

frank.

wired-awake

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shopping bags

CD & web reviews

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privacy v paparazzi

get busy!
fab youth opportunities

McBurgers healthy?
puh-lease!

girl fight
how & why girls bully



Baby Tiger in the Spotlight

She's 6 feet tall. She's a straight-A student. She can drive nearly 300 yards - not in a car, but with a golf club! She's Hawaiian pro-golfer Michelle Wie - already dubbed the next Tiger Woods. You could almost call her a tiger cub because she's ...wait for it...only 13 years old!!!

Michelle has had an outstanding year and won nothing but praise from fellow golfers. As talented as she is, she's set to revolutionise women's golf in years to come...how's that for inspiration?

Find out more about Michelle at www.lpga.com

Where would you draw the line?

notice
question
debunk

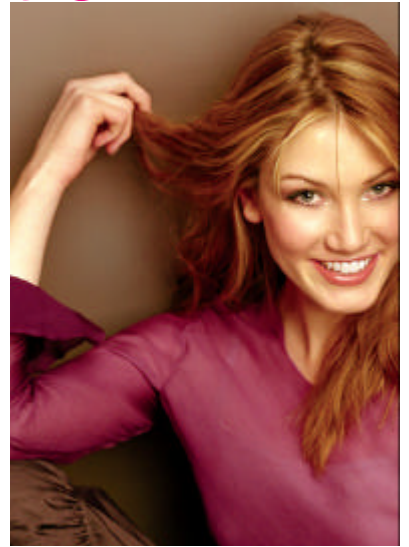
Starlet Delta Goodrem, of *Neighbours* and Top 40 fame, was recently diagnosed with Hodgkin's disease, as you would have undoubtedly heard. It came as a shock to everyone and masses of fans wrote in to newspapers with good wishes for Delta as she was admitted to hospital to undergo chemotherapy. Our thoughts are with her too!

But one thing totally has us bugged...seemingly from the moment her diagnosis was released to the media, the paparazzi descended on Delta like vultures to a carcass. Stalking her from outside her home and at the hospital, it was inevitable that a photo would end up in the papers.

Sure, Delta is a well-known star and has no doubt used the media to her advantage in her blossoming career, but the question is: how much is too much?

Where would you draw the line on what you can and can't photograph? Going through an obviously traumatic event, do you think it's fair that photographers can set up outside her house and the hospital waiting for the 'money shot' of Delta on her way to or from chemo?

Just because it's in the news doesn't make it right.



dunk this!

History has been made here, people. For perhaps the first time ever, an Australian women's sports team has won corporate sponsorship - without having to take their clothes off!

In a landmark deal, Australian salon haircare retail brand Price Attack has signed a 4-year deal which will inject up to \$4 million into Australian women's basketball.

The world-ranked Australian Opals (#3 in the world), led by kick-ass Lauren Jackson, are no doubt excited to finally be getting some attention, as sponsorship in women's sport is unfortunately still hard to come by.

brand-
alism

(def) (in) (ition):

when a city's public spaces are clogged with ads for home loans, underwear and cosmetics instead of art, trees and cool architecture



Did you know that Aussies use the equivalent of one bag per day per person - that's enough bags to stretch around the world 37 times when tied together! 80 million plastic bags end up as litter on our streets, parks and waterways, and more than 100,000 animals die every year from plastic bag litter. What can be done? Try to cut down on the number of plastic bags you chuck out, combine your shopping into less bags when you hit the stores, find out if your supermarket collects bags for recycling, and consider replacements like paper bags, boxes, and the new re-usable calico bags - could they even become eco chic?

> **the cynic:** You must be McKidding me?

"In Year 7, my best friend since primary school started hanging out with another girl who I didn't know very well. I didn't really care, though. Then one day, out of the blue, they just stopped talking to me. Then they got everyone else to stop talking to me. They spread rumours about me. Threw things at me in class. Wrote slurs about me on the walls in the toilets. I wasn't invited to parties. I tried not to let it get to me, but it did." For Shannon, now 18, the feeling of being cruelly frozen out is still fresh.

Sound familiar? As a chick, you've probably experienced it at some point, and yet it's one of the most overlooked problems that young girls face today - bullying.

A recent book, *Odd Girl Out* by Rachel Simmons, explains what's going on.

The most common type of bullying among girls is when one of your friends turns against you, known as **relational aggression** - like when your 'friend' starts giving you the silent treatment, ganging up on you with other girls, or stealing one of your friends or your boyfriend. The threat is often "Do this or I won't be your friend anymore".

The second type is **social aggression**, which involves more people. This is when a group starts spreading rumours about you, telling secrets, and excluding you from the group.

The third type, **indirect aggression**, is a sly way the bully has of hurting you while making it look like they've done nothing at all. Like an 'accidental' shove, insulting you then saying 'just kidding', or shooting nasty looks.

For most of us growing up, our biggest fear is being alone - sitting alone at recess, not being invited to parties, not having anyone to share our secrets with.

But there are people out there who want to help. If you're comfortable with it, talk to your folks or your older sister, a teacher, or your school about what's going on. If you just want someone to talk to, call Kids Help Line 1800 55 1800 or visit www.kidshelp.com.au

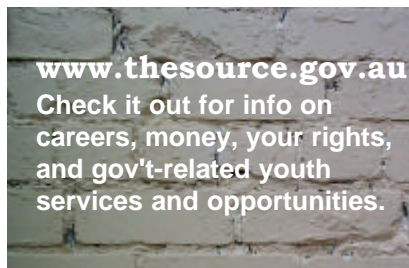
And if the bully is a friend, drop them. If they're causing you pain, they're not a true friend. And get a fresh start with something new - join the netball team or an afterschool drama class. Volunteer.

When you find what you love, like-minded people will be drawn to you. Just know that you don't have to go through it alone.

Recently on a TV screen near you, McDonalds launched their new TV ad claiming to have 'gone healthy' - pushing their new salads and low-fat meals. Right...so now Mum can enjoy a light chicken salad while her child inhales another burger, which of course hasn't 'gone healthier'.

Ok, so fair enough, they're finally serving some healthy dishes, but what took them so long? And aren't they by default revealing that the rest of their food is McCrap? Did you know there's more grams of fat in a Big Mac with large fries than you're supposed to consume in A WHOLE DAY! Maccas gone healthy? **Gimme a McBreak!**

re.view



Cold Play > A Rush of Blood to the Head

After the success of their debut album *Parachutes*, British rock band Coldplay has followed up with *A Rush of Blood to the Head*. Full of ambience, it's a thrilling CD, perfect for any time. Their use of experimental and untraditional drumbeats creates a unique sound that blends the best of rock and house music. The message Coldplay delivers on this album is clear. Songs like *Politik* and the title track are full of political themes, ranging from poverty to war, to the state of the world. - DJ Kazza

break it down

So you finally sit down to study and those familiar thoughts start swirling in your head... "there's so much to learn" - "how do I divide my time between ALL of my subjects and having a life" - "Oh geez, I've got five assessments due in 3 weeks"

School, uni and work can all seem overwhelming, and sometimes virtually impossible to manage. But don't give up - **BREAK IT DOWN!**

So how do you break it down?

1. Write down EVERYTHING that needs to be done - exams, assessments, seeing friends, etc - make a list, diagram, table, or use post-it-notes.

2. Now put the items on the list into a logical order of importance. ie: some things have to be done before others, but also some are more important than others.

3. Estimate how long each item will take ie: 20 mins to do an essay plan, 3 hours to research an assignment, 10 mins to send emails etc.

4. Lastly, allocate items to certain days when you will complete them. This becomes a timeline on a wall, or a list of things to do each day in your diary.

5. Now you can get started - and as you complete each step cross it out, rip it out, give it a tick - whatever makes you feel good about completing that task!

opportunities

National Youth Roundtable 2004

...share your views, get your voice heard, and make a difference to other young people by taking part in the National Youth Roundtable 2004. 50 young people will be chosen to broadly reflect the circumstances and challenges of young Australians today. You don't have to be an academic guru or sporting star to take part or make a significant contribution - check out www.thesource.gov.au or ph: 1800 624 309
>>Applications close 1/10

Reflect, Respect & React

...if you're interested in the environment, volunteering, citizen science and how you can help protect our future, there's forums @
Brisbane 27/9
Canberra 29/9
Melbourne 30/9
Emerald 3/10
Each forum provides opportunities to hear and learn from practitioners, researchers and activists as they share their experience and understanding of different approaches to social and environmental change. more info? www.catchment.crc.org.au/news

Respect! - the Human Rights Photo Competition for young people asks - what does 'human rights' look like in your school, community, or town? Winners & finalists' photos will feature in posters, postcards, and e-cards produced by The Human Rights and Equal Opportunity Commission. Plus there's a digital camera for every state and territory winner! (nice one) Entries close 26/9 ...more info... www.hreoc.gov.au or ph: 1300 369 711

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we'd love to hear what you think of frank, how we could improve it, and your opinion on any of our articles - in fact, we may even publish your letter in the mag! so send us an email to: katie@youth2youth.com.au

fyi

frank is run by volunteers and is published through Youth 2 Youth, a socially responsible company who run enterprise (business/career) and life skills programs that assist young people to get educated, get involved, and get enterprising!

frank (meaning: honest, open, to the point) was created by Karen, Katie & Jessica coz they want to provide young women (like you!) with valuable information and tools to make your own diverse and informed life choices - and have some serious fun along the way!!!

frank is a FREE e-mag distributed by email. This pre-launch issue is just a sample of the kind of content you'll see in the first official issue of frank - coming soon!

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