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ILLUSTRATION BY RACHEL LIM

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Behind every creative endeavour is a business aspect that ensures the longevity of an important cultural aspect. As Woody Allen says: "If show business wasn't a business, it would be called show."



Kimberley is a current Arts Management student from Singapore. Hear about her experiences in London and at Goldsmiths in this video interview accessible via:

explore.gold/Kim-Singapore



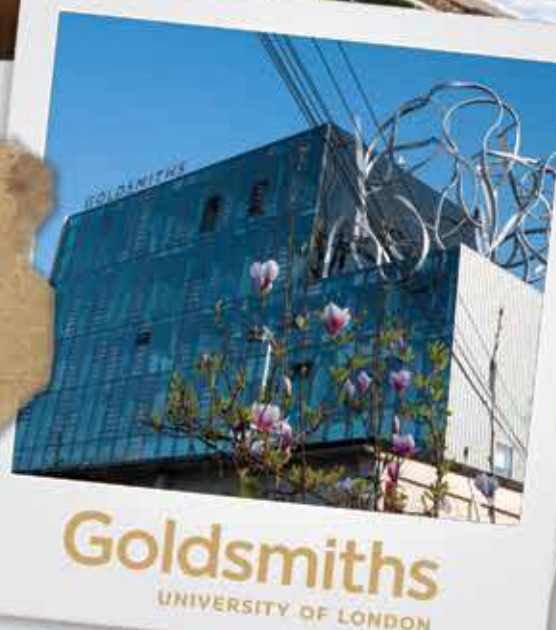
This programme is taught through scheduled learning – a mixture of lectures, seminars and workshops – where you'll undertake a significant amount of independent study to prepare for discussions, and produce essays or project work.

A substantial part of the programme is taught in partnership with international, regional and London-based cultural organisations for a direct professional experience.

Goldsmiths is internationally known for creativity and innovation, and a reputation backed up by over a century's membership of the prestigious University of London. Located in New Cross, South East London, the College is friendly and vibrant, and proud of its diverse student population. Many of Goldsmiths' graduates go onto employment at establishments like The Tate, Royal Opera House, and Samsung.

Check out Goldsmiths' BA (Hons) Arts Management programme here:

www.gold.ac.uk



What does Arts Management teach you?

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Goldsmiths is one of the only UK universities to offer Arts Management at undergraduate level, making it very unique. The course teaches fundamental arts management skills with a wide variety of module options covering both theory and practice from departments including Music, Politics, and Theatre and Performance.

LARGE AND IN CHARGE

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Interested? Send us your CV and portfolio (if you have one). Don't be scared – we don't bite. Apply via email to: interns@campus.com.sg.

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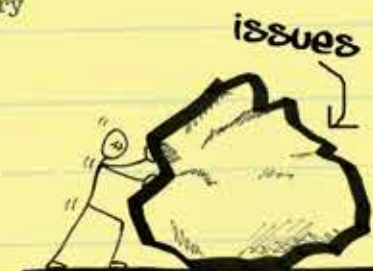
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Wasted

WHAT WE THROW AWAY IN THE 21ST CENTURY

BY YIN LOON

From fast fashion to food and phones, the 21st century is getting uncontrollable when it comes to waste. More and more consumer items end up in the incinerator or worse, dumped in landfills and causing pollution. The prevalence of cheap labour and economy of scale has made things a lot easier to dispose of – to the detriment of the planet and the people who make them. Is this what we call “progress”, or the price of industrialisation and prosperity?



Fast Fashion. Faster Waste

Most of us today wear clothes from fast fashion labels – its attractive price point encourages frequent buying and tossing. Fast fashion focuses on low costs to deliver frequent new collections to the masses, but the process involves not only exploited labour, but also harmful chemicals and materials that pollute the environment.

With so much clothing being produced, unsold stock turns to waste. H&M simply sends them to a Swedish power plant to be incinerated. Burberry burned almost SGD54m of unsold stock in order to “protect the brand’s exclusivity and value”. Activist group Fashion Revolution describes landfilling and burning as fashion’s “dirtiest open secret”.

Singaporeans threw away more than 156,000 tonnes of clothing last year, and according to Channel NewsAsia we buy about 34 pieces of new apparel and discard about 27 items of clothing per year. To assuage our guilt, most of us donate our used clothes to charity. These are usually re-sold abroad in regions like East Africa.

However, this demand is in decline, with nations like Rwanda opting to make their own textiles instead – partly due to the poor quality of donated fast fashion products.

To stem this tide of waste, it all has to begin with us, the consumers. Rather than buying cheap clothes that pollute the environment, opt for quality clothes that last longer. When it comes to unwanted clothing, plenty of local setups are starting to see a huge potential in upcycling fashion – some stores specialise in second-hand clothing, others repurpose old clothes.

Festering Food Waste

The recent bumper crop of durians saw people getting their hands on free or very cheap fruit. But not all excess crop is handled that way – 40% of the total US food supply is wasted, according to Natural Resource Defense Council, destroyed by farmers in order to regulate prices. Overproducing food generates 2.2 billion tonnes of greenhouse gas per year, yet nations continue to do so for the sake of the economy. Plus, 20% of produce get rejected for cosmetic reasons.

Unlike fashion, food is an essential part of life, but with the rise in prosperity across much of the world, this has led to excess food, and food waste. In the past decade, food waste in Singapore increased by 40%, with almost 800,000 tons generated in 2016 alone.

When buying food from supermarkets, we tend to avoid imperfection – like curvy carrots or yellow cucumbers. Fresh produce accounts for 60% of all food wasted, due to fear and culpability that prohibits supermarkets from donating them.

For some people, food items simply sit in their cupboards or refrigerators past their use-by date, contributing to about 2.5kg of food waste by an average Singapore home each week, according to NEA.

A lot of us don’t finish our meals – blame it on food portions (if you don’t eat much) or cheap food prices (we can ‘afford’ to waste). Even that sprig of parsley you don’t touch is food waste. At least when eating out, we don’t have to contend with waste from food containers.

With the rise of takeaway foods and delivery services, the disposables – from plastic containers to bamboo chopsticks – contribute to over 80,000 tons of waste in Singapore per year. Even if the disposables are recyclable, how many of us actually clean them and put them in the right bins?

We know how bad plastic is polluting our oceans; one takeaway box can break into millions of pieces which are sometimes ingested by multiple marine organisms, leading to ecological effects both to the organism and humans who consume them.



Smartphones not smart waste

According to Statista in 2017, around 1.54 billion smartphones were sold worldwide (one per five people on the planet); users in developed countries replace their phones about every 18 months even though the lifespan of one is around four years.



E-waste is the world’s fastest-growing waste problem. Most of the refuse ends up in landfills, is incinerated or simply gathers dust at home. A United Nations University study found that 43 million tons – almost nine Great Pyramids of Giza – of electronic waste was generated in 2016, double the rate of plastic refuse. It’s estimated that more than SGD71b worth of recoverable materials is binned or mothballed every year, throwing away precious metals such as gold, silver, and platinum which could have been used in the manufacture of microchips, motherboards and other electronics.

Dumping e-waste is problematic – some of the materials, such as lead, mercury and cadmium, can release dangerous toxins into our air and water when burned or deposited in landfills improperly.

We are rapidly progressing into a more digital world, and e-waste is the most emblematic by-product, partially driven by falling prices coupled with companies encouraging customers to buy the latest models by making older versions obsolete.

What does this mean?

Many of us are guilty of possessing either a wardrobe full of clothes we don’t wear, or owning the latest phone while a functional older one is gathering dust. All of this leads to waste – but some of this can be stemmed. We can resist buying the latest products simply because of slick ads or peer pressure. The old adage still works: buy what you need, not what you want. By doing so, we can hinder our own contribution to waste.

But that’s not all we can do. As consumers, we stop waste from the production line. Consumerism drives the value and actions of industry: one such proof is in the death of Ivanka Trump’s fashion brand thanks to the #grabyourwallet campaign.

The advancement of industry and the need for more profits has driven the world into consuming things faster, but it comes with a price – for the poor, for the environment. As consumers we can slowly curb waste production by learning where our things will go once we get rid of it, and by delaying our purchasing.



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BOYS DON'T CRY

Toxic masculinity in boys and men

BY SHEOLI BISWAS

The idea of 'toxic masculinity' is often confused with masculinity itself—being male. This belief is certainly misguided and is sometimes considered as an attack on all men. Toxic masculinity is not the concept of being male; it is behaviour that exaggerates or misinterprets the idea of masculinity by encouraging aggressiveness, and shunning sensitivity or feminine behavior.

"Boys should only play sports"
"Ballet is for girls"
"You look like a girl in pink"

The above sound like extremely common statements passed at boys and men alike. This is the worst of them all:

"Boys don't cry"

Unfortunately, a lot of boys are encouraged to fit into a defined perception of masculinity and if they don't behave that way, they are shamed until they do so.

BETTER OUT THAN IN

Society gives boys all kinds of cues as to what's considered masculine: even parents and teachers tell boys to be strong and 'man-up'. Boys from a very young age are forgiven for being assertive, loud and controlling, but not for displaying emotional behaviors. But by asking a growing child not to cry and to hold in the pain, it can lead to anxiety and anger issues, stress, and even depression as they as they grow up.

In interviews conducted by Vice, several men opened up about how they were constantly judged for taking up 'feminine' hobbies like music, having long hair or even wearing pink. They faced constant bullying by boys who considered themselves 'more masculine'. Both the bully and the bullied repressed their feelings and expressed themselves with aggression – this is mistaken for confidence.

Once these boys grow up, they are afraid to ask for help for emotional problems as they feel that it signals weakness. Justin Baldoni mentioned in his TED talk that he knows a "man who would rather die, than tell another man that he's hurting". While some men grow up to be kind, caring, and friendly, many still have a tendency to suppress their pain, sadness, and fear, and never share this with their friends or loved ones.



Instead, the only emotion they ever show in response to their struggles – with their job, family, etc – is usually anger. It is a common misconception that only 'serious' men don't share their feelings; even vivacious personalities mask a lot of emotion. They often avoid emotional topics and choose instead to talk about superficial topics, even with close friends. While taking emotional responsibility individually is hard, men who are placed in charge of others have the additional weight of being the alpha male on their shoulders.

AGGRESSION BREEDS CRIME

Not all men grow to be aggressive, but for those that are, a lot of the aggression can be linked to their sense of entitlement; when they are deprived of something, they feel it's their right to forcefully take it.

In an article this year, Bazaar linked the mass shooting in schools and workplaces to men and boys who felt the need to forcibly reclaim their societal position. Also, domestic abuse and rape often has its roots in toxic masculinity, where men feel they have a right over women.

Even homophobia is considered a direct result of toxic masculinity. Being called a "girl" was often used as an insult among boys, so when they grow up and notice men doing anything 'feminine', they feel need to prove their dominance, either through verbal abuse (which is often seen in films) or physical abuse, similar to what happened earlier this May in Florida.

TOXIC MENTALITY

Both men and women are guilty of spreading toxic masculinity by perpetuating the 'male' stereotype. It can only stop when boys aren't forced to be dominant; they should be allowed to embrace being vulnerable. It takes more courage to express emotions than simply being angry.

A survey conducted recently by NTU and Indiana University concluded that aspects of toxic masculinity are causing mental health issues in men. Sensitive men are bullied for not being 'masculine' enough, and strong men are embarrassed to ask for help – none of which encourage healthy mental states. It's only once they've truly accepted their emotions that men and boys are able to live free of toxic masculinity.

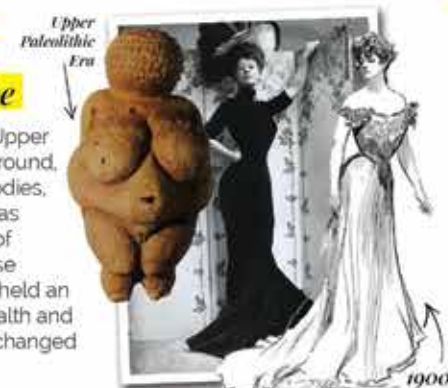
by Nurfaizah Faizuan

Talking BODY:

BODY IDEALS OVER TIME

Evolution of the female body shape

'Venus figures' from the Upper Paleolithic era portrayed round, pear-shaped women's bodies, with large breasts. This was considered the epitome of perfection, simply because women shaped that way held an advantage in terms of health and fertility. Then everything changed in the 19th century.



In North America and Europe, women of slight shapes, with small, corseted waists, and dainty feet represented the idealised image. These ladies were often associated with not only feebleness and subservience, but high social status and moral values. However, at the end of the 19th century, things changed again. This time, in the form of a Gibson girl – slender in the waist and legs yet retaining curves, with wide hips and corseting.



In the 1920s, the beauty ideal went off tangent and slenderness quickly gained popularity. Magazines, TV shows, movies and advertisements launched tons of products for women to achieve slender everything – legs, waists, hips, arms. The media emphasised this by featuring busty models and actresses donning hemmed stockings and high-heeled shoes. Between the 1960s to the 1980s, the ideal body image was to be thin, tall and busty.

In the beginning of the 1990s, the media began the vilification of women who did not fit the thin ideal. In many TV shows and movies, overweight women were stereotypically portrayed as greedy, unattractive, unintelligent, as well as unable to attain any romantic relationships. This cultivated adverse mindsets that reduced women to almost nothing but the way they look – it's a practice still done until today.

However, heavier women are more desirable in places like Africa and the Pacific Islands, where the people find fuller-figured bodies a symbol of status, power, authority, wealth and fertility. In Africa, due to the prevalence of famine, being heavier is often associated with good health and financial status.



Whip out your smartphones and take a long, hard look at your Instagram or Twitter feed. Do you see a bikini-clad social media influencer on a beach? Or a half-naked Zac Efron on Twitter, abs for all to double tap? It is no surprise that the society we live in today places much emphasis on everything needing to look aesthetically pleasing. What does that reveal about us?

Chasing perfection down the boulevard of Instagram likes and Facebook clicks have inimical repercussions on our state of minds. When everything on social media is picture perfect, it makes one wonder how it influences our perception of the 'ideal' body image. However, the 'ideal' actually evolved – a lot – over time.



What about the men?

Just like the idealised images of women in the Stone Age, heavier men were seen as successful because they had frequent feasts from the agriculture they cultivated.

The ancient Greeks, however, had completely different ideals. Similar to figures we see plastered on billboards and magazine covers today, their ideal man was muscular and lean, just like Greek statues. Then it transitioned to what was considered the 'dad bod' in the late 1800s to 1900s where a big belly was considered so attractive that Fat Men's Clubs were established in America. Meanwhile, in Asia, fat bellies were seen as a symbol of status and wealth.

Years later, Hollywood films shaped the ideal form of men into svelte lines. Then the 1960s saw androgynous symbols such as David Bowie and Mick Jagger pave the way for thin, lanky men to become idealised. Then the 80s saw the resurgence of the Greek bod, where hard-bodied men (think Baywatch) defined the macho ideal.

All in all, neither sex were spared from the pressures of adhering to the idealised body.

Body image issues

So, what does this tell us about our obsession with the ideal body image? Ultimately, it all boils down to challenging society's standards and coming to terms with the fact that everyone is and will always be different. And it's about time we start embracing body diversity and the beauty that comes with them all.

Fortunately, today, we live in an age where the media is beginning to embrace and celebrate the diversity of every race, skin colour and body type. To make real change, we ought to start cultivating the truth that 'perfect' bodies are an illusion – because everyone is born different. And since the ideal body image has changed so much over time, it just reinforces the belief that they are simply temporary.

Sci-Fi becomes Reality

By Rachel Lim

CRISPR AWAKENING

From GMO foods to In-Vitro Fertilisation, scientists have increasingly been fiddling around with human genomes, toying with the idea of tweaking our natural genetic information. This has led to groundbreaking discoveries, especially with the awakening of CRISPR, the latest revolutionary gene editing technology.

Older forms of gene editing were extremely costly, complicated and took a long time to complete, but things have changed recently thanks to CRISPR. Short for "Clustered Regularly Interspaced Short Palindromic Repeats", CRISPR has shrunk the cost of genetic engineering by 99% and shortened the time taken to perform gene-related experiments from years to just a couple of weeks.

TOWARDS A CRISPR FUTURE?

In light of this scientific breakthrough, hopeful scientists can now work on "cold case" diseases that were deemed incurable in the past. But as CRISPR continues to be studied and developed with the goal of commercialisation, many ethical issues have risen, with the majority of them rejecting CRISPR for going against nature.

Just as some modern medical and cosmetic treatments are only affordable to the rich, CRISPR would probably be too. The most controversial issue is the possible rise of designer babies – embryos customised according to their parents' liking. This means that even though you and your spouse have brown eyes, your baby can have blue ones. While you're at it, what about an ideal physique, maybe even super intelligence?

In the long-run, designer babies can only mean a widening income gap and the prevalence of a caste system between the rich and poor. The poor, who are not able to afford such treatment, will always be losing out to a super intelligent, genetically-modified race born by the rich. If the world's poorest had even the slightest chance of breaking out of their cycle of poverty now, they can kiss their hopes goodbye if designer babies do indeed materialise in the future.

This is only the start of a landslide of problems – anti-aging, an army of Captain Americas... CRISPR could potentially open Pandora's box.



WHAT IS CRISPR?

There are plenty of websites and videos that can tell you about CRISPR. But if biology isn't your strong suit, chances are you'd be confused out of your brains even before the first minute of the video is up.

So here's an idiot-proof explanation of CRISPR: Simply put, CRISPR is like a **gene surgeon**, and it operates on certain sections of our genomes. Genomes, which are like "encyclopedias" that describe how our body is made (i.e. they determine your eye colour, height, and more importantly, note any genetic diseases that you might have, such as autism or even cancer).

Our genomes are made up of strands of **DNA** (Deoxyribonucleic acid) – molecules which act as the instructions to complete the encyclopedia. CRISPR is armed with a protein called **Cas-9**, which is like a molecular pair of scissors that can sift through DNA strands to find specific places to snip off and alter. It knows where to snip thanks to an **RNA** (ribonucleic acid) protein that guides it to the correct portion of the genome to modify. This RNA guide can easily be created by scientists.

PRO-CRISPR

On the other end of the spectrum, it would actually be unethical to not use CRISPR because you would essentially be depriving thousands around the world of the cure to their suffering. From minor irritations like colour-blindness to fatal ailments such as cancer, whatever disease stemming from one's genes can potentially be cured using CRISPR. It is like a vaccine for genetic diseases – and it could be made for the masses.

Is withholding an antidote really the lesser of two evils, especially when we have integrated other genetic engineering technology, such as GMO foods and In-Vitro Fertilisation, into our daily lives? Perhaps with the same proper regulation, CRISPR can turn out to be more of a boon than a bane to our society.

There are plenty of knobs and dials of CRISPR waiting to be found and understood – some not even recognised yet due to the early stage of our risky venture into an unknown area of science – before it could be used to better our lives.

Nevertheless, it is undeniable that many doors of opportunity have now opened thanks to CRISPR. But perhaps the discovery of this awesome technology can open way too many doors for us to handle. Maybe movies like *Godzilla* and *X-Men* do hold some truth – messing with Mother Nature is never a wise move, lest we trigger a series of new genetic mutations.

BY SHEOLI BISWAS

FEMINISM

A MISINTERPRETED TABOO



I am a feminist.

The second I say this, I can hear the judgemental and confused voices of people, questioning my choice and calling me a 'man-hater'. I say confused, because those people are confused and have gotten the whole idea behind the word wrong. Let's look at the definition of feminism:

The advocacy of women's rights on the ground of the equality of the sexes

Feminism fights for equal rights and personal choices for both women and men, because we feel they are connected and women cannot get their rights if men don't get theirs. Here are some misconceptions of the word:

Why does it have 'fem' in its name if it stands for the equality of genders?

First, it is not just an idea or a word. It's a movement with a great amount of history. We are currently looking at the fourth wave of feminism. Feminism began as a movement for ensuring equality of women's social, political, economic and personal rights to those for men in the early 1900's. Back then, they began the fight for property, voting and economic rights. Thus, the word "FEM" exists within it, since it was established as a movement for women. No one really questions "Hu-MAN", do they, so this is really an unnecessary question but one that needs clarification.

Why are men's rights not included when it stands for equality?

Throughout the years, amidst all the cries for women's rights, the colourful posters and the nude marches, people failed to notice one important detail – feminism has adapted and changed. Feminism no longer rallies only for women, it fights for men as well. Emma Watson rightly mentioned in her 2014 UN speech "we want to galvanise as many men and boys as possible to be advocates for change".

Feminism intends to make both sexes treat each other as "humans", not simply as women or men. The gender stereotypes cultivated since birth – toys, colour and even hobbies – begin to define the dichotomy of masculinity and femininity, but feminism gives everyone a choice. Feminism allows men to cry, be sensitive, and encourages women to be bold and strong. When people have more choices, it would be easier to break stereotypes. When men and women begin to accept themselves, there can be change.

Why do feminists hate men?

We don't hate men. We might just teach the misogynistic ones a lesson, but that's not hate. Any kind of movement or group, even religious ones, have extremists or radicals who misunderstand the ideology and convert it into a destructive tool. Feminism has those people too. It's a huge movement with supporters all over the world and everyone interprets the meaning differently and propagates it in the way they deem fit. As such, 'man-hating' isn't accurate but it's their take on the subject and the real feminists can only do so much in their power to curb the hate.

There are notable feminists like Ellen Page, Malala Yousafzai, Gloria Allred, Joseph Gordon, Gloria Steinem and Emma Watson. Listen to them speak; that is feminism.

How is it different from Gender Equality?

This is the most common question and some people find it to be a very tricky one. Honestly, it's not hard to explain.

Gender equality means that women and men, and girls and boys, enjoy the same rights, resources, opportunities and protections. It does not require that girls and boys, or women and men, be the same, or that they be treated exactly alike

as mentioned by UNICEF, it tries to give you the same chances, but not choices.

Feminism does that and more. It accepts that women can be 'manly' and men can be 'feminine'. Feminism wants to shake the foundations of gender inequality, not scratch the surface. Gender Equality establishes that there are male and female, and merely gives them the same tools. Feminism encourages them to break their traditional roles and stereotypes.

Feminism is about liberation, freedom of choice for both women and men. If anything, we love men, not hate them, and this is a fight for the both of us. Feminism wants people to be accepted for who they are and how they choose to be. It is a concept not everyone understands and hence, if we use the wrong source, it is indeed misleading.



MORE THAN LEAKED SECRETS

Revenge Posts

BY RACHEL LIM



Just gone through a bad break up? You better watch your back if your ex is the vengeful type and has pretty darn compromising photos of you.

Revenge porn is the worst kind of revenge. Also known as sextortion, this lowly act refers to the distribution of sexually explicit images or videos without the victim's consent, usually by one's ex-romantic partner, done fully out of spite after a bad break up.

Unfortunately, it is a growing phenomenon often used as a means to blackmail individuals into continuing a relationship, or simply just to ruin the victim's reputation out of spite.

This form of cyberbullying is on the rise, and it isn't going to stop thanks to our love of taking photos and videos of everything we do.

THE NASTY ARCHIVES

Many celebrities have borne the humiliating brunt of revenge porn — Rihanna, after she broke out of her abusive relationship with Chris Brown, and who can forget Kim Kardashian's sex tapes? The most recent case of sextortion involves David Martinez, a US local council hopeful who posted topless photos of his estranged wife on his official campaign blog in mid-July this year. He did it to get back at her for filing a restraining order against him for abusive behaviour.

If you think that the conservative nature of our country has exempted us from this issue, think again.

The leaked nudes of Singaporean influencer Christabel Chua (better known as @bellywellyjelly on Instagram) just this April were allegedly revenge porn. The videos and photos of Christabel and three other girls came from a phone belonging to Joal Ong, Christabel's influencer ex-boyfriend. In total, a staggering 27GB of explicit data were circulating online on content-sharing sites like Tumblr; some were even spread through Whatsapp.

WHERE IT ALL BEGAN

The term "revenge porn" was made infamous back in 2010 by American internet entrepreneur and convicted cybercriminal Hunter Moore, whose website *Is Anyone Up?* gained international attention as a lewd platform where vengeful ex-boyfriends posted their ex-girlfriend's nudes to shame them. The website was taken down in 2012 but people had already gotten a sinful taste of revenge porn and thus the term and act has prevailed to this day.

UNKNOWINGLY VICTIMISED

If the media pounced every time they caught a whiff of revenge porn (of any subject) being circulated online, we'd be getting thousands of reports a day. Some victims may not even know they have been exposed — literally — online because of the vast terrain of the internet.

It certainly was the case for Christabel and Joal. According to her open letter, after her private videos — taken during a committed four-year relationship — flooded the internet, an influx of lewd messages poured in. She claimed the videos were leaked via an anonymous source, although some netizens pointed fingers at Joal, who claimed that his phone was hacked.

No matter who the source was, Joal has since deleted all his social media accounts and literally disappeared from the internet overnight. Being a successful influencer himself, it's clear that all that hate he's been getting has affected him just as much.

This case proves that cyberbullying doesn't just affect the victim in the videos — it can affect everyone else, including friends, family, and clients who have been sent angry messages throughout this saga. After some silence, Christabel finally opened up about feeling "scared, violated, and humiliated", and the internet — once a platform for her to spread joy and happiness — became a major source of "pain and torment". It's already hard for most of us to log off the internet, but for influencers like Christabel, it's their lifeline.

The online community was not sympathetic either, given how many of them left comments like "who ask her to let him take videos in the first place?" and "serves her right la, she should've seen it coming" on forums such as Hardwarezone.

DEFENDING THE DEFENSELESS

The increasing prevalence of revenge porn all around the world has finally gotten the attention of the authorities and hence, laws have been set in place to punish spiteful exes.

In Singapore, the maximum penalty for electronically transmitting obscene objects can warrant a jail term for up to three months and/or a fine. Even insulting a



woman's modesty, which revenge porn certainly does, and criminal intimidation can send the guilty party to prison for a maximum of two years with a fine. In addition, anti-social acts such as cyber harassment are illegal and those found guilty can be fined or jailed up to a year.

In Singapore last year, a revenge porn victim had reported the release of her nude photographs on Tumblr by an angry ex-boyfriend. The 21-year-old man was then sentenced to jail for four weeks following the court proceedings which concluded that what the criminal did was a 'vicious act'.

A NO-WIN SITUATION

The damage of revenge porn is irreversible, given how "juicy" content spreads like wildfire on the internet. Many culprits have gotten away scot-free because their victims are simply too ashamed to fess up about allowing their partners take such lewd photos of them in the first place, much less file a police report. They'd rather just sweep the whole humiliating debacle under the carpet and pray that nobody related to them ever unearths these dirty little secrets.

While there's often nothing victims can do to prevent photos from leaking, companies like Facebook are trying to help potential victims recover their leaked photos. Ironically in order to do that, you upload your nudes so that they can find and remove any compromising photos that might end up on Facebook. Imagine the large-scale revenge porn episode that will ensue if their database gets hacked, or even sold. Count me out, Facebook.

So a word of advice for adventurous couples out there: even if you store your deeds on your own phone or cloud, they can always be hacked by a stranger. Better yet, don't film it at all — if you're not comfortable with the potential repercussion, no matter how much you're into your bae or how much you want to shed your inhibition, be firm about saying 'no'.

DON'T TELL YOUR MOTHER,

...BUT WE ALL KNOW THAT GOING BACK TO SCHOOL DOESN'T MEAN HITTING THE BOOKS ONCE AGAIN—WELL, NOT IMMEDIATELY, AT LEAST. BACK TO SCHOOL MEANS REUNION DINNERS! INSTANT NOODLE SUPPERS! AND IF YOU STAY IN A DORM, INSTAGRAM-WORTHY THEME PARTIES!

THE ULTIMATE FEAST

If you think that Qoo10 only sells facial products and electrical appliances, you're wrong. You can now dig into all your favourite Singaporean dishes such as chilli crab and fish head curry, without even taking a step out of your air-conditioned dorms thanks to Qoo10's same-day delivery services.

TZE CHAR IN BED

Longing for a sumptuous Tze Char dinner but too lazy to walk out and find a seat in the greasy hawker centre? Qoo10 can now bring your favourite salted egg sotong and tie pan tofu right to your dorm.



226F Nature Park Seafood Tze Char
Retail: \$19.90 for 4-dish Tze Char set meal, add-ons available



Shi Fu Ge Crab in a Bag Imperial Pot
Retail: \$79.90

DURIAN DELIGHT

You no longer have to pretend to ignore the dirty looks from old aunties on the MRT as you lug 5 kilos of durians back to your dorm. With Qoo10, indulge in the King of fruits, delivered right to your doorstep, already de-husked and packaged perfectly.

Fruit Monkeys durian
Retail: \$10.80 for 400g nett

5 PAX CRABS IN A BAG

Time to get your fingers dirty with a bag stuffed full of steaming hot Sri Lankan Crabs, prawns, mussels and clams drenched with sweet chili sauce.

Instant Kuay Chap Tom Yum
Retail: \$2.80

Korean Cheese Turkey Ramen
Retail: From \$8.99*



The hassle of gathering supplies for the most legendary back-to-school party you can ever imagine is going to be tougher than your calculus mid-terms.

Fret not - Bank of China's Qoo10 Platinum Mastercard uses cashback from your dining, transport and travel expenses to pay for your party needs. Plus, you get supplies delivered to your doorstep!

DELIVERED TO YOUR DOORSTEP!

#FORTHEGRAM

Every back-to-school party does not only include catching up and good food. You need an Instagram-worthy group photo to post at prime time (aka 7pm). What better way to get one with your squad than to have a themed costume party?

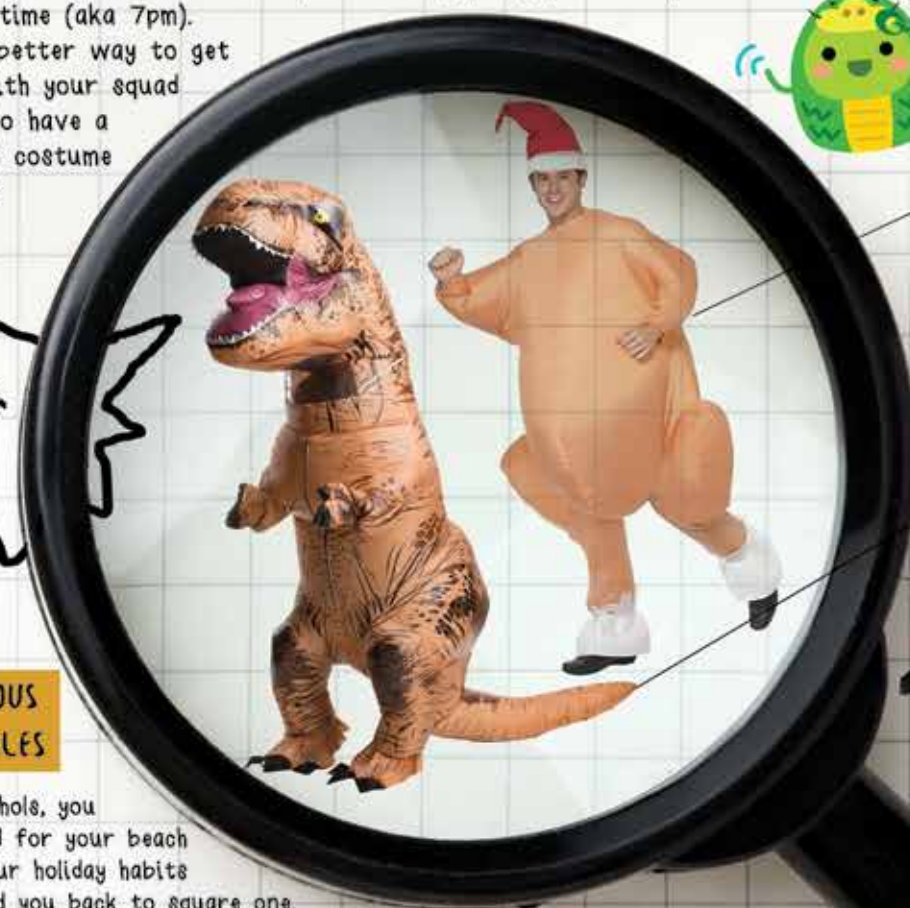
OUTRAGEOUS INFLATABLES

Before the hols, you worked hard for your beach bod. But your holiday habits have dragged you back to square one. Fret not, for these inflatable costumes cover absolutely everything. Look absolutely yummy in a Turkey inflatable costume. Or stand out in a T-rex costume.

ADORABLE ONESIES

In light of the recent emergence of onesies, you can bet anything that Qoo10 has one of the most extensive - and reasonably priced - ranges of onesie costumes than any other website.

Instant Glass Noodle Real Snail Powder
Retail: From \$5.12*



Mosidu 170cm Turkey Party Inflatable Cosplay Costume
Retail: \$29.20

Airsuit Inflatable T-REX Dinosaur Costume Jurassic
Retail: from \$85

Cartoon Dinosaur Claws Slipper
Retail: from \$27.00 | Q-Price: from \$5.80

New Green Dinosaur Cosplay Adult Animal Onesies
Retail: \$76.98 | Q-Price: \$30.79



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NO INCOME REQUIREMENT!

UP TO \$100 CASH when you refer a friend

UNLIMITED REBATE for dining

The **BOC Qoo10 Platinum Mastercard** for students lets you earn the highest rebate for online shopping & everyday spend!



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3% REBATE* for all Qoo10 purchases



3% REBATE* for other spends (ie, dining, entertainment, cabs/Grab, online shopping and overseas spend)

Apply today and enjoy exclusive launch offers:
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*Terms and conditions apply. Visit bit.ly/BOCQOO10REBATE for details.

By Valery Thong

MATERIALISM YOUTH'S HAPPY PILL

Hipster clothing, smart gadgets, travelling abroad at least twice a year - today's youth are embracing materialism more than any generations have previously. Buying, owning, and having more money - this is a typical teenage dream. Why is this generation so obsessed with material wealth?



CAN MONEY BUY HAPPINESS?

When we own things that others may not have or can afford, we feel good. That "feel good" seed starts to manifest and grow until we find ourselves addicted to that feeling, and with buying things. Even though that euphoria will only last a couple of days, we consider these material goods and physical comforts an integral part of life. Things that we 'want' become a 'need'. Purchasing something can definitely give us that temporary thrill and inflate our ego for owning something, but is this habit sustainable?

It soon becomes a never-ending cycle - like drug addiction, it can be dangerous. You may find yourself having low self-esteem when you are unable to buy things to fit in. This could potentially lead to more serious repercussions such as depression. The fundamental concept of "earning" what you get or realising an item as something you don't need appear to have disappeared from many people.

You can own a Maserati, a Porsche or a Rolls-Royce, and live on Nassim Road but you'll never be truly content because you can't stop comparing with others.



WHO'S TO BLAME?

Materialism in youth did not appear out of nowhere. We could perhaps blame advertisements for brainwashing us into thinking we need to keep up with trends and own the latest items we don't need.

You could blame your "best friend", social media, as you compare what you don't have with your peers, pushing you to buy more to show off and feel better about yourself. Or you could blame the innate desire to indulge in your shopping addiction - there is really just no one answer or sole factor contributing to materialism in youth today.

It is easy to fall prey to the materialistic trap because of our society's persistent culture of "buying more". To remove yourself from this trap, try to avoid falling to peer pressure and advertising, and socialise with as many social classes as possible so you can appreciate a broader definition of 'value'. The challenge these days is to pursue a life of greater value - a life not defined by possessions but by actions.



WE WANT TO FIT IN

From a young age, we have various ideas and notions hammered into our head. Hearing your family say "money makes the world go round so grow up, earn lots of money and you'll live in comfort" is no stranger. We live in a society where there's stiff competition. You find yourself swamped in an environment where owning the most and the best almost means having a status, an identity or even worth. Individuals, especially the youth, struggle to be noticed, to be heard and to fit in.

However, we are not just overwhelmed by family or societal pressure. The people we call "friends" often have a habit of comparing themselves with their peers. We like to compare who owns the trendiest shoe or who has the most number 'likes' on Instagram. There's always someone out there, better in every aspect than us but peer pressure further emphasises the need of buying stuff to compete and fit into the group.

To be associated with the popular kids, or at least not be labelled as the oddball, we subconsciously try to own whatever the "pop" kids have. Minimally, you should own a cool shoe, not just any brand but Nike or Adidas. Your pencil case filled with Muji stationeries and not Pilot pens. Possessing material goods starts making you happier because you've attained your dream of owning Nike's FlyKnit 'Cookies & Cream', just like the rest! You can feel confident among peers because you own something in common.

BY GERMAINE LEOW YING YING

WHEN EVERYONE LOOKS THE SAME: PLASTIC SURGERY IN SOUTH KOREA

With more than 2,000 plastic surgery clinics in South Korea and an estimated revenue of US \$10 billion as of 2017*, South Korea comes to mind when one thinks of "plastic surgery". However, it does not stop there as the government expects more than one million annual medical tourists by 2020, according to the New York Times.

Besides being known as the plastic surgery capital of the world, South Korea has also left its mark on the world with the Hallyu Wave. In light of this, is the rise in plastic surgery in South Korea riding on the rise of Hallyu Wave?

*source: cosmeticsbusiness.com

VISUAL-K(OREAN)

Unlike in the west, South Korea's entertainment industry did not begin with gramophones and vinyl players. Instead, the industry started to peak only in the 90s, when the television was a popular source of entertainment. So when it came to attracting fans, musicality was not the sole factor - it was the visuals. So, in order to attract the audience's attention, looking good was a prerequisite.

K-POP has always been known for its good-looking idols and flashy fashion - there was always a strong emphasis on visuals. With this being the root of South Korea's entertainment industry, both South Koreans and fans of K-POP alike began to covet the beauty standards portrayed on television for themselves.



PLASTIC FANTASTIC

Some of the most coveted features among South Koreans include double eyelids, a small face, a v-line jaw and fair skin. Thanks to plastic surgery, people are able to attain some of these features - many even feel surgery is necessary to get ahead in life. As such, teenagers are gifted with plastic surgery sessions from their parents as coming-of-age gifts, train stations are filled with plastic surgery advertisements and people have stopped shying away from the topic.

Although plastic surgery is a norm in South Korea, it still has a negative stigma across the globe. However, I believe that plastic surgery is not entirely a bad thing. Aside from enhancing one's features, it can also fix injuries and scars. Rather than just fixing their outer appearance, it can also fix how they feel about themselves on the inside. Similar to using make-up, I feel that there is nothing wrong with wanting to enhance your own appearance. However, altering your features completely that your own parents can't recognise you - that's a whole new story.



source: izomile.com

AEGYO SAL



Before

After

SAME SAME BUT DIFFERENT

When I went on a trip to South Korea in December 2016, my tour guide told us that whenever there is a trend in South Korea, EVERYONE follows it, whether they suit it or not. He said that you could walk into a classroom and everyone would have the same hairstyle. Indeed, I spotted many people with the same hairstyle, male and female alike. They wore similar clothes and make-up too, which is not abnormal anywhere else in the world.

What really surprised me though, was how some people had the exact same facial features - the same eye shape and prominent aegyo sal (literally translated to 'charming fat' - small eyebags that makes one look younger and "cuter") that was particularly in trend that year. The fact that people would surgically alter their natural features to follow a trend really took me by surprise.

I had also stumbled upon a few Instagram accounts of Korean girls, and seeing photos of them with their friends who look exactly like them always baffled me.

The rise of plastic surgery to meet South Korean beauty standards is not limited to the country alone; in 2014, a 25-year old blond-haired, blue-eyed man in Brazil underwent plastic surgery to look more Korean, ironically by changing his double eyelid into a single one.



Like most things, there are definitely pros and cons to plastic surgery. It is only a regret when people lose their true selves to follow the latest beauty trend in the spur of a moment. What happens when the trend changes? Do they change with it too?

I have always found a rainbow to be beautiful because it is made up of different colours. It wouldn't be nearly as beautiful if it was just a single colour; no matter how pretty that colour is.

I like that everyone is born to look different. Wouldn't it be weird to enter a room full of people that look the same? That's what I feel plastic surgery is doing to the people in South Korea.

SEARCHING FOR A SAFE HAVEN

BY SHEOLI BISWAS

INDIA'S SEXUAL ABUSE PROBLEM

CRIPPLED LAW

The law enforcement system is tainted by corrupt and slow-acting officials who fail to take sexual abuse cases pertaining to women seriously. I have read so many cases of rape victims being forced to recall every single detail of the entire incident while lodging a report in front of insensitive officers (mostly men) who sometimes even refuse to file the case. Most women give up because it is extremely painful.

The law functions differently in villages, usually governed by older, conservative men. Their orthodox beliefs about marriage are sometimes used to either force women into marrying their rapists or take down the charges; otherwise the girl would be abandoned, unwed, since she now is contaminated. Such mini-governments can be a dangerous breeding ground for these misguided ideals.

Did you know that marital rape in India is legal? CNN reported in 2015 that an alarming 94% of rape cases involve a man who is familiar to the victim, usually husbands. Maneka Gandhi, a prominent Indian minister believes marital rape doesn't exist, expressing that it "cannot be suitably applied in the Indian context". The government even stated in 2017 that if marital rape is outlawed, women would just use it to harass men and it would destabilise marriage.



Disabled girls raped in Raj home of horror

Sexual assaults are still prevalent issues throughout the world, and India has grown to become the most unsafe country for women, according to the Thomas Reuters Opinion poll in 2018.

While growing up in India, I was shielded from the harsh realities of sexual assault. I was never allowed to travel alone, stay out after dark and could only hang out at malls. I used to get upset, unable to comprehend why I had these restrictions. Now I know that I was just being protected.

Unfortunately, not everybody is safeguarded from this. Eve-teasing - unwanted sexual remarks or advances by a man to a woman in public - is very common in India and it seems like rape is just as prevalent, as heinous cases are reported daily in newspapers. Why is this happening?

FILM AND TELEVISION

Hollywood is worshipped in India, and films often involve 'item numbers' and objectified female leads. 'Item numbers' imply highly sexualised dance sequences of scantily-clad women being ogled at by the men she is dancing for. This usually has no relevance to the story.

In addition, the lead female is mostly stalked and harassed into falling in love with the lead male, for instance in 'Dabangg' (Bolt), 'Badrinath ki Dulhania' (Badrinath's bride), and many more. Naturally, every girl growing up watching a woman limited to being only an 'item' and giving in to stalkers would feel that it is her worth too.

Television programmes are no better. They mostly portray women as daughters, wives, mothers or sisters whose characters either profusely cries for or cares for a male. They rarely have strong independent stories, and most compulsorily end up in marriage.

Hollywood actors and actresses have millions of fans - people show up at their houses just to see them wave. Considering this, they need to be more responsible in choosing their roles, as should the directors and producers.



ASSERT WOMEN'S RIGHT TO FREEDOM WITHOUT

BLAMING THE VICTIM

This is the most common problem in the country. Everyone from officials to parents blame women for the size of their clothing, going out late, smoking or even going to a pub with friends as a cause of the assaults, implying that they were 'asking for it'. Government officials mention how 'boys will be boys' and how girls should stay within their limits. The same people turn a blind eye towards cases when a girl does none of the above and yet suffers.

Earlier this year, an 8-year old girl was raped by priests in a temple simply because she was Pakistani. Following a long silence, the perpetrators were finally sentenced to be hanged - but no action has been taken yet. Her case isn't unique; many victims have been given broken promises of justice.

In Singapore it is safe for me to walk on the streets late at night - but this is something I cannot even dream of doing in India.

The rapid rise in the rape of women - whether married or unmarried, adults or children - has shaken the country. This calls for a revolution. The judgemental stares, the preaching about modest clothing and behavior is pathetic and pointless. There has to be change that starts from higher up. Women, men, and children in rural areas need to be educated and taught to respect the opposite sex. Only then will the country become self-aware, making change possible.

Unfortunately for now, India is no country for women.



OUT AND ABOUT

FOR YOUR CHANCE TO WIN TICKETS AND PREMIUMS, CHECK OUR SOCIALS!

[Campus.Singapore](#)
[CampusSG](#)

EVENTS



8 & 9 September | 10am - 8pm
Marina Bay Sands Expo
Tickets: \$10-\$150
STGCC

The Singapore Toy, Game & Comic Convention (STGCC) is back in its tenth year! Featuring an eclectic mix of pop culture from the East and the West, this year's attractions include a LEGO Zone featuring Harry Potter and Voltron: Defender of the Universe, high-octane eSports championships (GGXP), board games, as well as creators and performers from the world of cartoons, comics and anime. Guests include comic artists Frank Cho and Arthur Adams. Purchase online at www.singaporestgcc.com for exclusive pass prices.

9-10 October | 10am - 6pm
Suntec Convention Centre
Expo Admission: FREE
EduTECH Asia 2018 Expo

Asia's largest education expo is back for its 3rd edition featuring exciting new content at #teachtechtalks, EduBUILD Hackathon, Robotics Zone, Entrepreneur Village, IMDA Zone and 80+ leading partners. Join us to find out about the new pedagogies, technologies and innovations transforming education in Asia and more. Register at www.edutech.asia from September!



PRODUCTIONS

27 Jun - 23 Sep | 1pm, 2pm, 6pm, 7.30pm
Sands Theatre at Marina Bay Sands
Ticket prices: \$65-\$230

The Lion King

The Lion King musical returns to Singapore after charming over 90 million people around the world with its well-known and loved song and dance sequences. This re-imagined Disney film has won over 70 major international awards. Tickets at thelionking.sg or SISTIC.



2 October | 8pm
Singapore Indoor Stadium
Ticket prices: \$128-\$348
Sam Smith's "The Thrill of It All" Tour

Famous for his soulful serenades, Grammy award-winning Sam Smith will be performing chart-toppers such as Too Good At Goodbyes and Burning. Tickets via www.sportshub.com.sg.

MOVIES

Venom
(4 October 2018 - TBC)
Cast: Tom Hardy, Michelle Williams, Riz Ahmed, Scott Haze

This highly-anticipated Marvel film stars Tom Hardy as Eddie Brock (aka Venom). Brock, a journalist, comes into contact with an alien symbiote which creates in him the horrifying alter-ego, Venom. But in order to live, Brock has to learn to work with the symbiote and learn to control his newfound superpowers.



31 August - 9 September | 7.30pm
Fort Canning Green
Standard ticket: \$35

Ballet Under the Stars

Under the enchanting cover of trees and stars, enjoy a weekends of classical works from George Balanchine and Edwaard Liang and another featuring the exquisite works of renowned Singaporean choreographer and dance prodigy Choo-San Goh, in celebration of Singapore Dance Theatre's 30th anniversary. Tickets via SISTIC.



THE LIST

THE WORLD'S MOST
ENDANGERED ANIMALS

BY RACHEL LIM

VAQUITA

Left in the wild:
under 30 (estimated)

At about 1.5m long and weighing under 45kg, they're the smallest and rarest of all porpoises.

Their name means 'little cow' in Spanish, although the dark rings around their eyes and mouth make them panda-like. Found only in the Gulf of California in an area of 900 square miles - the smallest area occupied by a whale species - up to 17% of Vaquitas drown after becoming entangled in illegal gill nets.



AMUR LEOPARD

Left in the wild: 84

These solitary creatures are mostly found roaming about river basins in mountainous areas, favouring southern-facing slopes in winter. Although their numbers have increased now that they have adapted to life in eastern Russia's temperate forests, they have already faced complete extinction in Korea and northern China where they once lived. The main threat is habitat loss due to logging, road building, and illegal poaching for their fur.



JAVAN RHINO

Left in the wild:
under 70 (estimated)

Only found in Ujung Kulon National Park in Indonesia, the Javan Rhino is the most threatened of all five rhino species. These herbivores have only one horn that measures up to 20cm, hence its other name, 'lesser one-horned rhino'. Its drastic decline began during the European colonial period when it was killed by trophy hunters. In addition, they also suffer from low genetic diversity and inbreeding, making it difficult for long-term survival.



SUNDA PANGOLINS

Left in the wild:
under 30 (estimated)

These shy, nocturnal creatures are widely distributed geographically from Southern China all the way to Singapore. Unfortunately, they have also been historically exploited and believed to be the most trafficked mammal in the world according to CNN. An estimated 100,000 of them are captured every year, hunted as a source of protein and for their scales which are used in traditional Chinese medicine and the fashion industry.



Animal-lover or not, the rate at which some of these animal populations are dwindling are alarming, and sad to say, we humans play a huge part in causing their depleting numbers. Although more animal activist groups are stepping up and conservation efforts have improved considerably, the rate at which we are destroying animal habitats and pushing them to extinction far surpasses these efforts. Here are some species facing possible extinction.

ILI PIKA

Left in the wild:
under 1,000 (estimated)

This small mammal which lives in China's Tianshan mountains is actually nicknamed 'magic rabbit'. At only 20cm long, they were rediscovered in 2014 by a group of Chinese scientists after going MIA since their discovery in 1983. Its population has declined by almost 70% mainly because of climate change and air pollution which has forced populations up into the mountaintops, where they struggled to adapt.



SAOLA

Left in the wild:
under 750 (estimated,
though unconfirmed
as they are a rare sight)

Also known as the Asian unicorn thanks to its pair of parallel straight horns, the Saola resembles an antelope but is genetically closer to cattle. First discovered in 1992, no live Saola had been spotted for 15 years until a camera trap in Vietnam photographed it in 2013. Living in several isolated areas along the Vietnam/Laos border, they are threatened by deforestation and the growing market for wildlife and Asian folk medicine.



RED WOLF

Left in the wild:
under 150 (estimated)

Known to mate for life, there are only 25-40 of these shy creatures left in the wilderness of Eastern North Carolina. Since the 1990s, the main threat to this species has been its genetic purity due to its hybridisation with coyotes. In addition, in June this year, US officials proposed allowing landowners to legally kill these wolves once they leave the confines of a small protected area (Alligator River National Wildlife Refuge).



GRAY-HEADED LEMUR

Left in the wild:
3,000 (estimated)

Found only in the thin strip of tropical moist lowland forest in southeastern Madagascar, the Gray-headed lemur (aka white-collared lemur) feeds predominantly on fruit, leaves, flowers and fungi. Due to their limited range and growing human population, these primates have been robbed of their habitat, making them one of the world's most endangered primates. Their habitat was also destroyed by 1997's Cyclone Gertelle.



Conversation About Orientation NON-BINARY ISSUES

by Eshwaran



WHICHEVER

The LGBTQ+ movement has come a long way since the 1950s. However, the debate about sexual orientation started much earlier on in England in 1785. It began with Jeremy Bentham, who found it illogical that we punish individuals for a victimless crime, solely because on the fact it defied the morals of people not involved in the act.

The movement's main aim is to seek equality, on both civil and political fronts, and to educate the people within and external of the community about queer culture, and its needs. The movement itself has a very rich and long history, spanning from France legalising homosexual acts in 1791 to where it stands today.

LGBTQ? HERE IN SINGAPORE?

The acronym LGBTQ+ refers to the various orientations and the communities the movement advocates for: L (lesbians), G (gay), B (bisexual), T (transgender), Q (queer, or questioning), and + to show the openness to other orientations. It is meant to include anyone who doesn't fit the normal conventions about sexual orientation or gender identity.

And yes, this community has always been around in Singapore, even though homosexual relations are still regarded as illegal in our court system, and socially unaccepted.



ANY SCIENCE TO BACK IT UP?

There's a lot, starting from the very first research conducted in 1897 to look at the arbitrary nature of the restrictions against homosexual acts. One prominent paper by Ritch Savin-Williams actually showed that sexuality exists on a spectrum rather than being a binary, and that people generally showed arousal to both genders regardless of how they identified. It showed that orientation does not exist as two binary extremes, but rather social ideals nudge people to conform to preexisting labels.

However, science has yet to truly determine the cause of our sexual preferences. It acknowledges that there is a biological difference, as shown by pheromone tests, but can't deduce the true cause of it yet.

BUT WHY SHOULD I CARE?

Simply put, the LGBTQ+ community is one of the most misunderstood and underrepresented in Singapore. The local press hardly addresses them and TV shows rarely portray them. This lack of coverage has left various misconceptions unaddressed.

Some misconceptions include the idea that you can 'turn' gay, that every queer individual lusts after every straight person, or that queer individuals were abused into being queer. But these ideas are not founded on any real evidence. These misconceptions show the disconnect between common social narratives and scholarly work, which is further fueled by the lack of representation in our day to day lives.

This lack of conversation and representation means hardly any resources are dedicated to it and even if they are available, are hard to find. These have left people within the LGBTQ+ community with few outlets from which to seek help if or when needed. And recent studies have shown that this isolation has linked queer orientations with mental health issues.

A study by Stonewall in the UK in 2014 found that 52% of LGB individuals have reported self-harm, 44% have considered suicide and 42% have sought out some form of professional help. Some estimates state that LGBTQ youth are 4 times more likely than the average youth to commit suicide, and more than half of all transgender youth experience anxiety or depression. And this is without going into substance abuse in order to cope with the underlying distress. The stats seem very clear that a lack of an established social support network has a huge impact on the quality of life for queer individuals.

ACCEPTANCE FROM EDUCATION

One way we can help the community is to enable and promote awareness through education about the LGBTQ+ movement. We should not base our opinions or acceptance on baseless misconceptions. We are taught that discrimination of races or people of different social classes is frowned upon - and members of the LGBTQ+ community would argue this is no different.

This is no longer just a western movement, with many Asian nations - Hong Kong, Taiwan, Thailand, Vietnam, Philippines, South Korea, and the list keeps growing - taking steps at recognising the community and ensuring policies cater to their needs as well; at the end of the day, they are still citizens.

Instead of claiming it is just unnatural, try to hear them out and see the world from their point of view. Because once you do, you will realise they are more than just their orientation; they are people with their own ambitions and battles to face. The only difference is they love a little differently.

It's not about justifying or encouraging the LGBTQ+ lifestyle in Singapore - it's about creating awareness and education about this community, and hopefully changing mindsets, so that at the very least, we can potentially empathise with very human issues they face, like mental health and well-being.



GENERATION PRUDE

Chastity and the Millennial

By Nina Gan

Millennials are accused of killing of many industries – from diamonds to department stores – but there’s something else millennials have toppled from prominence: sex. This generation is also accused of being unmotivated, but perhaps the lack of motivation towards having sex is not untrue.

Recent research in the US shows that, overall, millennials have fewer sexual partners than previous generations, and that 15% of 20-24-year-olds have not had sex since turning 18, up from 6% in the early 1990s. Despite being the most liberal generation yet, millennials are having less sex than the pessimistic generation before them. And we’re not counting those who consider themselves conservative Asians.

More intriguing are the Japanese: over 40% of single millennials are virgins. Japan’s lack of interest in sex is blamed on everything from a stagnant economy to manga fans favouring fantasy over reality, but what about the rest of the world?

REASON: INTERNET

The effects are most dramatic among those born in the mid-1990s and later — the first cohort to come of age when smartphones were ubiquitous. Their connection to smartphones is so strong that you’d have to pry them from their cold, dead hands.

Unsurprisingly, a survey from 2017’s Global Millennial Black Paper showed that 55% of Singapore respondents would rather give up sex than the internet.

Tinder and other matchmaking apps

So you’ve been swiping left and right a lot – but have you ever really met anyone you’ve matched with? While it’s far easier these days to connect with strangers, we ironically never meet up with most of them.

This reliance on tech means you’re judging people solely on physical appearance, leaving out a large section of the population. Unlike in face-to-face meetings where you can seduce – or be seduced by – someone with charm, dating apps may make you more reluctant to search for partners at all.

Being judged so harshly (and quickly) may have detrimental effects on someone’s confidence, and hooking up would be the last thing on their minds.

Netflix and chill

If you’ve got high speed internet and a laptop in your own room, you’d most likely be streaming movies, playing online games, or watching lewd stuff.

You certainly won’t want to get off your throne to hang out with friends, much less hook up with bae for some quality time. This is your ‘me’ time, and it’s an addiction.

Speaking of porn: most people who watch it ironically tend to have lower desire for real people (you can thank unrealistic body expectations in the industry for that).

Social Media Sheep

If you’re constantly monitoring your social channels, chances are you’ll be doing similar things to most people out there. They’re enjoying themselves travelling the world, enjoying the prettiest deserts, or flaunting their latest threads. This makes a post about a sexual encounter seem insignificant – who has the time anyway?

REASON: SPACE

Most single millennials live with their folks, moving out only after marriage. So those who are dating may find themselves lacking the space for some quality time – with the parents in close proximity and all – despite what Senior Minister of State Josephine Teo declared with a straight face: “You need a very small space to have sex.”

REASON: MODERN SOCIETY

There’s a huge societal pressure of doing well at school or work – and making money is high on our priority list. Not surprisingly, this can cause immense stress which translates to low libido. Even guys who are in relationships can experience erectile dysfunction (ED), and Singapore urologists are seeing twice as many patients in their 20s than a decade ago.

Millennials could also be the most cautious generation — the first to grow up with car seats and bike helmets, the first not allowed to walk to school or the playground alone. So it’s not a stretch to consider them cautious when it comes to relationships, and stories of people getting benched or ghosted probably haunt them so much that they’d rather not take the chance.

These days, women are far less accepting of pressured sex, reflecting that women feel more empowered to say no (hurray!). And it’s not just the women: let’s

not forget that the millennial generation sometimes identifies with non-binary gender; for asexuals, there is no drive to be intimate with someone else at all.

REASON: EDUCATION

One can argue that sex education at school is key to helping teenagers understand what they’re about to get into as an adult. In Singapore, Sexuality Education teaches us that abstinence before marriage is the best course of action for teenagers; it highlights the possible consequences of sexual activity, and that premarital sex is not desirable as there are inherent risks.

Fast forward to adulthood, and these lessons are probably still somewhere in the recesses of our minds, possibly subconsciously steering us away from all the things ‘cher warned us about. While it’s an admirable trait to abstain from sex until marriage, more and more millennials are eschewing the traditional route into adulthood (ie. dating, marriage, moving in, family), opting instead to remain single or date their BFF forever (for various reasons). So does it mean that they are supposed to be celibate for life?

In countries where sex education doesn’t teach much – like Korea and Japan – what students pick up very little from school. In Korea, kids learn more about situations surrounding sex than the act of sex itself, while in Japan, apparently only half of high school students know how to use a condom properly.

THE BOTTOM LINE

With Singapore’s plummeting birth rate, it’s no surprise that the government is doing everything it can to promote starting families at a younger age, sometimes guilt-tripping women into it by publishing stats like ‘a woman produces less eggs as she gets older’. In Denmark, where birth rates are also plummeting, teachers in sex ed are actually warning teens about the risks of waiting too long to have kids.

Delaying sex is not necessarily bad, and experts say being intentional about when to have sex can lead to stronger relationships in the long run. A lot of young people are, in fact, looking for fulfilling relationships with potential life partners.

But before we can look forward to long-term relationships, we have to start with prioritising human connections over virtual ones, or over our material priorities.

A PAIR OF CONCERN

THE MOOB ISSUE

BY NINA GAN

People these days are obsessed with their bodies, turning to the gym to get that dream bod everyone wants to stare at. But for those who aren't into all that jumping around, flipping wheels and getting yelled at by a coach, there are more pressing things than not having pecs that don't look like they belong to Dwayne Johnson.

Especially when said pecs look more... pointy and bouncy than they should. While it's hard not to stare at a perfectly sculpted male form, it's harder not to gawk at a pair of jiggling man boobs, or moobs.

DEFINING THE PERKY PAIR

Before you mistake moobs for lumps of fat, think again. Male chests are typically flat (including the nipples), but moobs – or gynaecomastia – is the swelling of breast tissue. It's actually a hormonal thing, because it happens when there's too much estrogen produced by the testicles (which produces estrogen and testosterone). Estrogen, by the way, is the female hormone that signals the body to retain more fat in the chest.

Since it's hormone related, this condition is common in newborns, older men, and boys going through puberty. Of course, moobs on obese men can just simply be fat rather than swollen breast tissue, but it has a different name: pseudogynecomastia (fake moobs).

Moobs are generally harmless, but some men find it embarrassing as they can be hard to hide without wearing sports bras. Moobs can look like saggy chests that simply gave up, or even have swollen nipples that can confuse babies. Worse, one moob may become larger than the other.

Studies have suggested that moobs affect a third of all men over their lifetime. For most men, they usually go away on their own after puberty (and come back after 60). These days, some guys in between these life stages have moobs – the problem is, you can be a gym rat with abs like a waffle-maker and still have them. So what gives?

THE MOOB MAKERS

Many studies have linked these hormonal imbalances with food. A high-fat, high-carb diet is not only bad for your waistline, it can increase bra size (which is bad news if you don't wear bras) since it raises estrogen levels. So foods like pastries, fries, milkshakes, and fried chicken are culprits – in fact, in 2015 a 26-year old male Chinese graduate whose go-to snack was fried chicken had grown a pair of particularly perky moobs. Some doctors pointed his moobs to growth hormones present in poultry.

High-estrogen foods – called 'estrogenics' – are also to blame, including beans, peas, alfalfa sprouts, and of course soybeans (soy milk, tofu, mock meat). Alcohol is another culprit, as it affects the liver's ability to get rid of excess estrogen. Plus, drinking beer can expand more than bellies, because hops contain phytoestrogen.

Researchers at Yale University are also accusing BPA and phthalates which are found in common everyday items like cosmetics, cans, pesticides, and plastics. BPA mimics estrogen, and phthalates block testosterone action.

Some medications are also to blame, including cholesterol drugs, hair loss treatments, and steroids which can turn into estrogen. For some men, moobs point to something more sinister, like hypogonadism (small testes), testicular cancer, hyperthyroidism or Klinefelter syndrome (males with XXY chromosomes instead of just XY).

According to Dr Terence Goh of Singapore General Hospital, 30.9% of cases they've seen over the past 15 years have been in Indian men, which could mean some folks are predisposed with moobs.

TO MOOB OR NOT TO MOOB

Having big moobs isn't usually something guys are proud of; some suffer from depression and anxiety because of it, some even have painful, tender moobs. For these guys, surgery – either liposuction or fat-freezing – is an option.

Unlike a sunburn, it's not something you can prevent without knowing the underlying cause.

For most guys, changing diets, cutting alcohol, and exercising (there are moob-specific workouts) may work at curbing the growth of moobs.

For the lazy, there are mens' compression vests designed to hide man ta-tas. For those in the nonchalant camp, whether you like it or not, moobs seem to be here to stay.

STRESS RELIEF

There are plenty of issues around the world – you probably have issues of your own. Are you succumbing to peer pressure, or have an unhealthy addiction to a certain video game? Fret not – you're not alone. If you're stressed about your issues, or issues the world has, how about playing a hand of cards where you can freely deal with these issues – literally?

Instructions:

Cut out the cards.

The black ones are the question cards, the white ones are answers which you will fill in with issues you have with anything.

Shuffle the cards and you can play by yourself or with buddies (recommended).

YOU CAN PHOTOCOPY THESE AND MAKE MORE!

The North-South line is delayed thanks to _____.

Cards with issues

Diabetes is the _____ of our society.

Cards with issues

What are my parents hiding from me?

Cards with issues



Cards with issues

National Service.

Cards with issues

Grandma.

Cards with issues

Gnawing sense of dread.

Cards with issues

Free durian.

Cards with issues

Cards with issues

Cards with issues

Cards with issues

Cards with issues

THE WORLD NEEDS PENETRATION TESTERS AND OTHER CYBERHEROES



The slew of high profile cybersecurity breaches, system failures and the even ubiquitous local internet scams have resulted in many organisations scrambling to source for cybersecurity specialists to up their defenses. This has brought to light the lack of supply of such IT professionals and hence the need for a special degree and curriculum to train cyber professionals who are job-ready to enter the workforce.

TRAINING CYBERHEROES

Seeing that demand, Edith Cowan University in Perth has established itself as one of Australia's first, and most forward-looking institutions by providing a pioneer undergraduate cyber security degree programme in Australia.

Thanks to the school's stellar performance, more than **1,000** cyber security professionals have graduated with ECU's top notch Bachelor of Science (Cyber Security) degree since it was launched in 2001.

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YEAR 1

Conventional network security concepts

YEAR 2

Ethical hacking, information warfare, computer forensics and more

YEAR 3

Work Experience Project

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STUDY IN PERTH, AUSTRALIA

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HIGH-PAYING, CYBER CRIME-FIGHTING JOBS AWAIT

IN SINGAPORE



Infocomm Media Development Authority (IMDA) found in 2016 that demand for infocomm professionals is expected to rise by more than

42,000 from 2017 to 2019



Cyber security is also now listed as the **top 5 most in-demand job skills** in Singapore this year by Finance Asia.

Labelled by Reuters as the "hottest tech ticket in town", cyber security professions are in such high demand that ECU's cyber security undergrads are snapped up for jobs even before graduation as cyber crimes are an increasingly pressing problem worldwide and is predicted to inflict damages worth \$6 trillion annually by 2021.

Cyber security grads can be:

- Data Protection Officer
- Security Analyst
- Penetration Tester/ Ethical Hacker

THE SAFETY OF OUR DIGITAL FUTURE MAY BE IN YOUR HANDS

Online threats are no longer just harmless intangible pixels on your computer screen. A lack of cyber security could result in more than just a hacked Facebook account — think robbed banks and wrongly fired missiles. Being a cyber professional puts you at war with these viruses daily.



Maarten Van Horenbeeck graduated with a Master in Information Security and Intelligence in 2008 and went on to work to protect world-renowned companies like Amazon, Google and Microsoft. In his time with Microsoft, he spent five years studying a malware that was powerful enough to disrupt pieces of the Iranian nuclear programme in order to prevent it from spreading beyond its intended purpose.



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