the future of oppressed cultures worldwide, we can only hope the Norwegian government listens to advice from not only the Sámi but the UN too, and halts their on-shore wind farms that, as eco-friendly as they have the potential to be, are illegally encroaching on indigenous land.

The challenges faced by the world's indigenous communities are vast and distinctly underappreciated and it's important that not only governments but the rest of society as a whole recognise the challenges to help preserve the sustainability of their futures and alleviate the consequences of the climate change they did not cause.



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# Geography

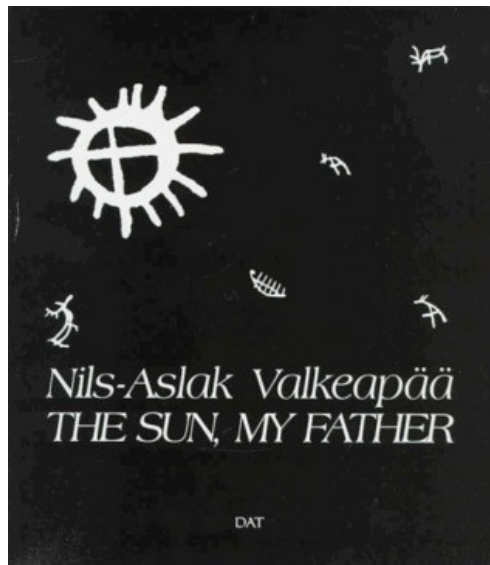
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*Hope you enjoyed reading this! The RGS micro-lecture was an amazing experience and we totally recommend it for anyone with a passion for geography (or looking to bulk up your UCAS application, or for the £15 book voucher they give you at the end).*

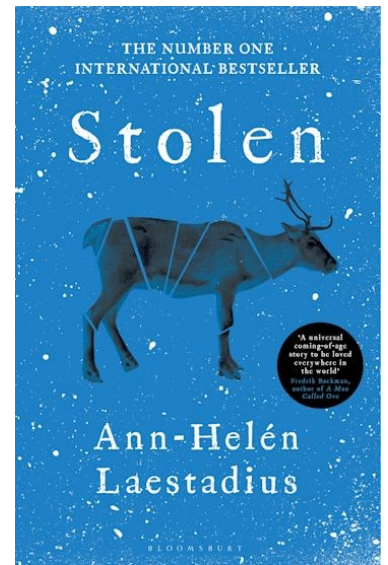
*If you are interested in learning more about the Sámi people we would recommend:*



**Ida Benonisen**  
on TikTok  
(@idabenoni)



**The Sun, My Father**  
(Original title of  
Beaivi, Áhčážan in  
Northern Sámi)  
by Nils-Aslak  
Valkeapää



**Stolen**  
(Original title  
of Stöld in  
Swedish)  
by Ann-Hélen  
Laestadius

# Puzzle Page

## Spring Wordsearch

M P N E S T A I H W F D  
 B U K Q A P N D R A I N  
 I Z D L H E W R E R C B  
 R G T X E F R O G M J U  
 D N F R B A S P R I N G  
 S A G D W Y F J H B O S  
 T E L K O B U D S M P C  
 N V E S R H G I X A B W  
 Y G T D M O L P F Y E I  
 S R V A S J K I T E C N  
 A O M E L T H B R S W D  
 C W U P I D F T M Q A R

**BUDS**      **NEST**  
**GREEN**    **WARM**  
**MELT**      **DROP**  
**SPRING**   **LEAF**  
**BUGS**      **RAIN**  
**GROW**      **WIND**  
**MUD**       **FROG**  
**TREE**       **MAY**  
**BIRDS**     **SEEDS**  
**KITE**       **WORM**

## Riddles:



Riddle Answers

- 1) What question can you never answer yes to?
- 2) What is always in front of you but can't be seen?
- 3) What has thirteen hearts but no other organs?
- 4) What kind of coat is best put on wet?
- 5) I am an odd number. Take away a letter and I become even. What am I?
- 6) People buy me to eat, but never eat me. What am I?

			4		9	3	6	
9		6			5	4		
		3		6	1		5	
		8		2			1	
7					6	5		
5			8					
	4			7		1		
	3		9				2	7
1				5				3



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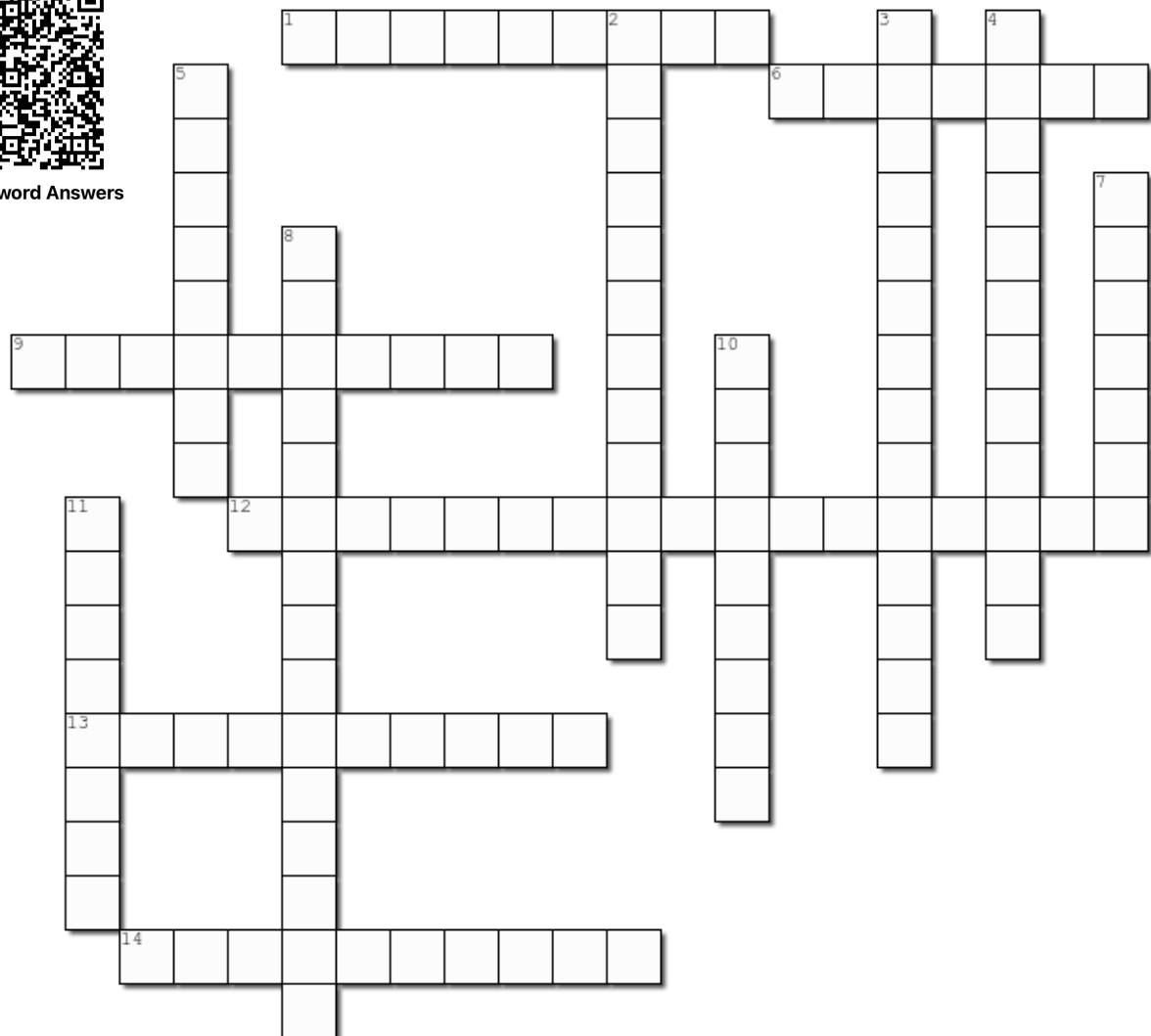
# Puzzle Page

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## Pulp Crossword



Pulp Crossword Answers



Created using the Crossword Maker on TheTeachersCorner.net

### Across

- 1.** The study of the physical features of the earth and its atmosphere, and of human activity and their affects
- 6.** Come or bring together for a common purpose or action
- 9.** Inhabiting or existing in a land from the earliest times or from before the arrival of colonists
- 12.** The action or offence of giving a false or misleading account of the nature of something
- 13.** Tourism directed towards exotic, often threatened, natural environments, intended to support conservation efforts and educate
- 14.** The action of saving or being saved from sin, error, or evil

### Down

- 2.** An object or work that is set in or reminiscent of an earlier historical period
- 3.** The unjust or prejudicial treatment of different categories of people
- 4.** The variety of plant and animal life in the world or in a particular habitat
- 5.** The quality of being humane
- 7.** An animated cartoon or series of comic strips published online
- 8.** Something you do that helps you to focus and express your creative energy, emotions, and thoughts
- 10.** A natural resource or source of energy that is not depleted by use, such as water, wind, or solar power
- 11.** A statement or action expressing disapproval of or objection to something



## The Ballad of Songbirds and Snakes

### About the author:

‘The Hunger Games’ is one of the most well-known Young-Adult (YA) novels of the last twenty years. With over 100 million books sold world-wide, and an unfathomable number of dedicated fans, it influenced a new genre of dystopian fiction, and its legacy lives on today, with ‘The Ballad of Songbirds and Snakes’. Following the story of a young Coriolanus Snow (Tom Blyth), ‘The Ballad of Songbirds and Snakes’ shows the Hunger Games from a fresh perspective - 64 years before Katniss’ reaping. In the original trilogy, Snow is of course, the tyrannical President of Panem, but in this prequel we get to see his childhood and possibly get some insight into how he becomes President. When Suzanne Collins released the book in 2020 (ten years after the release of ‘Mockingjay’), fans were wary of their favourite books being corrupted by a money-

grabbing scheme in the form of a prequel. But of course, Collins never disappoints. ‘The Hunger Games’ is a masterclass in nuance and smuggling political allegories in popular works of fiction, because that’s what ‘The Hunger Games’ are; a political statement. Unlike many book-to-film adaptations, Gary Ross (‘The Hunger Games’) and Francis Lawrence (‘Catching Fire’, ‘Mockingjay’ pt 1 and 2, and ‘The Ballad of Songbirds and Snakes’) stayed incredibly loyal to the source material, and successfully managed to convey those same messages on screen, as Collins did in her writing.

Did ‘The Ballad of Songbirds and Snakes’ do the same?

When we talk about media from the dystopian era of fiction they tend to all have the same feel - dark, morbid, and gritty. A main criticism moviegoers often have with

Adrian is a year 12 student currently studying History, Sociology, and English Literature, and is hopefully going to study History and Foreign Relations at university. He’s been part of the Pulp team since September 2023 and likes analysing films, spending too long playing Zelda, and re-reading books by Donna Tartt.

modern films is that they feel too “shiny” or “flat”. You’ll find one common difference - film. 2013 marked the shift from film to video, digitally recording content for a movie had been becoming increasingly popular for years, but over the last decade, video has been seen as the standard, and when a director uses film it’s regarded more as a stylistic choice or symbol. There’s definitely an argument to be made that Lawrence wanted to show the difference between the Capitol and the Districts through the lens, using brighter colours and clearer



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# Film

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images, because after all, 'The Ballad of Songbirds and Snakes' is viewed through the eyes of one Coriolanus Snow. Lawrence however, did want the film to feel "grittier" than the previous in the series, after all it is a period piece, even if it is set in our future. In an interview with 'postPerspective' Lawrence said they gave the film a more contrasted, darker look than the previous, but honestly, I don't see it.

Technology has come a long way since 2013, and it's probable that cameras have simply developed so much since the release of 'Mockingjay Part 2' that the images themselves are so lifelike and clear it makes it feel too unbelievable. Honestly, the quality of the images produced in 'The Ballad of Songbirds and Snakes' are better than my real eyesight but it doesn't really work in its favour. The grey-washed landscape of the other films in the Hunger Games series make those rare moments with colour feel all the more beautiful, and much more realistic. 'The Ballad of Songbirds and Snakes' does the opposite the



richness of the colour is so obvious even in the coal mines of District 12, that when Coriolanus' trust in Lucy Gray finally snaps and his paranoia takes over, the empty and silent nature of the surrounding forest shows the audience that something has

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***"[The forest sequence] my favourite sequence in the movie. It's where we really see Snow go through this series of emotions for the first time and descend into the darkness that we know"***

**-Francis Lawrence**

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changed. The blue tint the other movies are painted with make them feel much more hopeless, which is why 'The Ballad of Songbirds and Snakes' feels so bright; Coriolanus Snow has so much hope and ambition for his own future, something that the protagonist of the other three books and four films, Katniss Everdeen (Jennifer Lawrence) just doesn't have. This is

something seen in the film's instrumental soundtrack as well, the Hunger Games instrumentals only emphasise what's already there, most often using silence, or near silence, rather than a fully fledged orchestral performance. This elevates the sinister atmosphere of the film and increases the tension, whereas 'The Ballad of Songbirds and Snakes' has so much music it feels too much. I personally think that silence in a film is much more impactful and less overwhelming for the audience.

Effie Trinket (Elizabeth Banks), a Capitol citizen tasked with escorting and making a spectacle of their Tributes, isn't present in the newest instalment of the series, but her exaggerated and ludicrously brilliant outfits are the most amazing example of how the films use colour and style in different ways - as well as showing her own character progression and development throughout the series. Whilst the fashion in Panem hasn't quite developed to the futuristic and gaudy reality of the Capitol citizens as it has in the original trilogy, we instead get to see the difference of wealth not in appearance (for they can be deceiving) but in language. The range of accents and slang displayed in the film truly bring the districts to life, and emphasise what's believed to be ingrained differences between the Capitol and their labours. It once again brings up the question of 'nature vs

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# Film

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nurture', whilst Sejanus Plinth (Josh Andrés Rivera) was raised in the Capitol, he's still mocked for calling his mum 'Ma' due to his District 2 origin.

Lawrence and his team only built one set for the whole film, the Snow's apartment; everything else was shot on location in Poland or Germany. Again, according to Lawrence this was to solidify the authentic feeling of the locations and characters, but for me, everything still felt too polished, and too flat. Objectively, the visuals in the film are breathtaking, possibly my favourite location of the film is the Control Room, with its vintage 60s technology and mid-century feel. The original Hunger Games were set way into the

future, so it makes sense for 'The Ballad of Songbirds and Snakes' to have the feel of a period piece. Where the Control Room in 'The Hunger Games' (2012) was bright blues, whites, and had a distinctly clinical feeling only attributable to futuristic dystopian settings, 'The Ballad of Songbirds and Snakes' feels warm. It feels warm in the way that it feels familiar, we can recognise the inspirations German production designer Uli Hanisch took when creating and furnishing the set and locations. In this way, 'The Ballad of Songbirds and Snakes' feels even more sinister, it makes Panem feel closer, just within our grasp, but familiar all the same. It makes it seem as if the Hunger Games could happen

within our lifetime.

The sinister nature of 'The Ballad of Songbirds and Snakes' doesn't stop with set design, but continues on with the introduction of a new cast of characters. The film shows Panem before the wide-spread fatalism of the games, where they're on the verge of being cancelled because who wants to watch children fight to the death? The film shows a lot more humanity than perhaps the original saga, but in a much more complex and horrifying way. Take Lucky Flickerman (Jason Schwartzman), on a surface level he provides an element of comic relief for the dark angst of Coriolanus and Lucy Gray's story, but it's stilted, and a result of his genuine fear over the hunger games. He is the first host in the 10



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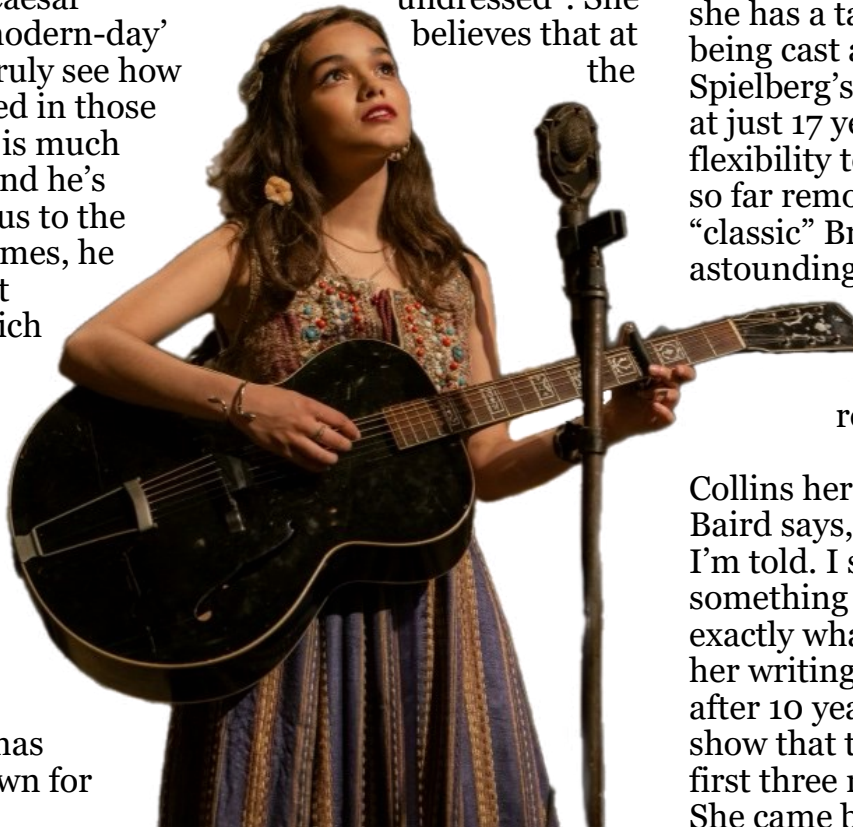
# Film

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years in which the games have been established, and he's there only as a last-ditch attempt to keep the games going. He represents the majority of the Capitol citizens at this time; they're indifferent. Aside from Coriolanus and Sejanus (who both have directly opposing views on the games) no other Capitol students really seem to care about them outside of the purpose for their school work. Comparing Schwartzman's Flickerman to Stanley Tucci's Caesar Flickerman of 'modern-day' Panem, we can truly see how much has changed in those 64 years. Caesar is much more involved, and he's farcically oblivious to the horrors of the games, he genuinely finds it entertaining, which makes him both more entertaining and much more sinister.

One thing that doesn't change, is the soundtrack. 'The Hunger Games' has always been known for its star-studded soundtracks, featuring songs performed by the likes of Taylor Swift, Lorde, and Coldplay. 'The Ballad of Songbirds and Snakes' is no different, but not just because of the incredibly haunting 'Can't Catch Me Now', written specifically for the film by pop-rock star Olivia Rodrigo. 'The Ballad of Songbirds and Snakes' does something so few films even

dare to do for risk of it sounding "cringey" or too self aware - it became a musical. There are many people who believe Zelger's singing was too much, especially in the reaping scene, but I felt it was perfect. The Hunger Games is a story about people. Humanity at its worst, still finding ways to live, rather than survive. That's what 'The Ballad of Songbirds and Snakes' deals with, Volumnia Gaul (Viola Davis) even refers to the tributes as "humanity undressed". She believes that at the



heart of every person is a predator, when they're "filled with the terror of becoming prey". Much like the show of support for Katniss in the first instalment of the series, where the people of District 12 salute in support, they show support for Lucy Gray 64 years prior by singing. Sure it sounds jaunty coming from the hollows of a

coal-mining district in the middle of an action-thriller, but the message Collins is telling us is clear from the start - humanity will always stand as one, they will always find ways to be empathetic, they will always find ways to be human, no matter what happens.

This is a good point to talk about Rachel Zelger. Not only does she sing all the songs by Lucy Gray herself, but she sang them live on set for every take. It's no surprise she has a talent for singing, being cast as 'Maria' in Steven Spielberg's 'West Side Story' at just 17 years old, but her flexibility to sing something so far removed from the "classic" Broadway sound is astounding. Her song brings such a depth to Lucy Gray's character, and really reminds me of Suzanne

Collins herself - Lucy Gray Baird says, "I don't sing when I'm told. I sing when I've got something to say", and that's exactly what Collins does with her writing. She came back after 10 years to remind us, to show that the message in her first three novels still stands. She came back to remind us that lives are still being lost every day, and the timing of the release of the new film is extremely topical and relevant to current events. This is particularly obvious when District 11 tribute Reaper (Dimitri Abold) displays the opposite of what Dr Gaul is trying to teach Coriolanus - that once you're in the arena, you lose all sense of humanity. Reaper, in

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# Film

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***"It's part of the fun of being able to tell a story like this. We get to dive into the origins of elements we're familiar with."***

**-Francis Lawrence**

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lays the fallen tributes to rest under the flag of Panem, but his display is interrupted by the news that the son of the President has been killed. His death is called tragic, and the tributes inside the arena are condemned for it, and his display is interrupted by the news that the son of the President has been killed. His death is called tragic, and the tributes inside the arena are condemned for it, and promised to be punished even more severely than fighting each other to death. Respect for human life has been a big part of Collins' series from the beginning, after all you can't write a series about children killing each other without it, but this reminder is so clear and so stark, it portrays the message so well. It particularly reminds me of Peeta's 'Baby Bomb' in 'Catching Fire'. In a desperate attempt to stop the games, Peeta Mellark (Josh Hutcherson) announces the (fake) pregnancy of Katniss. The Capitol citizens are in immediate uproar. But it begs the question - they're happy to watch children kill each other every year, but when a pregnancy is involved it's completely different? 'The Ballad of Songbirds and Snakes' shows just how differently the Capitol values

the lives of their own children, and those in the districts.

Snow's descent into insanity in the book isn't really shown as a descent, but simply a constant. It's very clear to the reader, from beginning to end, that Coriolanus Snow is not a good person. From the way he treats and uses the women in his life to the way that he has no remorse lying, manipulating, and killing to elevate his own status and future. However, the film definitely paints him as more capable of redemption, the very first scene shown to the audience is a young Coriolanus and his cousin Tigris (Hunter Schafer) running through the bombed streets of the Capitol searching for food. We are immediately inclined to sympathise with and rationalise Snow's behaviour, especially when the scene directly following this paints a picture of perfect domestic bliss, a family fighting to survive in a post-war world which left them penniless. The film sets us up to root for the underdog, and whilst we don't agree with Snow's actions, we can understand why he commits them. Collins' description of Snow in the book makes it clear that he uses his good looks

and charm to convince people of his innocence (or convince those in the Capitol of his prejudice). This is why it's unfortunately not surprising that the social media reactions surrounding Snow have changed drastically. Where he was once an unforgivable dictator, people now regard him as a struggling young man, capable and deserving of redemption. Collins has been proved correct. The reason for this is the book being told directly from his perspective, we are privy to his every thought, and opinion. The film takes a wider approach, building emotional attachment to characters, such as Sejanus and Lucy Gray, where we previously wouldn't have seen them. This makes Snow's betrayal of these characters in the third act of the film seem hasty and rushed, whereas in reality, this paranoia and insanity has been present and growing for the entire story.

The Ballad of Songbirds of Snakes definitely surpassed many expectations, including my own. I was especially worried a book I had such high respect and admiration for would be butchered for the sake of a film adaptation I wasn't even bothered about. Whilst the film definitely had



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# Film

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some things to work on, it made 157 minutes feel like nothing. By the time the film had finished I was waiting for more. It's a film in which you don't want to root for the protagonist (who is also his own antagonist?) and his victory made the film feel almost incomplete, but that's the beauty of the story. This is a prequel after all, and we know that eventually he does reach his downfall through the rage and righteous violence of the citizens he tortured for years. The film adds to this message though, it doesn't just stand alone, it

builds upon the original trilogy and makes them even more enjoyable, powerful, and entertaining to watch or read. We know that despite the horrors he inflicts upon thousands of children, upon a whole nation of people, he will never know what happened to Lucy Gray. He will never know what happens to Katniss. They are both free of him, and free of his oppression, even if it took decades to become a reality. This is a story of hope and freedom, as much as it's one about societal oppression and tyrannical power.

Dr Gaul asks what the meaning of the hunger games truly is, and I don't think it's just aimed at the characters on screen. This is Collins once again challenging our beliefs, challenging our perceptions of people and society, making us question - what are the hunger games correct.



The film is  
now available  
to buy or rent  
on Prime  
Video

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# Film

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## Watch This Space

*2023 was an outstanding year for cinema with box office hits from Taylor Swift to Spider-Man, so here are some of our favourites and what we're most looking forward to in 2024*

### 2023 Favourites:

#### **Bottoms (Age 15+):**

This hilarious and strangely gory romantic comedy has been dubbed the funniest film of the year as director Emma Seligman brings back true 2000's comedy with modern sensibilities. The film follows two queer highschoolers and the chaos that ensues when they start a fight club in the hopes of winning over their cheerleader crushes. This was funny, bloody and proved that queer stories don't have to be sad to be empowering.

#### **The Boy And The Heron (Age 12+):**

Studio Ghibli's own Hayao Miyazaki presents his 12th feature film, and winner of best animated feature at the 81st Golden Globe Awards. The story follows a young boy travelling through a fantastical land where he discovers long lost family secrets, murderous talking parakeets, and a troublesome grey heron in his quest to find his late mother. This film presents topics such as death and mourning with the depth and understanding they deserve, but also with the humour and respect which healing requires.

#### **Priscilla (Age 15+):**

Director Sofia Coppola excels in telling the story based on Priscilla Presley's memoir 'Elvis and Me'. This tense biographical drama follows the complicated relationship between Priscilla and Elvis Presley, through every stage of their relationship until their divorce. With beautiful costumes and soft cinematography, this film showcases the beauty of femininity from a 1950s army base to 1970s Graceland, as well as highlighting the difficulties which come with growing up in the spotlight.

#### **Spider-Man: Across the Spideverse (Age PG):**

Five years in the making brought the long-awaited sequel to the multiverse Spider-Man masterpiece, 'Into the Spider-Verse'. Along with a Critic's Choice award for Best Animated Feature, and a whole new variety of characters, the film follows Gwen Stacy and Miles Morales through the pains of balancing their social lives, fate of the multiverse, and familial relationships. This film's expert animation and thrilling soundtrack bring a whole new meaning to what it is to be Spider-Man.

#### **Past Lives (Age 12+):**

Celine Song's feature directorial debut is a complexly refined tale of human interaction. The film follows the relationship between Nora and Hae Sung, as they go from childhood sweethearts to being separated by 24 years and almost 7,000 miles when Nora emigrates from South Korea. The two are reunited and despite their successful lives, everything is thrown into question.

#### **Asteroid City (Age 12+):**

True to Wes Anderson's previous works, the film is visually captivating. With his use of interesting colour gradients and symmetry, every shot looks like a movie poster. The film tips the sci-fi genre on its head by depicting the film itself as a stage play and even exploring the lives of the actors. Every actor gave a brilliant performance, especially all the young actors. The film touches on the themes of grief, showbusiness and the extraterrestrial unknown.



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# Film

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## 2024 Top Picks:

### **All Of Us Strangers** **(Age 15+): Jan 26**

Based on the 1987 novel 'Strangers' by Taichi Yamada, the film follows lonely screenwriter Adam (Andrew Scott) who returns to his childhood home only to find his long dead parents alive and well. Amid this ghostly encounter a romance with Harry (Paul Mescal) blossoms, as Adam is taken on a journey through grief, loss and memory.

### **Kung Fu Panda 4** **(Age PG): Mar 28**

The classic Dreamworks hit is back as we will see Po grapple with training a new Dragon Warrior before bumbling his way into becoming the spiritual leader of the Valley of Peace. With Viola Davis voicing a villainous Chameleon and Jack Black reprising his role as the loveable panda the newest instalment is sure to be full of laughter and chaos.

### **Dune Pt 2** **(Age 12+): Mar 1**

With 2022's Dune Part 1 ending on a cliffhanger following the massive loss of most of House Atreides, the newest instalment will adapt the second half of Frank Herbert's book. Timothee Chalamet and Zendaya will reprise their roles with Florence Pugh and Austin Butler joining the star studded cast.

### **Deadpool 3** **(Age 15+): July 26**

The details of this secretive Marvel production are kept tightly under wraps, but Ryan Reynolds will reprise his role as Wade Wilson in this mature action comedy. The third film in this series will follow Deadpool and Wolverine as they make Marvel Cinematic Universe history.

### **Beetlejuice 2** **(Age 12+): Sep 6**

After years in the making, 2024 will see the return of Beetlejuice with Micheal Keaton reprising the titular role, as well as Jenna Ortega joining the cast as Lydia Deetz's daughter. This sequel to the 1988 film will feature members of the original cast, as well as bringing in fresh faces to celebrate Tim Burton's latest feature film. At its centre, this film is about a family against the backdrop of ghouls, ghosts and whatever demons may stand in their way.

### **The Outrun** **(Age 15+): Jan 26**

Starring Saoirse Ronan, this drama based on the 2016 memoir of the same name, follows a woman returning to her childhood home in the Scottish Orkney Islands. After more than a decade away, she attempts to heal from her risky and addicting lifestyle alongside the comfort of the wild beauty of the country.

### **Wicked Pt 1 (Age 12+): Nov 27**

The first half of an adaption of the critically acclaimed musical following the misunderstood story of Elphaba, also known as The Wicked Witch of the West. With a cast featuring the talents of Cynthia Erivo and Ariana Grande, this movie-musical is one of the most anticipated films of the year.

### **Garfield (Age PG): May 24**

Garfield's come a long way since his creation in comic strips, and now he's set to unexpectedly reunite with his long-lost father in this comedy/action feature film. Starring the voice acting of Chris Pratt and Samuel L. Jackson, Garfield embarks upon his most challenging adventure yet.

### **Gladiator 2** **(Age TBD) Nov 22**

Taking place over 20 years after the events of the 2000's classic, Gladiator 2 will follow an now grown up Lucius (Paul Mescal) who had a front row seat to the events of the first film. However, rather than ascending to Caesar as was his birthright, he was moved by Maximus' sacrifice and swore to continue his legacy. Alongside characters played by Denzel Washington, Pedro Pascal and Connie Nielsen, the film will see Lucius fighting in the ring as his political ties and family legacy come back to haunt him.

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# Environment and Politics

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## Time For Change: COP 28

### About the author:

Amber Aitken is a year 12 student who is enthusiastic about the environment and loves drama and art. She has been part of the Pulp team since September 2023 and is currently enjoying studying Psychology, Politics and English lit.



Although it has recently been publicised across the internet most people only have a vague idea about COP28 and what it hopes to achieve.

COP28 is predominant in the political world, but I personally feel it is immensely important that its presence is felt outside of politics and the media alone, for the public to become better informed about the climate crisis. Not only that, having an awareness of the pledges our government is making encourages us to challenge the government and hold them accountable for their actions.

**COP28 is the United Nations' climate change meeting** that intends to "rethink, reboot and refocus the climate agenda." It has been running since the 30<sup>th</sup> of November and will continue until the 12<sup>th</sup> of December 2023. The meeting is held in Expo City, Dubai, in the

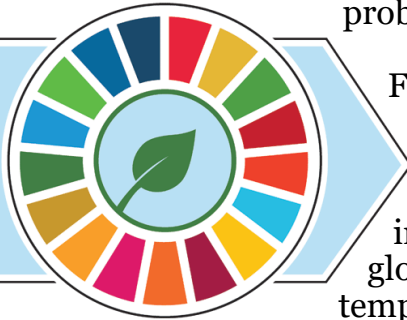
United Arab Emirates, which could either be seen as controversial or progressive. This is because the UAE is known for being one of the world's top ten oil producing nations and Sultan Al- Jaber, who is the chief executive of the state-owned oil company, was appointed as the President of the COP28 talks. Although the BBC claim leaked documents were found stating that he wanted to use his position to strike out any possible restrictions that could be placed on oil and gas companies, he says otherwise. Jaber explains that he is "uniquely well placed to push for action from the oil and gas industry" and in being chairman of the renewable energy firm 'Masdar', he has experience in overseeing the expansion of clean technologies like wind and solar power. I believe that if Jaber uses his position and experience in the field of green technology to advocate for positive change, placing

COP28 in Dubai will be a distinct message to other countries across the globe about the shift in effort and enthusiasm towards a greener future.

To further help understand the intentions of COP28, it is useful to have the title broken down and understand some context about previous COP meetings. As suggested by the title, it is the 28<sup>th</sup> UN climate meeting that has been held. However, the "COP" part of the title needs a little more explaining. COP stands for "Conference of the Parties". The "parties" being each country that signed up to the very first UN climate agreement in 1992. Significant COP meetings include back in 2015 when COP21 took place. This was when the world **agreed to limit the global temperature rise to a maximum of 1.5 degrees Celsius by 2050.** These 2050 targets, like "Net Zero" (cutting greenhouse gas



# Environment and Politics



problem?

Food contributes to a third of the warming gases that are increasing global

temperatures. This

is primarily down to the meat and dairy sectors within the farming industry. Research has shown that a big meat-eaters diet produces around 10 kg of carbon dioxide per day. Whereas fish eating diets and vegetarian diets produce around 4kg and vegans produce as little as 2kg, a fifth of the volume that a high

taking 8 million cars off the road” so really, it’s a no brainer.

Unfortunately, the UK is one of the largest greenhouse gas emitters per capita (due to the production of food), alongside the US, China and the EU. On the bright side, all these institutions have signed up to the new food agreement, so hopefully positive change is on the horizon.

The importance of meetings such as COP28 cannot be stressed enough, it puts pressure on leaders to do their bit, but also informs the public about changes that they can make both in business and at home. But more crucially it highlights issues that we can tackle as individuals and gets us asking,

**“What can I do?”**

emissions as close to zero as possible, with any remaining emissions being reabsorbed from the atmosphere by, for example, trees and oceans) are often referenced on the news. COP21 was hosted in Paris, France, on the 12<sup>th</sup> of December, hence what was put in place is known as “the Paris Agreement”. The Paris agreement is a **legally binding agreement that 196 countries signed up to**. These targets are still in place today, but COP28 serves as much needed revaluation on where the world stands during this climate crisis. It offers a variety of solutions for countries to implement in order to do their bit to tackle climate change.

COP28 has covered many different areas so far, an example of one of the topics is the focus on “planet warming foods”. As the farming industry suffers directly at the hand of climate change, with droughts and floods causing obvious problems, it makes sense to address any room for improvement that farmers can make. By the second day of the meeting, more than 130 countries had signed up to an agreement about food. But how exactly does food pose a

## Eating less meat is “like taking 8 million cars off the road”

meat content diet is responsible for.

A suggested solution is encouraging the public to embrace a change of diet that is less meat orientated.

**You don’t have to stop eating meat entirely! Just eat less !**

Another study says that eating less meat is “like



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# Clubs

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## Pulp:



Pulp is the school magazine (the one you're reading), open to Sixth Formers. I think this issue is testament enough as to why you should join us. We would love help from any field whether that is graphic design, writing, photography, research, art, or anything else. You can write almost anything, you have creative range to do anything you'd like, as long as it's appropriate. We meet on Friday lunchtimes in M35, and we can't wait to have you join the Pulp team.



## Choir:

Choir rehearsals take place every Wednesday lunchtime in room 14 from 12:45. Singers from all year groups, all abilities and any voice type are welcome, with no audition necessary. We sing a variety of songs, from 'Africa' by Toto, to 'Think of Me' from the Phantom of the Opera. Being a member of the choir helps you to improve your vocal skills, music skills and confidence, and there are regular opportunities to perform in concerts and on trips. Past performance opportunities have included the Norfolk Showground, Walsingham, school concerts and during school Masses.



## SVP:

The St. Vincent de Paul's Society organises charitable endeavours both inside and outside our school community, from collecting supplies for Ukrainian refugees to working with Samaritans and Corton House. There is a lot of opportunity to discuss and lead your own projects and so, if you're interested in helping with our current plans or have a specific cause you're passionate about and want the school to support, join the google classroom using the code: **ytiickn**



# Clubs



## PE Department Clubs Spring 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Sports hall (Lunch)	Y7 Basketball	Y8/9 Basketball	Girls Football – All Years	Y10/11/6 <sup>th</sup> form Basketball	Y7-8 Badminton – BSA
Gym (Lunch)		Open Table Tennis			
Astro (Lunch)	Y8 Football	Open Football	Y7 Football	Open Football	Y9 Football
Fitness Room Supervisor	IOR	ACL	JHD	MKI Female Only session	JKI
After school (3.30-4.30pm)	Badminton – Y9-6 <sup>th</sup> form (Sports Hall)  Rugby – All Years (Astro)  Y7/8 Netball (Playground)	Girls Basketball – all years (Sports Hall)	Hockey – All Years (Astro)	Y9-11 Netball (Astro)	



Lunchtime clubs are 12.30 - 1.15pm, and after school clubs run from 3.30-4.30. PE kit is required for all clubs, except the 'open' clubs which only require a pair of trainers.



## Notre Dame Union:



The NDU is a debating society hosted every Thursday lunchtime in M35. This is run by Molly Dutton, Will Byrne and Joe Penfold. The topics are posted before the debate on the NDU Instagram account ([@notredameunion](https://www.instagram.com/notredameunion)). We cover a range of topics from serious political issues, to silly topics that you can just have fun with. We aren't expecting everyone to know everything about the issues we debate, there is an understanding of informing rather than chastising so you will never be made fun of or condescended. NDU is a place that allows you to learn, develop your ideas and gain a deeper understanding of issues and potentially change your opinions. Plus the ability to form well constructed arguments is a very useful life skill to develop.

**Here are some of the NDHS Instagram accounts to follow!**

[@ndhs\\_sixthform](https://www.instagram.com/ndhs_sixthform)  
[@ndhs\\_geog](https://www.instagram.com/ndhs_geog)  
[@ndhs.pe](https://www.instagram.com/ndhs.pe)  
[@notredameunion](https://www.instagram.com/notredameunion)  
[@ndhscultureclub](https://www.instagram.com/ndhscultureclub)  
[@ndhs\\_environmental\\_club](https://www.instagram.com/ndhs_environmental_club)  
[@ndhs\\_pulp](https://www.instagram.com/ndhs_pulp)

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# Mental Health

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## The Truth About D.I.D

### About the author:

E.Eburne is a Year 12 student studying History, English Language and Literature and Art. They are planning to study English /Creative Writing and Illustration in Uni and then eventually become a published author and illustrator. They have been a part of the Pulp team since Sep 2023 and enjoy writing/reading books/poetry and listening to music 24/7.



### What is DID?

Dissociative Identity Disorder, also known as DID, is a complex disorder that is caused by overwhelmingly traumatic childhood experiences. This disorder was previously known as 'Multiple Personality Disorder.' During childhood, our minds are still growing and developing. Severe mistreatment, especially in the early years, can cause a child's mind to develop differently than the majority - this can lead to many different types of mental disorders, one being DID. When a child faces chronic mistreatment, their mind can help them survive through amnesia, dissociation and forming alternate personalities. When someone has DID, they experience different states of self - commonly known as alters. When there is a collection of alters within one body it is known as a system. And when the alters or 'personalities'

change, it is known as switching. There are many types of alters that help the mind with different things:

### Types of alters:

**Host:** The alter that 'fronts' the most frequently. Meaning they have control of the body/conscious part of the mind more often than others. A Host can change.

**Protector:** This alter may take or prevent physical, verbal or emotional abuse in order to protect the system from those kinds of negative experiences. There are 2 types of protector alters:

- Persecutor: Protects the system by harming them

Another specific type of protector that is often not seen as such but that protects by harming the system themselves in order to avoid outside harm.

- Caretaker: Takes care of younger or more vulnerable

alters/outside children.

**Little:** A Child Alter, also known as a 'Little', identifies as a child and should be seen as such. They often talk in a child-like way, but they can sometimes comprehend abstract concepts and large vocabulary as they have access to an adult brain.

**Core / Original:** Considered by some to be the part first born to the body. Others see the core as nothing more than the self state that began to integrate sooner than other self states did. There is currently a debate over the existence of cores. Not all systems have a part that could be identified as a core.

**Introject:** Alters that are based off of an outside person, figure or fictional character. Introjects may or may not see themselves as the individual they represent.



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# Mental Health

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**Gatekeeper:** Controls switching and access to 'the front' in order to stabilise the system by preventing unwanted switching or making sure they switch when necessary and to the needed alter. They can also control access to memories to stop traumatic memories reaching the alter/s that can't handle them

## Common Misconceptions:

DID is the same as Multiple Personality Disorder: DID is not a personality disorder - it is a dissociative disorder. It was previously named 'Multiple Personality Disorder' (MPD) in 1980. But this title has quickly become outdated with evolving research and in 2013 it was renamed, 'Dissociative Identity Disorder' (DID). Still, many people today use language such as 'split personality' or 'alter ego'. This is misguided and often offensive.

## **DID is dangerous :**

Because of misguided representation, the stereotype that people with DID are dangerous or violent has spread like a wildfire. This is not correct. In fact, most people with DID will have violence done unto them and not the other way around. The idea of an evil or murderous alter is purely fiction, like 'Jekyll and Hyde'. People with DID are no more likely to be violent than any other human being.

## **DID is rare:**

Unfortunately, many people are affected by this disorder. 1.5% of the global population have been diagnosed with DID (about 120 million).

## **DID is obvious/extreme:**

Everyone with DID experiences it differently. Some symptoms may greatly affect someone's daily life. But symptoms such as time loss or switching can be subtle. A lot of media dramatise this disorder and show extremely obvious switches between two completely different people, but this is not always the case.

## **DID is made up:**

Many people have the mindset that DID is not a real disorder and that people just fake it for attention. This attitude is what makes it so hard for people to reach out and get diagnosed. DID has been a recognised disorder since 1980 by the Diagnostic and Statistical Manual of Mental Disorders.

## Representation of DID:

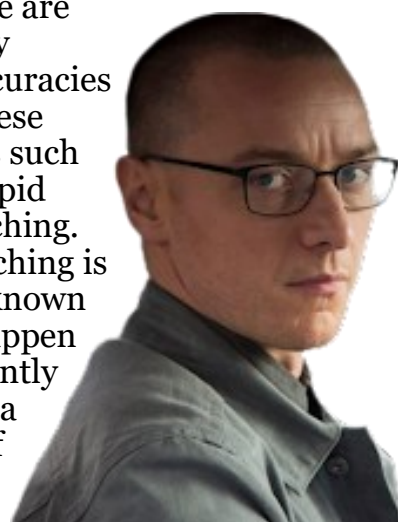
There have been many pieces of media that included a character with DID. However, most of them have spread misinformation through inaccurate representation. (There will be spoilers for all examples included so be wary of that).

Often they perpetuate harmful stereotypes of DID as characters with the disorder are criminals. In reality, there have been very few

documented cases of crimes committed by people in relation to their DID. But the film I personally think has been the most damaging is 'Split' (2016 and 2019).

The duology 'Split' is a pair of horror / thriller movies in which a man called Kevin Wendell Crumb (James McAvoy) has DID and kidnaps a young girl. These movies spread a terrible message about DID - That it is dangerous and people who have it should be locked up or killed. There is a psychologist character within the movie that is actually very knowledgeable of the disorder. The correct information mixed in with the wild inaccuracies can be very misleading towards audiences who don't know what DID is. Split is set in a universe where people have superhuman abilities. People who watch the movie should be able to understand that it is fiction. But if a person had no previous knowledge of DID and did no further research following the movies would then have an extremely negative view of the disorder.

There are many inaccuracies in these films such as rapid switching. Switching is not known to happen instantly and, a lot of the



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# Mental Health

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time a person will go days without switching. And the alters appear to have largely different abilities - one alter called 'The Beast' can climb on walls and has superhuman strength. While this is relevant to the universe these movies are set in (a world where people can have superhuman powers) I feel it is worth clarifying that every alters ability is within the boundaries of their bodily ability - the same as every other human. Lastly, most of the alters within the system don't seem to have a psychological reason for being formed. There are a few alters that are recognisable, like Hedwig who is a child alter that benefits Kevin by experiencing a childhood he never had. But most of the alters seemed to be there just for James McAvoy to show off his amazing acting skills.

One very damaging aspect of the movie is that it spreads the stereotype of there being a hidden criminal or monster within a system. Everyone has the capacity to do good or bad things - that's basic humanity. There is no reason for someone to have an 'evil' alter who is violent/dangerous. In fact, studies show that people with DID are more likely to experience violence from others or themselves. It is perfectly possible for alters to live in harmony with each other.

To top it off, the psychologist character in the movie

approaches mental illness with compassion, empathy and interest. And in the end, she is killed by her patient. This teaches people that people with DID are dangerous and should be avoided, and any attempt to sympathise with them or even treat them with humane respect will end badly. This is simply not true. We should strive to be more open about mental illness and help others rather than turn away from their suffering. There is a long history of thrillers or horrors

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***“It acts to further marginalise those who already struggle on a daily basis with the weight of stigma.”***

**- The International Society for the Study of Trauma and Dissociation (ISSTD)**

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utilising DID as a cheap and lazy way to trick audiences into thinking their work is complex. Whilst 'Split' is, arguably, a very well done movie made by a group of very talented people. We have to recognise how the message of the movie is extremely damaging to an entire community of people.

There have, however, been a

few pieces of media that presented a somewhat accurate demonstration of the disorder. Clearly, the creators genuinely cared about what kind of message they were sending into society and did some proper research.

## **Immortal Hulk:**

Bruce Banner is a man who takes on a strong and violent personality named the Hulk. Whilst this is far from the reality of DID, he is often written as having the disorder. One comic issue that went into detail about this is Immortal Hulk. In the comic, Banner's abusive childhood is explored and the Hulk is shown to have been fabricated from something Banner saw on TV as a child. Also, he has a therapist with whom he talks more on what it's like to have DID. So yes, Banner's disability is more science fiction than fact but the comic does not shy away from it and adds accurate symptoms of DID where it can. The creator, Al Ewing, has taken such care in the representation that he has received many letters of thanks from people with the disorder.

## **Moon Knight:**

The Disney+ show and Marvel comic 'Moon Knight' follows the life of a man named Steven Grant (Oscar Isaac) who discovers he has an alter called Marc Spector. Marc happens to be the avatar for the Egyptian god, Konshu. And the story only gets more fantastical and fun



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# Mental Health

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from there. Moon Knight is a superhero with abilities far beyond human capability. This is obviously not accurate to DID in our reality. However, the superhero and his portrayal has been widely recognised as the most accurate representation of DID yet.

The show spreads a wonderful message of compassion and acceptance. We get to know Steven Grant as a real person, with hopes and dreams and a day-to-day life. He is not presented as just a made-up personality. He is a human being. There is no 'real' personality. And in the finale of the show, when Steven and Marc's body has died. Both of the characters are depicted as having two separate souls in the afterlife. They both have an equal chance of experiencing eternal paradise. But when

Marc reaches paradise, he isn't happy... Some DID systems view themselves as assisting one person and will fade or integrate if they are no longer needed. This is completely valid, but it has been 'the goal' of mental health professionals for so long - to get rid of the alters and combine them into one 'personality'. To 'cure' them. Moon Knight reverses this harmful assumption. Even though Marc makes it to A'aru (Mythological Egyptian Heaven) he cannot feel truly happy or fulfilled because Steven isn't there. When he turns back and reunites with Steven, it shows that the two are not split. That together they make a whole. They do not need to be stopped or cured. This is the goal from many DID systems, for all the alters to live in harmony with each other.

There are a few inaccuracies within the presentation of Moon Knight's DID. When the show shows a flashback to the characters childhood, we see the abuse at the hands of their mother and where Steven originated from - a fictional character called Steven Grant, a fearless explorer. However, it appears as though Marc created Steven intentionally. This is incorrect as alters aren't 'created' on purpose. They form naturally in order to protect the mind of a child experiencing chronic mistreatment. But Steven does have a very clear reason for having been formed - to experience a warm and loving childhood, something Marc never got.

There are other inaccuracies such as rapid switching. Plus when Moon Knight does

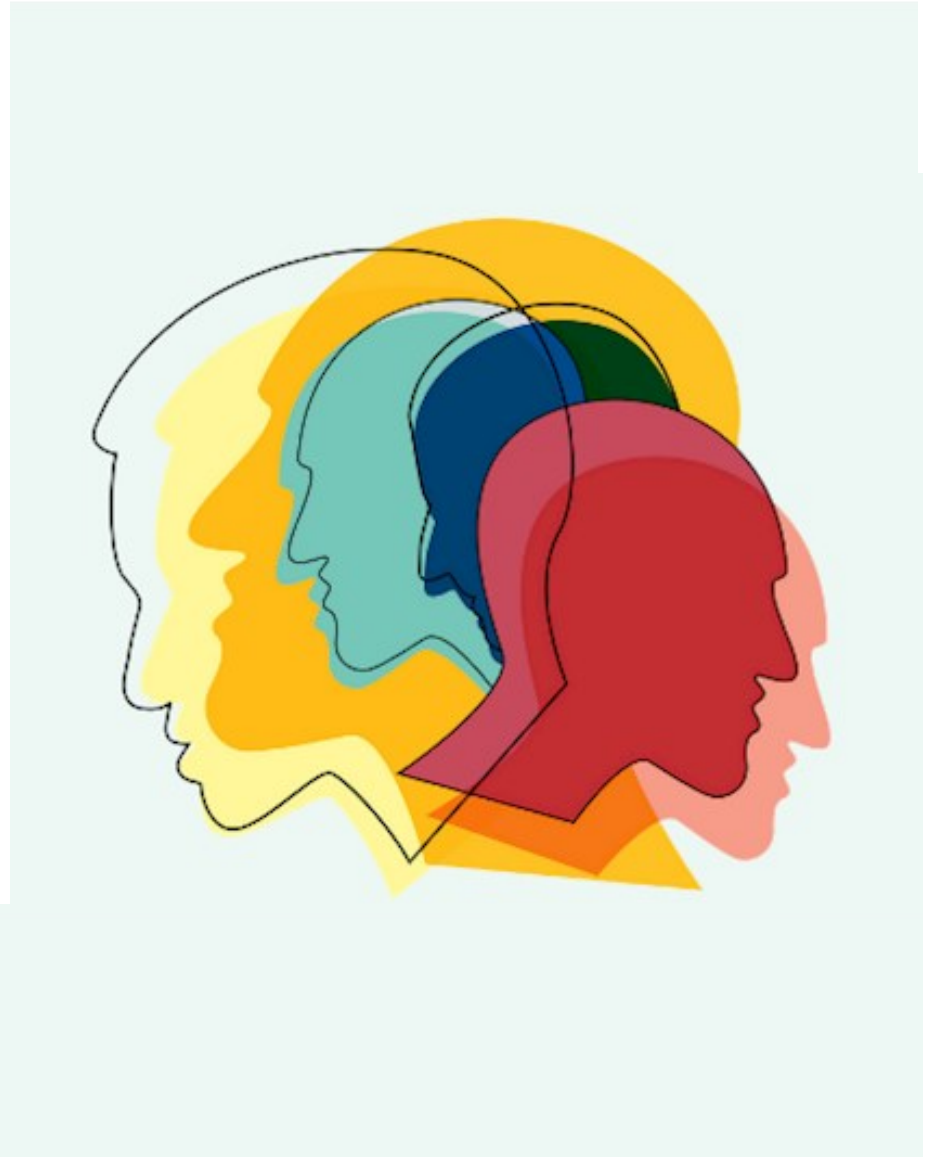
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# Mental Health

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switch it is very obvious. And there are clear differences between Marc and Steven's personalities. This is just a dramatisation to benefit the clarity of the story and the audience's understanding. This is not necessarily a harmful trope, but switching is more commonly subtle and alters similar. This is what makes it hard to diagnose, or even for people to realise that they have DID. The last fault is that Steven is not aware of Marc. It is more likely that the personality considered to be the 'core' or 'host' will not be aware of the other alters. But it's not entirely unheard of.

This show also reverses the stereotype of DID being dangerous. Whilst the superhero Moon Knight does partake in violence - the show does not present him as having an evil villain/monster alter. There are no 'good' alters trying to keep the 'bad' alters at bay. There are just three very complex people living inside one body. There is, however, a danger of the show teetering down the path of pairing mental illness with violence - especially with the 3rd alter, Jake Locley, who is the most violent personality and seems to have no issue with killing people. But, on the whole, I think the show presents a positive message of compassion and acceptance - definitely more positive than any previous presentation of Dissociative Identity Disorder.



And whilst both of these examples (Immortal Hulk and Moon Knight) still pair DID with a sense of violence and mysticism, there is a clear consideration of the disorder itself. I'd say, this can be viewed as a small step forward on the road to normalising Dissociative Identity Disorder.

The tragic truth of this disorder is that a person with DID will have dealt with a traumatic childhood and then, for the rest of their life, will have to deal with abuse from the rest of the world.

Abuse caused by stigma and stereotypes. I hope we can all better our understanding and awareness of disorders such as DID in order to recognise harmful stereotypes and welcome discussions of mental wellbeing in the future.



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# Recipe Corner

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Cook  
Time:  
40 Mins

## Shepard's Pie: Serves 6

### Ingredients:

- Half large onion
- 1 tbsp oil
- 2 tsp garlic granules
- 700g beef mince
- 2 beef stock cubes
- 1kg new potatoes
- Half cup hot water
- 500g frozen mixed veg
- 1 tbsp butter
- Half cup milk
- 1 cup of gravy
- Handful of cheese
- Handful of parsley

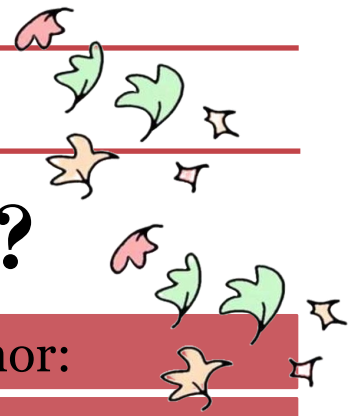
1. Chop the onion and fry with oil and garlic granules till slightly translucent. Then add beef with salt, pepper and stock cubes and continue frying for 5 minutes.
2. Put potatoes into a pot of boiling water for 20 minutes, until soft (check with a knife).
3. While potatoes are boiling add hot water and frozen mixed veg to the meat and let simmer for ten minutes.
4. Once potatoes are soft drain the water then add butter, milk, salt and pepper and mash it.
5. Make gravy.
6. Once beef is done put in an oven safe dish pour the gravy over the meat and layer the mash on top and top with grated cheese before putting in the oven for 10-15 minutes (until cheese is slightly brown and crispy)
7. Allow to cool for a couple of minutes, garnish with chopped parsley, then serve and enjoy :)

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### Tips:

- Add cream for creamy potatoes
- For larger potatoes chop to half boiling time
- Use frozen chopped onions to decrease prep time





## What is ‘WEBTOON’?



### About the author:

Leona is a Year 12 student studying English Literature, History and Sociology, and plans to study English at University in hopes of becoming a full-time writer. She has been part of the Pulp team since September 2023 and enjoys reading books, webcomics, writing, listening to old songs and fixating on movies/TV shows for unhealthy amounts of time.

### What is a ‘webtoon’?

A webtoon is a type of digital comic that originated in South Korea and is read vertically by scrolling down on a computer or smartphone. Accessible anywhere, and practically free of charge, each episode takes less than 5 minutes to read.

The ‘WEBTOON’ app itself has thousands of stories across 23 genres from many different artists and creators all over the world. As well as that, not only can you read other people’s work, but very easily produce your own webtoon on ‘CANVAS’ – something that makes ‘WEBTOON’ as a webcomic app particularly unique.

Furthermore, the platform has many reader events to jump start and support new and upcoming artists, so it really is accessible to anyone, creators and readers alike! From a reading perspective the app is also incredibly easy to use. As you open the app, you will be recommended webtoons based on current

trends and what you’ve read so far. You can also search through different genres by tapping on the search icon in the corner of the ‘For You’ page. Furthermore, on the ‘Originals’ page you can see popular comics sponsored by webtoon, and when they upload weekly. You can then also support upcoming artists on the ‘Canvas’ page where upcoming artists/writers produce their own webtoons.

To save series that you wish to be reminded to read, you can hit the ‘subscribe’ icon when on the comic’s description page (which you find by tapping on the thumbnail of any comic). If you are travelling, you will almost always be given permission to download a series’ episodes for a few days to read offline. Most series that are new/in continuation update on average an episode a week. Series that are completed/older, on the other hand, are usually turned into ‘daily pass’ one ticket a day, that you can expend on unlocking an episode. You are then given 14 days to read the

episode until it locks again. Recently, ‘WEBTOON’ has now introduced a new system where watching ad(s) gives you access to 3 extra tickets (and by extension, episodes) a day. However, if this still isn’t enough for you, you can purchase ‘fast pass’ tickets to get early access to even more episodes for a fairly reasonable price or achieve them by participating in the regular webtoon events.

As well as this, ‘WEBTOON’ has a lot of fun features, for example ‘WEBTOON’s end of year wrap’ very similar to Spotify’s ‘Spotify wrapped’. It records how many comics you have read over the year, producing a character archetype for yourself and a list of recommendations. Furthermore, more recently Webtoon artists are taking their comics to a more interactive level, many comics are now progressing into having VR, sound and moving features.

For fans of particular webtoons, there are regular giveaways from individual



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# Webcomics

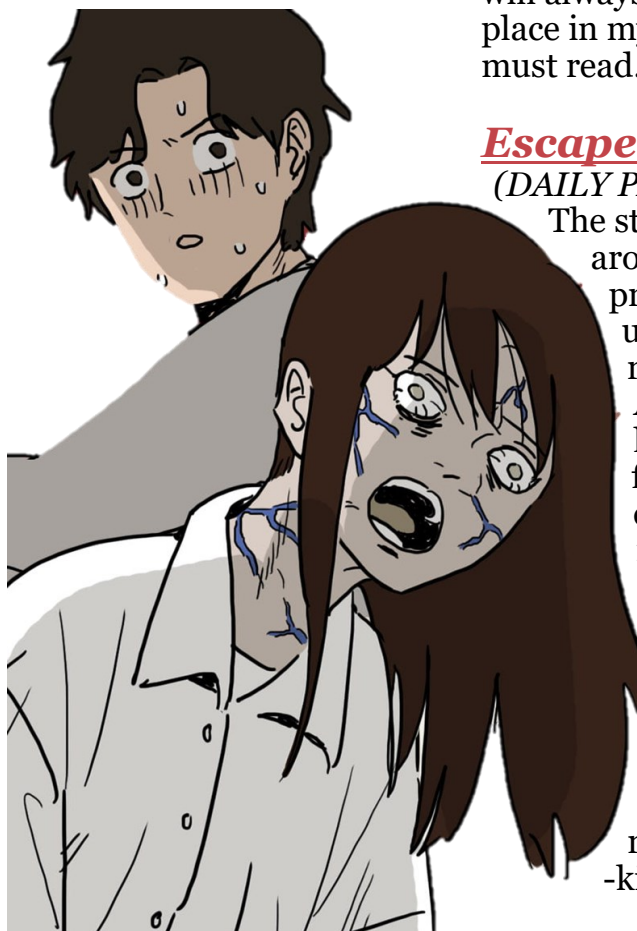
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artists on Instagram and merchandise on the 'WEBTOON' shop online.

Some of my own recommendations for 'WEBTOON' include:

## **Bastard** - Thriller (*DAILY PASS*):

From the same creator of Netflix sensation 'Home Sweet Home' (also available to read on Webtoon and incredibly good), Bastard is by far my favourite thriller comic on WEBTOON. First published on Naver in 2014, the story follows Jin Seon, a fragile boy who acts as an unwilling accomplice to his serial killer father. It is exceptionally dark and brings a fresh originality with its characters and plot line that keeps you hooked to the story.



## **My Daughter is a Zombie** -

Comedy (*DAILY PASS*):

One year after an unprecedented zombie attack that killed hundreds of thousands, South Korea has finally been declared zombie free. But Jeonghwan holds a secret: his daughter is the last zombie left on earth. When her cravings are satisfied and her violent tendencies die down, it almost seems like there's hope for her to have a normal life. But for how long can he keep her a secret?

An incredibly heartfelt, emotion ridden comedy that will always have a special place in my heart. An absolute must read.



a lot better than the similar premise of Jigsaw) with witty uses of fourth wall and that leaves heavy philosophical questions of morality, justice, and self-objectification.

## **Escape Room** - Thriller (*DAILY PASS*):

The story orientates around the protagonist Sean, an unfeeling, overly rational sociopath. After a night of heavy drinking, he finds himself in...an escape room! He is now compelled to use his unique way of thinking and create allies with other players to survive sadistic games of life and death. A remarkable one-of-a-kind story (arguably

## **My Life as a Loser** - Drama/Comedy (*DAILY PASS*):

The story orientates around Ancheol Jang, a former high school bully who is cursed by tormented Jinu Kang, a socially awkward boy with a stutter for ruining his life before dying in an unfortunate accident. Ancheol then finds that he wakes up as Jinu, but back in high school! If he has any desire to return back to his body, he has to pay the price. A really profound, funny drama that I thoroughly enjoyed beginning to end, with especially memorable characters.

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# Webcomics

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## **Omniscient Reader:**

Action (*ON GOING*) :

Dokja was an average office worker, whose sole interest was reading his favourite web novel: 'Three ways to survive the apocalypse'. But, when the novel suddenly becomes reality, he is the only person who knows how the world will end. Armed with his realisation, Dokja uses his understanding to change the course of the story, and the world as he knows it. Rather original and attention-grabbing, this story has many unprecedented twists and turns and an extremely well-written protagonist. The webtoon is one of the best in its genre - even alleged to soon become a series during the upcoming year.

**Mystical:** Supernatural/ Romance (*DAILY PASS*): Garam has always been an artist for as long as he can

remember, but his dreams have been put on hold ever since his mother passed away. Wanting to become more independent and focus on his art, he moves into his grandmother's empty house by the ocean. There, he meets his greatest muse: a mystical water creature with no memories of her past. Now it's up to Garam to help her uncover what she has forgotten. With an absolutely amazing art style (the best that I've ever seen) paired with an equally awesome story, I could not recommend this webtoon enough. It is so heartwarming and provides a unique plot compared to typical romance webtoons.

**PIGPEN:** Thriller (*COMPLETED*) :

A relaxing getaway in paradise, or a death trap? A young man wakes up on a breathtaking beach, but he

has no idea who he is or how he got there. Try as he might to piece it all together, untangling this mind-bending mystery won't be easy when every clue leads to more maddening questions... and the family that welcomes him into their home is not what they seem. An intense thriller that leaves you at the edge of your seat, and your heart racing at a million miles per hour.

## **Other noteworthy mentions:**

Castle Swimmer (*Fantasy*), Maybe Meant to Be (*Romance*), Muse on Fame (*Drama*), Never-Ending Darling (*Thriller*), Everything is Fine (*Horror*) There are no Demons (*Horror*), Freaking Romance (*Romance*), Heartstopper (*Drama*) and much more!





# This magazine was written, organised and designed by the Pulp team



If you are interested in any element of  
journalism, photography or graphic  
design, join us in M36 On Friday  
lunchtimes to take part