

OCTOBER '24 ISSUE 5

Student Spotlight

*Building
Territory's
Future*

STEM Development in the NT

*A Night of
Shining Talents*

NT BEAT Festival 2024

*Being your
own Boss*

*Kangklazz: A Student
Owned Business*

DREAMCHASER
MATILDA WILTON

Foreword



Hanna Eastick
Editor-in-Chief
NTSS

After almost a year it is astonishing to see how our community has grown. As we release more issues it is amazing to see more people getting involved, from the writers and students featured in these articles to everyone who works behind the scenes, taking photos, finding topics, interviewing people and putting in the work to bring everything together. This magazine has managed to bring together young people from across different schools to work on a collective goal: to highlight the achievements of young people in the Northern Territory.

Society often has the need to pull down people who reach the spotlight and stand above the crowd: tall poppy syndrome. The NTSS is dedicated to changing this view. The people in these articles and those who work behind the scenes are extraordinary and brave, unapologetically showing their successes. We hope the Student Spotlight is able to inspire others to embrace their individuality and achievements, being unafraid to stand out.

Table of Contents

Youth Community

- 3-4 A Dividing Issue: What Young People Think About the Change in Government
By Pak Chan
- 5-6 NT BEAT Festival 2024
By Amy Zhao
- 7-8 Life of a Dreamchaser: Matilda Wilton
By Pak Chan
- 9-10 Building a Future Territory: Young People in STEM
By Ash Huynh
- 11-12 Kangklawzz: A Student-Owned Business
By Zafeera Jahana
- 13-14 Sleep Less, Achieve More? The Root Causes of Teenage Sleep Deprivation
By Ash Huynh

Future Careers

- 15-16 Tirelessly for the Truth: Being a Journalist in the Territory
By Pak Chan

Sports

- 17-18 Smashing the Nations: U17 Badminton Team Scores Outstanding Results
By Pak Chan

Opinions

- 19-20 STEM Development in the NT and Why It is Important
By Kasfiha Tahsin
- 21-22 ‘This Goofy Ahh Government had been Capping’: How Young People Should be Heard
By Pak Chan
- 23-24 The Science Behind Gaming Addiction and How to Beat It
By Kasfiha Tahsin
- 25-26 Monthly Comedy: A Political Essay About Politics
By Elora Pizanias

Creative Writing

- 27-28 Magical
A Poem by a Kasfiha Tahsin
- 29-30 Friend or Foe (Part II)
A Story by Rachel Mathews

YOUTH VOICES ON THE CHANGE IN GOVERNMENT

A DIVIDING ISSUE

PAK CHAN



The 15th NT Legislative Assembly was voted on the 24th of August (Student Spotlight: Pak Chan)

On the 24th of August, Territorians voted to elect the Government for the next three years, and the Country Liberal Party (CLP) had won with an absolute majority, allowing the party to pass new laws without any support from the opposition or the crossbench.

Almost two months after the election, the first week of parliament has commenced on the 15th of October, signifying the start of a series of changes in laws.

While the CLP promises to solve youth crime in the Northern Territory, uncertainty about the new Government remains among young people.

As the CLP brings in new government policies, many are hoping that youth issues can be brought to the government's attention.

“Youth crime is a main issue that I am troubled by as a young person,” said a student from Darwin High School.

While the majority of young Territorians are troubled by youth crime, concerns are raised about the CLP’s policy in tackling the issue, especially the policy to lower the age of criminal responsibility, which was passed on the 16th of October.

Year 10 student Alice Cotter and Year 11 student Gabe Perry said that lowering the age of criminal responsibility will not be as effective as advertised in the CLP’s campaign.

“I think it is a dumb idea,” said Alice, “Many child experts are against it, saying that it is not an effective way to deal with crime.”

“Criminalisation to me is still about shutting [young people] down,” said Gabe, “The government needs to provide more support to young people and prevent them from reoffending.”

On the other hand, year 11 student Michael Moffit believes that the CLP’s policy will create safety for NT residents.

“I think lowering the age of criminal responsibility can deter reoffending,” said Michael.

He said that while the policy could effectively deal with youth crime, the Government should still integrate programs that will direct young people onto the right path.

While the CLP promises to promote bootcamps as a rehabilitation program for young offenders, a detailed plan is yet to be announced.

During question time on the 17th of October, Deputy Leader of the Opposition Gerard Maley claims that the CLP’s plan for rehabilitating young offenders is on its way.



Deputy Chief Minister Gerard Maley claims that the CLP’s plan is to rehabilitate young offenders instead of incarcerating children (Supplied: Gerard Maley MLA)

“No-one wants to see children locked up, [and] we are looking under every stone and every piece of paper to find out what we can do to make the Corrections system better across the Northern Territory,” said Mr Maley.

“Our plan, which we will release in a short while, will deal with the Corrections problem”

Youth support case worker and First Nations youth advocate Armani Francois from Alice Springs, however, is skeptical of the CLP’s plan.

“Prison isn’t a place where kids can change their lives around,” said Ms Francois



Alice Springs youth advocate and support case worker Ms Francois says the CLP’s plan will put young children at risk (Supplied: Instagram)

“There are statistics that show if a child enters prison at 10 years old, they are more likely to be in and out of the justice system until they are twenty if not for the rest of their life.”

“To tackle the issue, [the Government should] not just hold the child accountable, but also tackle the issue from a more holistic view and examine the communities they live in.”

As the first sitting day in Parliament started on the 15th of October, the CLP has already initiated a series of new changes. Nonetheless, looking at a new Government, many believe it is too soon to make comments.

“I think we still need to give more time for this new Government to work before we can make any further comments,” said Michael.

HOME Beat 2024

AMY ZHAO

The Beat Festival is synonymous with a diverse musical tapestry. Attendees can look forward to performances from both emerging artists and established acts, each bringing their unique flavour to the stage. Local talent takes centre stage, reflecting the festival's dedication to promoting homegrown artists. Schools in and outside of Darwin come together contributing dancers, singers and other performers. The festival's commitment to showcasing a variety of musical styles ensures that there is something for everyone, whether you're a die-hard music lover or a casual listener.

But the Beat Festival is far more than just a musical extravaganza. It's a celebration of the arts in all its forms and brings the community together. The show requires a lot of work from teachers, schools and the children themselves. There are months of rehearsals and preparation needed to pull this show together. Without a doubt there are difficult periods where the stress is high, but it all makes the end result that much sweeter. During the BEAT students get to meet others involved and form new relationships.

Tilly, the young host of the night says that the BEAT festival creates exposure for young artists.

"The BEAT allows for people to get a chance to perform to larger audience which can help to boost confidence especially within kids in the choir." said Tilly.





The Beat Festival gathers music performances from students across Darwin (Supplied: NT Music School)

As the Beat Festival continues to grow and evolve, even after 45 years, it remains steadfast in its mission to celebrate creativity and diversity. Each year, it redefines the boundaries of what a music and arts festival can be, offering a fresh and exciting experience for both new and returning attendees.

For those who haven't yet had the chance to experience the Beat Festival, this is the perfect time to dive in. With its incredible lineup, vibrant community spirit, and dedication to artistic excellence, the Beat Festival is more than just a festival – it's a celebration of life, culture, and creativity that you won't want to miss.

'I'd say, just don't take yourself too seriously and go have fun when you go on stage.' said Tilly



(Supplied: NT Music School)

LIFE OF A DREAMCHASER

MATILDA WILTON

PAK CHAN

(Student Spotlight: Arkana Trwidodo)



Matilda received an email of acceptance in late August 2024 from the most prestigious secondary school for arts in the world, an email that signifies everything had paid off for her, a young girl with a passion to become an actress, dancer and playwright.

Born and raised in Darwin, Matilda “Tilly” Wilton had been a successful young artist, and an inspiration for young actors and actresses in her community. This year, she made a bold move to audition for the Victoria College of the Arts Secondary School, one of the most prestigious secondary schools worldwide for drama and dance. To her surprise, she was accepted as one of the 25 students who came out on top of the 150 domestic and international applicants.

“I remember the first time I went to a drama class when I was five, and I experienced a feeling I’ve never felt before,” said Tilly,

“It was a spark of passion within me that I still have until today. As I walked in, I told myself, ‘this is what I’m going to do.’”

Born in 2008, Tilly had fell in love with films and acting since she was a little girl. She recalled watching the performance of American actress Emma Stone throughout her childhood, a figure who had inspired her to become a versatile actress with a personality that allows her to bring her own take to different characters.

Tilly began her journey since she took her first drama class at the age of five. She then went on to participate in larger performances and had written plays that were performed in Corrugated Iron, a youth drama company that supports young artists like herself.



*Tilly had been a member of Corrugated Iron for years
(Supplied: Matilda Wilton)*

However, Tilly's journey was never a smooth-sailing one. At the age of 12, she was diagnosed with type I diabetes, a potentially life-threatening genetical condition that makes her experience fatigue and nausea more often than others. Nonetheless, Tilly was never going to let anything stand in the way of her dreams. She recalled a conversation she had with her doctor about an early discharge just to attend a drama performance, to which her doctor ended up agreeing.

"I said to my doctor, 'can I please be discharged a day early? I need to get to a drama performance.' and they ended up discharging me."

"Being diagnosed with type I diabetes really shook my confidence for a while," said Tilly, "but then I got used to it, and it's now part of who I am."

Looking at the future, Tilly is hoping to build a career out of acting and dancing, an effort she makes with hopes to remove the stigmatism around choosing acting as a career.

"I don't really care if I am worldwide famous or not," said Tilly, "I just wanted make a living from something I am really passionate about, and go to work every day and enjoy what I do."

As Tilly will soon start a new chapter in her journey in Melbourne, she looks forward to learning from the best performers in the country, and eventually returning to the Territory to build her career.



(Supplied: Matilda Wilton)

BUILDING A FUTURE TERRITORY



With the rise of technology, STEM has become one of the key fields driving progress, shaping industries, and solving critical global challenges.

While major cities in other parts of Australia have seen significant investment in STEM education, many NT students are disadvantaged due to the lack of opportunities..

Ms Williams is the project manager of the Array, an education program aimed at helping youths to work with technology. She highlighted that young people frequently depart from the Northern Territory to pursue better opportunities, leading to a shortage of funding for educational programs on technology.

“There was definitely a struggle to find STEM opportunities during my time” said Ms Williams, “I was born in Darwin, and I truly understand the challenges being a young person and wanting to go somewhere to pursue [a] career.”

*“The youth should stay,”
said Ms Williams,*

“Local organizations and educational institutions are increasingly recognizing the importance [of STEM education] and [are] working diligently to create pathways for students.”

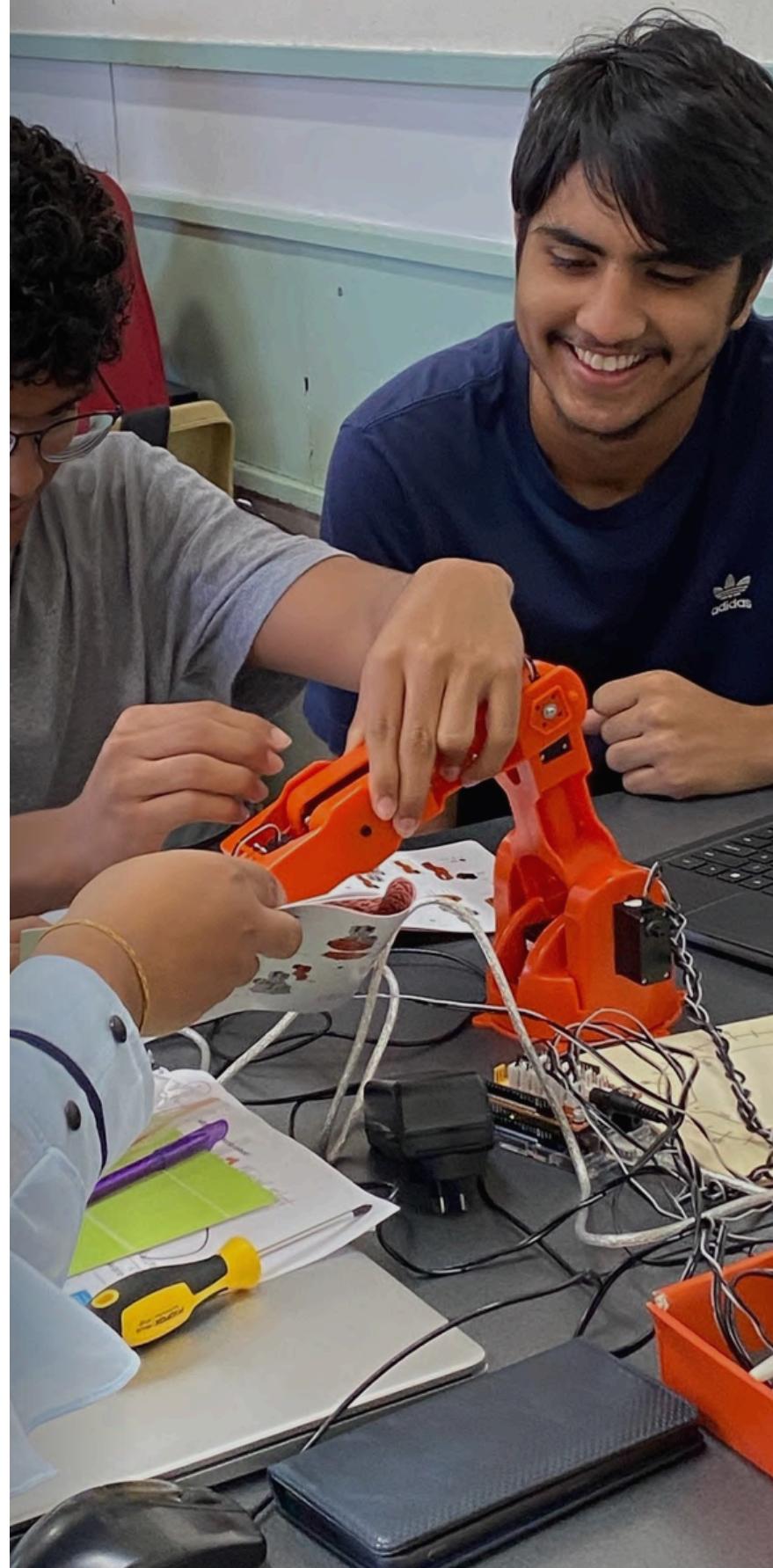
In the 2024-25 budget, the Federal Government allocated 4.8 million to enhance STEM teaching practices in schools by partnering teachers with STEM professionals. According to the Department of Education, the new funding will improve the STEM skills of young Australians to “ensure that they have the skills they need to live and work in a globalised world”.

Mr Bridgette, a Darwin electrical engineer, said that the Northern Territory is now offering more employment opportunities in the field of STEM.

“I believe it is a great time to join a career field in STEM in the NT,” said Mr Bridgette,

“There are apprenticeships, VET courses, and expos throughout the year that offer practical experience and networking opportunities for aspiring students.”

“If you stay in Darwin, you have lots of opportunities that you might not get elsewhere” Mr Bridgette emphasized. “The NT is on the verge of a technological boom, and with that comes a demand for skilled professionals in various STEM fields.”



STEM Education has been promoted in schools across the Northern Territory (Supplied: Darwin High School)

KANGKLAZZ

A STUDENT-OWNED BUSINESS

ZAFEERA JAHANA

Kangklawzz is a press-on nail business based in Darwin City created by K-la, a skilled Year 10 student. Her inspiration derived from Pinterest and getting her nails done by a fellow young artist Reese. While K-la's idea of having a business was floating in her head "for a while," it wasn't until January that she started constructing her plan, consisting of her business logos and aesthetic. Kangklawzz eventually started running in April of 2024, and since then, K-la has taken pride in the quality of her artistic skills and techniques.

Supplied: K-la Sky



Supplied: K-la Sky

Customers often enquire how she decided on her business name, to which she responded, "Kang is my nickname, and klawzz is a play on 'claws', [another] way to refer to nails."

Each set of kangklawzz nails look unique, as they are all commissioned. Each set is made in the kangklawzz headquarters, K-la's bedroom, using "a lot of gel products, an ultraviolet lamp, charms, and many nail gel tips" sourced online.

One set of nails, if they are freestyled, takes K-la around 3 hours to complete, as she prefers to digitally design a nailset before commencing gel work. Each set is of varying difficulty, and the time taken often changes. Similarly, prices range from \$15-\$20 for simple or 'deluxe' sets.

As Kanglawzz has only just started, nails are currently being sold to mutual friends or others interested in cute, but affordable nails. Those who purchase a product often recommend it to their acquaintances, growing the business in recent months. Despite this growth, K-la does not see similar businesses as competition, sharing that her true intention is to “share [her] interests [with] others and give people the opportunity to get gorgeous nails.”

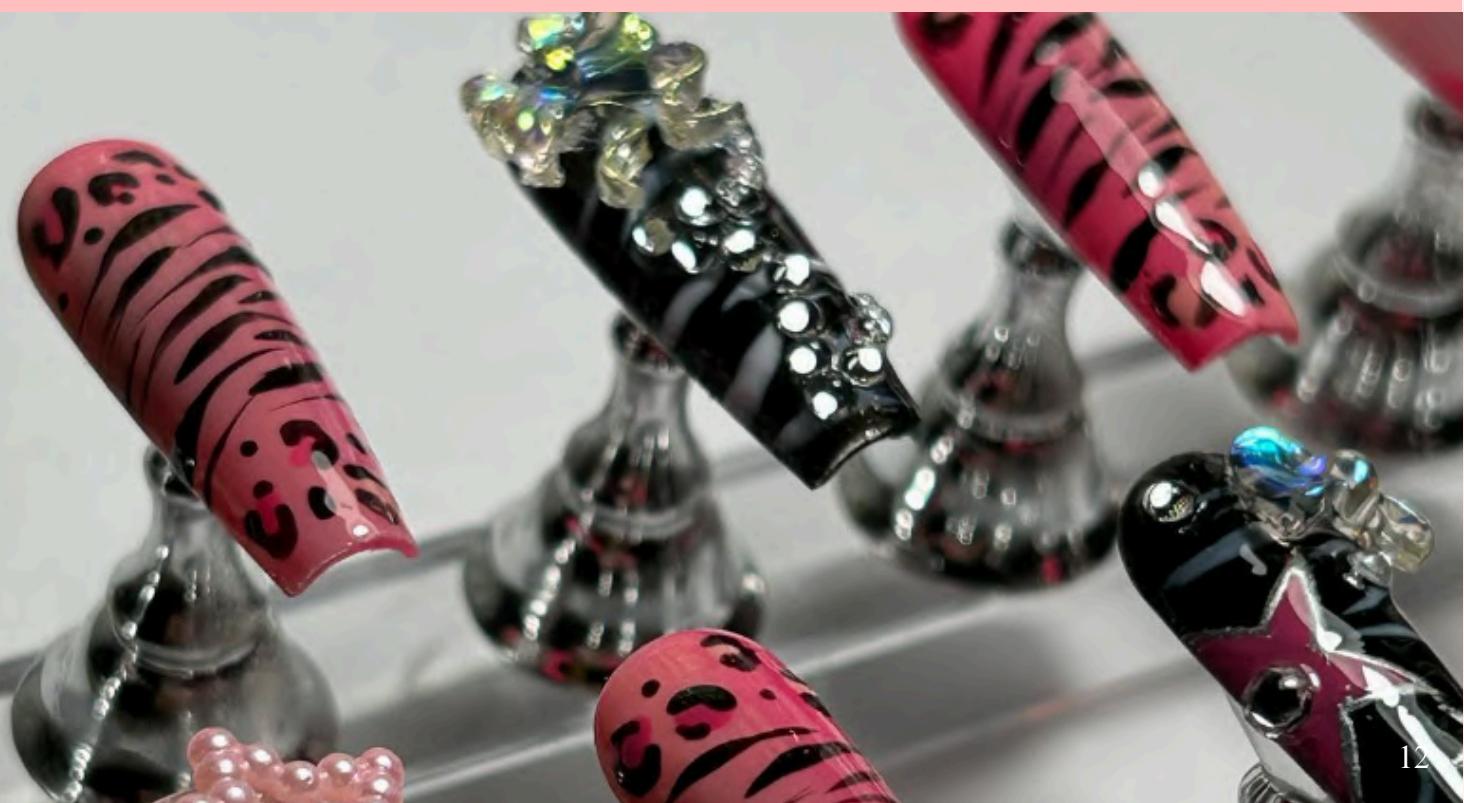
Although K-la sometimes struggles with complex designs and having to learn many new techniques, she takes the time to practice and make her nails as stunning as possible. Her school work does take priority so products are sold in weeks when K-la has free time. Orders are placed through Kangklawzz’s Instagram page (@kangklawzz), customers providing the style and length of the desired nailset, and any inspiration pictures.

In the future, K-la hopes to expand her business but “finds that it’s more of a fun side hobby” which gives purpose to her art, allowing people to notice and appreciate her skills further.



Supplied: K-la Sky

Supplied: K-la Sky



SLEEP LESS, ACHIEVE MORE? *



The Root Cause of Teen Sleep Deprivation

ASH HUYNH

Research finds that most Australian teenagers are not getting enough sleep, and academic pressure could be the root cause of the problem, according to NT students.

As the city is sleeping at night, Leo Chen from Good Shepherd Lutheran College often finds himself hunched over his laptop, going through seas of assessments until 1 a.m.

"[There is] not enough time," said Leo, "I hate how filled [my life had become]. I felt [as if though] I have no time to follow my interests and passions."

Sleep researchers suggest that a teenager needs between eight and ten hours of sleep every night; Yet for many highschoolers, it is seen as an obstacle to productivity, something that can be sacrificed in the pursuit of academic achievement.

Lily Chi, a seventeen-year-old who is currently studying at Palmerston college shared she often felt overwhelmed and irresponsible when she does not study.





“I’m scared that if I [relax for one second] and have a full night sleep, [I will] eventually have to face the reality of life. I feel tired and dull [after studying each night] but [I] managed to push through the day with the little willpower I have left.”

“It’s exhausting,” she explains, “but [the fear] of falling behind drives me to keep going, even when I feel like I can’t.”

The pursuit of academic success is often at odds with well-being. As students sacrifice sleep for grades, they risk losing not just their health but also the joy of learning and the essence of their youth. The relentless pressure to excel may yield short-term gains, but at what cost?

Getting enough sleep had gone from something that was once a necessity in our life to a “luxury” for teenagers nowadays. In an endless race, where triumph seems reserved for those who work the hardest and sleep the least, perhaps the ones who cross the finish line are simply those who know how to nap.

TIRELESS KEEPERS OF THE TRUTH

BEING A JOURNALIST IN THE TERRITORY

PAK CHAN

For many people, seven o'clock at night is a time when dinner is ready. For the ABC Newsroom, however, the show is just about to start, as the room scrambles to prepare for the 7:30 PM News Bulletin, where Territorians are updated on current affairs.

Lillian Rangiah has been a journalist for two and a half years. This year, she is crowned the Northern Territory's Best Young Journalist. Started in Queensland as a volunteer for the local radio, Ms Rangiah says that moving to the NT has given her more opportunities in her career.

"It's quite different in Darwin... Up here, there's a really strong media scene," said Ms Rangiah, "There are so many communities that I've had exposure to up here, whereas in Queensland, I don't have that exposure quite as much."



(Student Spotlight: Pak Chan)

The versatility of journalism is what attracted Ms Rangiah the most, as a journalist must learn how to cover a wide range of issues.

“My job could look very different depending on the day, and that is kind of what I love about it.”

Journalism is not an easy industry to step into. As journalists often meet people who are experiencing traumatic events, Ms Rangiah says that all journalists must learn to separate their lives from the stories they report.

Ms Rangiah was awarded the best young journalist of 2024 (Supplied: Lillian Rangiah)



(Student Spotlight: Pak Chan)

“The most important part of the job is to maintain the ability to step away from the story,” said Ms Rangiah.

With technology constantly evolving, Ms Rangiah believes that the industry of journalism will also continue to change as she encourages young people to tell stories in new ways and explore the things happening around them.

“Given young people are growing up with the latest media technologies, young people should not be afraid to experiment and create their own ways of telling stories.”

SMASHING INTO THE NATIONALS

Remarkable Results for NT U17 Badminton Team at National Competition

PAK CHAN

Last month, the Northern Territory Badminton Association sent their junior squad, the *Darwin Thunders*, down south to compete in the U17 June Bevan Trophy in Ballarat. Named after the acclaimed Australian badminton player, the June Bevan Trophy is considered the peak national event for young players across the country, and the four members of the team had put up a tough fight for the trophy.

The team is made up of nine secondary schoolers from Darwin and Alice Springs. For the team members Alyssa Chong, Darsh Bhoolah and Matthew Kollakkombil, it was their first national competition ever. Nonetheless, as badminton players since primary school, they were not overwhelmed by the pressure.



Despite this being Alyssa's first national tournament, she was not overwhelmed by pressure.
(Arkana Trwidodo: Student Spotlight)



The team made up of nine junior players in the Territory competed in Ballarat
(Supplied: NT Badminton)

"I started playing badminton when I was seven," said Matthew, "For me, the best way to get better at any sport is to simply practice. [Love for a sport] cannot be forced upon by anyone, and to me, badminton is the sport I like and would spend time to practice and get better at it."

Despite a rocky start on the first day, the team was able to secure victory for most of their matches on the second day, with the mixed doubles pair between Zehou Li and Jemma Stark placing first in the consolation division, and multiple members of the team, including Alyssa, have made it into the top 16 of their singles division.



Darwin students (left to right) Matthew Kollakkombil, Jemma Stark and Alyssa Chong
(Arkana Triwidodo: Student Spotlight)

Jemma from Sanderson Middle School has been the most experienced player on the team. She found her love for badminton at the age of 9, enjoying the connection she had with her teammates the most, and begun competing at competitions across the country at the age of 14.

According to the team's coach Rodney Pearce, badminton had been a small sport in the Territory, but had experienced progressive growth in recent years, especially in youth involvement. For Mr Pearce, there are more than just health benefits to playing badminton.

"Badminton in the Northern Territory started as a small sport due to our population," said Mr Pearce, "However, we are now starting to see a growth in popularity of the sport, especially through the increase in our junior class enrolments."

"Other than the obvious health benefits of badminton, there are also mental aspects to the game."

"Every smash and defence is played with thought and contemplation, it is like a game of chess," said Mr Pearce.

"If [young people] are interested in playing, we always welcome them to make a booking and have a go at it."

MENTING STEM DEVELOPMENT

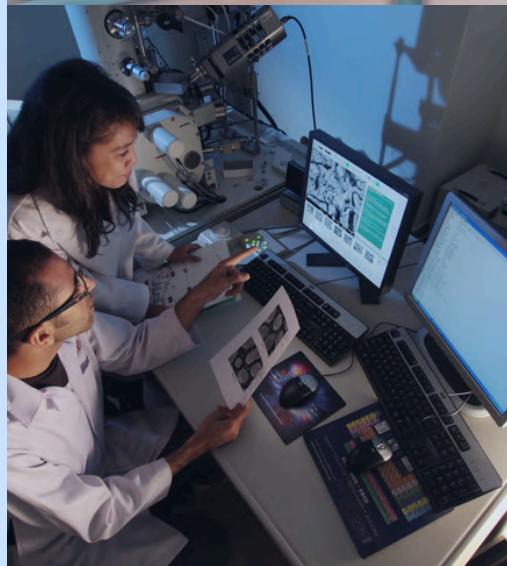
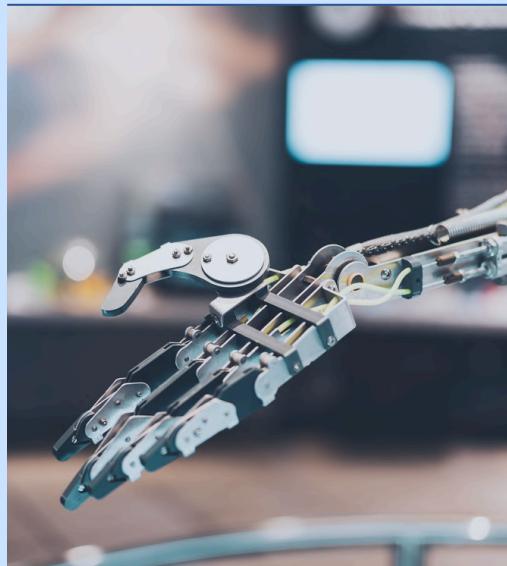
AND WHY IT IS IMPORTANT

KASFIAH TAHSIN

As our world becomes increasingly driven by technology and innovation, the importance of cultivating a skilled workforce in STEM has never been more evident.

From breakthroughs in renewable energy to advancements in artificial intelligence, the STEM fields are not just shaping industries but redefining our future in the Northern Territory. STEM in the Territory is a commitment to aligning work across all schools to the objectives established in the National STEM Action Plan and to implementing and supporting a range of initiatives that will assist students in developing skills essential for emerging industries. Focusing on STEM education is critical to ensuring all young Territorians have the necessary STEM skills and knowledge to succeed.

There is more emphasis on STEM in schools as more money is invested into building the necessary infrastructure, such as the Dripstone Middle School STEAM centre, which allows students to have more hands-on activities and an understanding of STEAM activities, and the Darwin High School STEAM building that provides students with modern and interconnecting classrooms. Universities are also collaborating with industries to promote STEM. They have grassroots campaigns where lecturers, university students, and industry professionals give talks and hold workshops to promote STEM to students in middle and high schools. Students need to see the prospects of STEM to get them inspired and willing to take on STEM-related jobs in the future. That is why having people from different STEM professions have a chance to chat with students will help to improve their understanding of what is required.





The dedication of the Northern Territory Government towards STEM development can be seen within its policies. The STEM in the Territory Strategy 2018–2022 responds to the National STEM Schools Education Strategy (2015). Ongoing work includes building teacher capability to strengthen STEM education, increasing student engagement in STEM education, ensuring all young people in the NT are equipped with digital and coding skills, and expanding enterprise education and innovation programs. These strategies allow students to receive advice and training in emerging industries, and implement professional learning opportunities in STEM education and pedagogy for teachers and trainers while developing transversal skills in young people by supporting quality STEM education opportunities. It will build on collaborative work and priorities to achieve the vision of engaging students in STEM learning so they can become innovative, agile, and self-motivated thinkers ready to meet present and future challenges.

The strategies acknowledge the STEM initiative implemented in select schools as an approach to encourage a broader range of young people to consider STEM, encompassing a shared understanding of STEM as being the integration of the Australian Curriculum learning areas of Science, Mathematics, and Technologies with Engineering content that provide a balanced program of learning through practical experiences supported by explicit teaching. In building relationships and partnerships with industry and a range of stakeholders, Northern Territory will continue to enrich its students' educational experience and future pathways.

PAK CHAN

“THIS GOOFY AHH GOVERNMENT HAD BEEN CAPPING”

HOW THE YOUTH WANTS TO BE HEARD

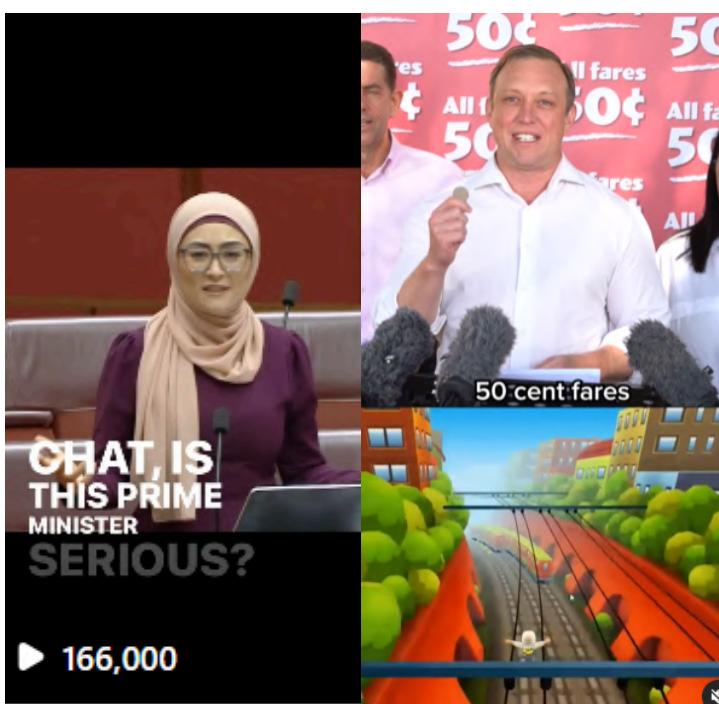
In recent years, the youth has been a focus in society, especially among politicians as they try to engage the young generation and gain popularity. Their actions range from Premier Steven Miles playing clips of the video game Subway Surfers while announcing a new policy about 50 cent fares in Queensland, to Senator Fatima Payman making a speech in federal parliament completely made up of Gen Z and Gen Alpha slang.

While their effort caught the attention of young people, little has been proposed by either politician to make real changes for the representation of youth voices in Australia.

The Federal Government has set up multiple advisory committees over the years to represent young people under 18. These committees are supposed to act as advisory boards for the government's policies. Nonetheless, these committees have limited effect as their decisions are not legally binding with any branch of government.

Further, the composition of the advisory committees is not according to states and territories, which leads to the lack of involvement from jurisdictions with smaller populations, such as the NT, hence the lack of representation of young people from areas away from the more populated states.

Although attempts have been made to engage young people on a national scale, the attempts have not been successful. Only 2600 responses were recorded from youths in Australia in a nationwide survey conducted by the Office of Youth Affairs in 2023. To put this in perspective, there are over 1.4 million people between the ages of 15-19 and over 5 million people between the ages of 15-29 in Australia. Considering that the word 'youths' often refers to people under the age of 30, the underrepresentation in nationwide youth strategies is evident.



Social Media has been frequently used by politicians to connect with the youth (Supplied: Instagram)

Proposed by many youth advocates around the nation, lowering the voting age to sixteen has been a topic for debate now and then. However, little progress has been made in Parliament to allow changes to take place despite many advocates and youths demanding change. Lowering the voting age to sixteen years old means allowing youths aged sixteen to seventeen to be registered as voters. Although that may not sound significant, it is noteworthy that a lot of election outcomes are determined by the difference of a few thousand votes, sometimes even in less than a hundred votes in state elections. By opening opportunities for more youths to vote, young people can directly affect the decision-making processes that will bring change instead of being in government advisory committees that are infested with bureaucracy and are unable to represent the youth communities that are demanding change. Therefore, by lowering the age of voting to sixteen, the youth will be significantly more engaged in voicing out and making change.

Despite hearing the demand repeatedly from young people, Australian politicians responded with inaction. The main reason behind such can be examined from the statistics, where the major parties had been losing votes by generation, while independents and minor parties gained popularity in younger generations. Therefore, it can be predicted that if the voting age is lowered, major parties will lose more of their ground than ever before.



Lowering the voting age has been constantly debated (Canva Images)



Youth voices are not adequately represented through committees (Canva Images)

Most arguments against lowering the voting age have questioned the ability of teenagers to make informed and independent decisions, especially when they are proven to be more easily influenced by peer pressure or people of greater authority, such as their teachers or parents. While it is true that not all teenagers can form their own independent opinions or make informed decisions when voting, it is crucial not to ignore the ones who can and are currently campaigning for change, desperately wanting to be heard and make a difference. It is therefore unfair to make such a generalisation and deny the voting rights of a great number of young Australians. Additionally, by making voting under eighteen voluntary, it can be ensured that no teenagers are forced to make up their minds while granting the ones who are passionate about change their right to vote.

Lowering the voting age is a required legislative reform to truly engage the younger generations. By lowering the voting age, it can be ensured that youth voice matters and that the government is weighing their decisions based on the impacts they have on future generations.



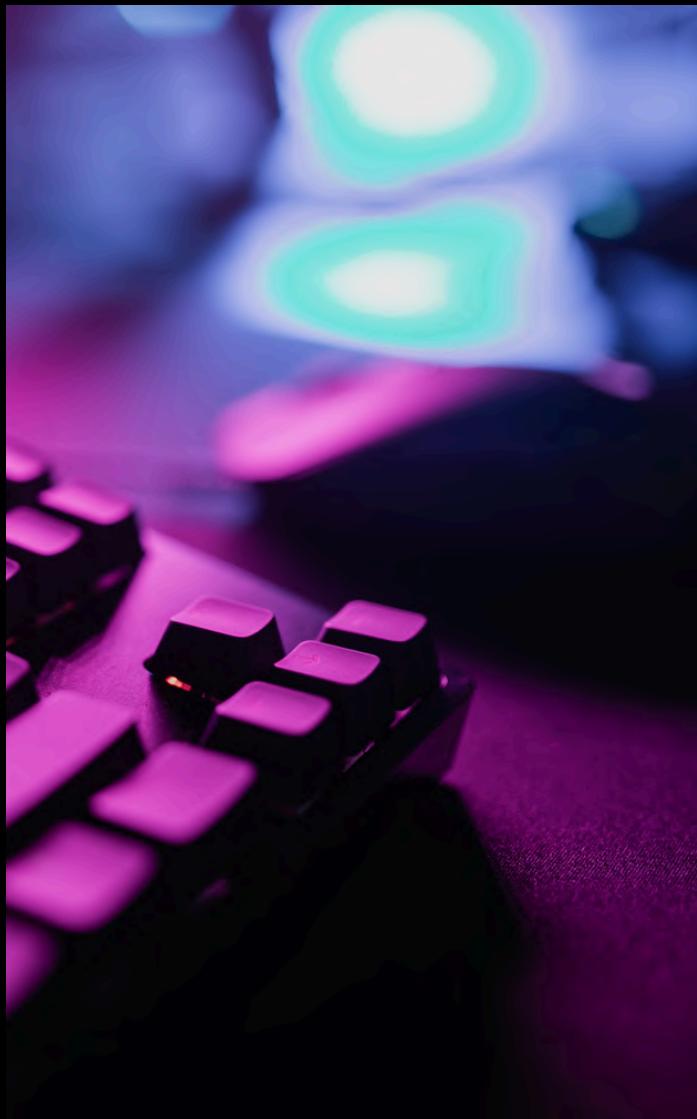
THE SCIENCE BEHIND GAMING ADDICTION AND HOW TO BEAT IT

KASFIA TAHSIN

Game addiction is the repetitious use of the Internet to play games frequently with different gamers, potentially resulting in negative consequences on daily functioning, including personal, social, educational, and occupational responsibilities in many aspects of life.

Game addiction impacts children, teens, and adults. However, adults are most likely to have this condition. People assigned male at birth are more likely to have video game addiction than people assigned female at birth according to the Cleveland Clinic. Some effects of excessive video game playing are poor performance at school, work, or household responsibilities, giving up other previously enjoyed activities and social relationships, and a decline in personal hygiene and grooming. Withdrawal symptoms such as sadness, anxiety, or irritability are also common due to gaming.

Video game addiction can severely impact individuals' lives from a young age by exacerbating mental health issues, disrupting education and social responsibilities, and leading to compulsive gaming behaviour.





Although research on video game addiction treatment is ongoing, only a few clinical trials have been conducted on the efficacy of the treatment options, for example, CBT, PIPATIC, and pharmacotherapy. Some therapists have suggested cognitive behaviour therapy (CBT) As a prevention strategy for IGD, exercises, and physical activities, particularly outdoor activities and sports, have been recommended. One potential solution to address this problem can be limiting game time by establishing clear and reasonable limits on the amount of time spent playing games using apps that can help track and manage screen time and incorporating gaming time into a balanced schedule to prevent excessive gaming.

Gamers must understand what triggers the urge to play video games excessively. They can join online programs and groups to help them quit playing video games. They can seek social support and share their problems with friends and family for support and encouragement. Learning and understanding the impact of video game addiction through books, articles, and workshops and practicing mindfulness techniques and stress management strategies to cope with the issues that may contribute to excessive gaming can be empowering. Through these combined efforts, gamers can work towards achieving a more beneficial balance and more fulfilling life.

A POLITICAL ESSAY ABOUT POLITICS

America, and... yeah

ELORA PIZANIAS

So, America's gone to crap. Or rather the many holes in their politics are getting globally broadcasted for our entertainment – and entertained we are. They're eating the pets in Springfield and they're performing gender surgery on aliens in the prisons; There's a dementia patient as president and he plays golf with the running-for-president convicted criminal.

But really, what's so wrong with America? What could ever at-all be so bad with the great United States? Surely, it's not about the massive gun problem they have. No, instead it's about an even more controversial topic they've outlawed in California - Little Red Riding Hood. The childhood tale about not trusting strangers is a dangerous and unforgiving lesson that no American children in California should learn!

On a more political note, do you remember that scandal with Trump just before the election campaigns started where he was convicted on 34 felonies? In other words, when he was found guilty of falsifying business records – paying “hush money” to influence the 2016 election’s outcome that landed him presidency. You know, because the crumbling superpower that is America needs a little bit of spice for their presidents – and can we really blame them? I mean we had Scomo in government and in Maccas and he was the minister for everything.

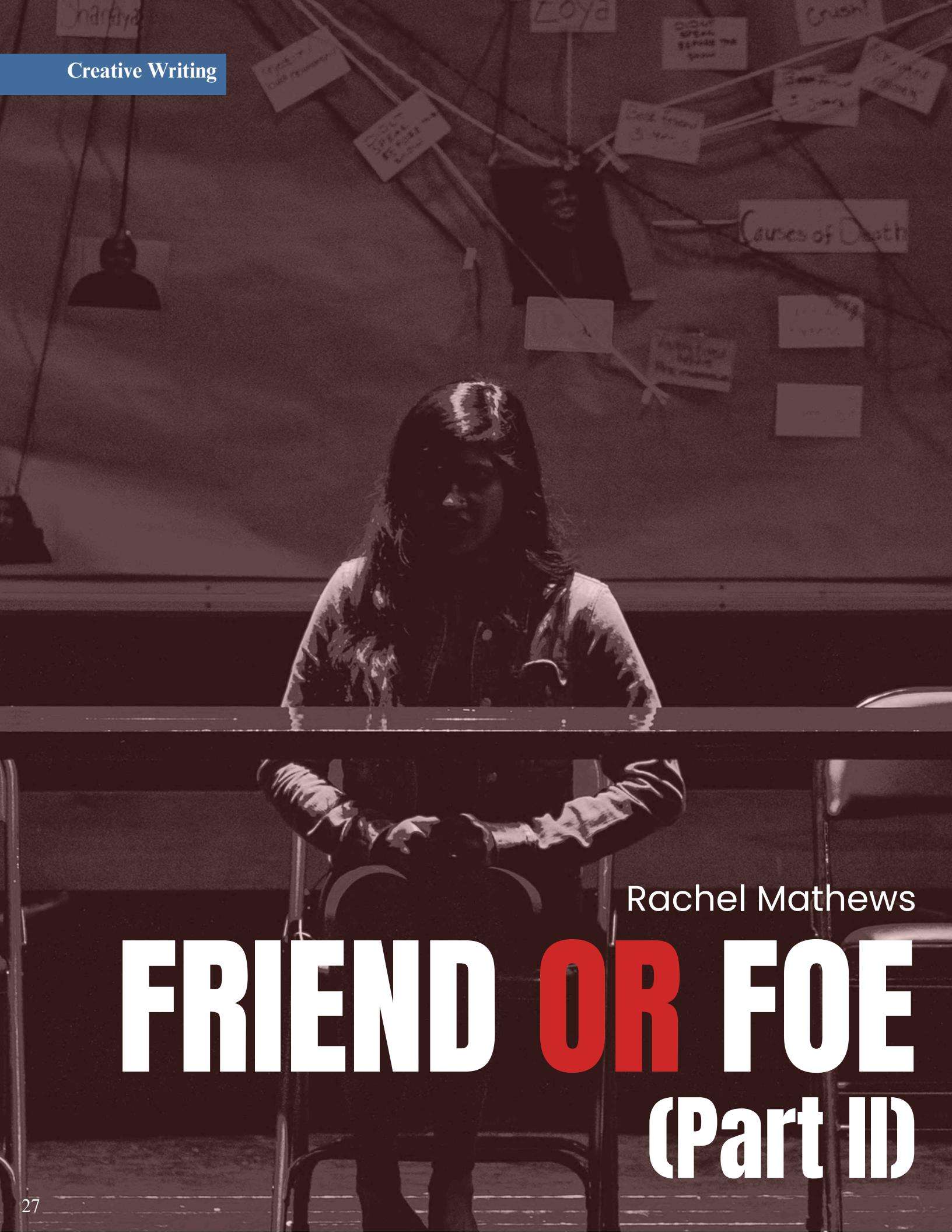




Now that's not to mention the fact that they're performing gender surgery on the aliens in the prisons. Annoying Orange is really out here confirming everything about Area 51 years after the prime of its investigation and thought we wouldn't notice, but good on them for providing free sex-change surgeries to our extraterrestrial neighbours.

However, I wish I could say with a patriotic heart and an understanding of the metric system that Australia is superior in every way, shape, and form. Because it is. Or rather it was better until brainrot infested our politics. But good on WA Senator Fatima Payman on addressing the real issues to the sigmas of Australia – that the goofy ahh government is made of capaholics and yapaholics. I wish I was joking when I said that I pulled that from her actual speech, but she called the Prime Minister the “the CEO of Ohio” and it’s making me gag.

With all that said and done, my word count almost up and this due in 4 minutes, we’re totally absolutely screwed. America is screwed, Australia is screwed, the Simpsons in Springfield are eating the pets, and I can’t bear another second thinking about the flaming pile of garbage that is politics.



Rachel Mathews

FRIEND OR FOE (Part II)

Reyna remembered him telling her that he wanted to get revenge in the spot where it happened. She knew where he was...

Reyna sped on her motorbike to the location. She wanted to find him. Damion. The one person she thought she could trust. Reyna stopped in front of the area in a halt. This was the old stadium, the place where it happened, where Damion's parents were murdered.

"Hey Reyna, is this the spot I got the coordinates for the place that you said he would be." Zanes voice called out to her.

Reyna turned around and saw Zane walking towards her with the other backup officers.

"Oh, um yes, it's here in the stadium that's where it happened." Reyna replied.

Reyna and Zane opened the old door that's led into the stadium. The door creaked open revealing the abandoned, trashed stadium. Reyna looked around and saw a figure.

"Reyna what are you doing here?" the figure asked.

Reyna looked at the figure in disbelief. "Reyna, I know what you're thinking but it not me I'm getting framed."

"Damion, if it's not you then who is it?" Reyna asked suspiciously.

"Reyna, listen I got proof it's not me, I saw him put the note on your doorstep." Damion said quickly showing Reyna a video on his phone.



"Ok it seems you did get framed." Reyna sighed. "But You Know I did see a figure running away after putting that blood written letter on my door step and the description matched you so perfectly. He was male, white, mid-twenties, was about 180 cm tall and was about 160 pounds. And I know the last time that I saw you was last year since after I moved to Paris for my job after my promotion."

"He was wearing something to make him look significantly taller." Damion argued.

"All right I believe you for now." Reyna said quickly.

"What do you mean for now?" Damion asked.

TO BE CONTINUED



Magical

Poem by Kasfiha Tahsin

And then suddenly...
I saw a ray of light...
At the end of the tunnel.
It was an overcast day.
It was sprinkling outside.
Strong breeze coupled with the
Strong essence of load shedding!
The mug is stained with remaining tea.
But couldn't even come to type a single line...
Just then the phone rang in the land line...
A soothing voice from an unknown caller...
On the first day, I was quite cranky over the phone with him.
Because, I was yet unaware that...
The joy I have been seeking around my whole life...
The boy had it with him the whole time.
He is the song... I wanted to sing.
I named the boy...
Magical.



Love doesn't need an eternity...
Just a moment is enough.
Is it really so?
What happens in a moment?
Is that what love is?
The clouds of depression in my sky...
Started rolling away gradually.
His words...
His liveliness...
His fickleness and immaturity...
All... all of this worked
like a potion for me.

I didn't notice how I gradually
got infatuated towards his words.
How I started...
longing for his call...
I can't even say since when.

TELL YOUR STORY.

Become a writer for the
Student Spotlight
magazine

Sign up at: <https://forms.gle/V53nDU58DMWRrGpW9>



Scan Here!

Student Spotlight



A magazine for NT students, by NT students



Promote young
Territory talents



Free space for student
voice



Art and literature
exchange

[Learn More](#)



LINED UP FOR SUCCESS

Student
Spotlight



A Free-for-all Publication Platform

- COMMUNITY SERVICE AND EXCELLENT VOLUNTEERING EXPERIENCE
- ENRICH ONLINE PRESENCE AND BE KNOWN BY UNIVERSITIES AND FUTURE EMPLOYERS
- NETWORK AND CONNECT WITH HIGH-ACHIEVING STUDENTS ACROSS THE NT

Jethro Llewellyn

Local musician and the only NT participant selected for the Australian Youth Orchestra



[Learn More](#)



Acknowledgements

We would like to acknowledge the following people as the key contributors to this issue of our magazine

Student Writers / Journalists / Editors

Pak Chan	Elora Pizanias
Hanna Eastick	Hamish Samuels
Ash Huynh	Kasfiha Tahsin
Zafeera Jahana	Emily Tjhung
Rachel Matthews	Amy Zhao

Student Photographers / Graphic and Web Design

Maili Ansell	K-la Sky
Ash Huynh	Arkana Triwidodo
Zafeera Jahana	Emily Tjhung
Surekha Ruwanpura	

Supporting Staff

Ms. Erin Shannon
Ms. Jill Hazeldine
Ms. Sally Walker



We would love to hear from you!

Fill in the feedback form to help us improve



Disclaimer: Opinions and views expressed in this publication does not represent the stance of the Northern Territory Student Society.

Northern Territory Students Society ©2024