

ABORTION

- 10 Shout your abortion**
A movement which aims to break the silence and stigma about abortion.
- 12 United Kingdom but not united laws**
Women in Northern Ireland do not have the same rights as the rest of the UK.
- 14 What actually happens when you have an abortion?**
The process of abortion on the NHS.

ANIMALS

- 16 Why are we shocked that a lion is dissected in public?**
A zoo in Denmark teaches visitors, including children, about animals by publicly cutting up their bodies before feeding them to other animals.
- 18 From cage to grave: The short, unpleasant life of a game bird**
The head of the League Against Cruel Sports explains why she thinks pheasant shooting is wrong.
- 20 Protection and destruction**
An incident at a zoo questions the relationship between humans and our near cousins, the apes.

ART & CULTURE

- 24 Creating is not just a 'nice' activity; it transforms, connects and empowers**
Children must be allowed to make things, including making a mess, if they are to develop into fully-rounded human beings.

- 26 Don't wait, create now!**
Just getting started is the key. Don't be afraid to make a mistake.
- 27 The illegal, underground ballerinas of Iran**
Dancing is illegal in the Middle Eastern state, but that hasn't stopped renegade ballet teachers and students from staging classes in secret.
- 30 Whose role is it anyway?**
Does it matter who gets the best parts? How does gender, race and class, affect creative success?

BODY IMAGE

- 34 Enhancing male body image**
Some tips for individuals and families on how to survive the pressure to conform to a standard.
- 36 What (and what not) to say to someone who has lost weight**
Saying nothing is absolutely OK - but begging for tips isn't.
- 38 Advanced style**
A blog proves that age is no barrier to style and glamour.
- 40 Borrowed or stolen?**
When you use someone else's culture as your dressing up box you are not having innocent fun, you are taking something of value.
- 42 Black lives matter. So does Islamophobia. Beyoncé in a sari? Not so much**
Some cultural appropriation is insensitive. But not every battle is worth having if it distracts from defeating real prejudice.

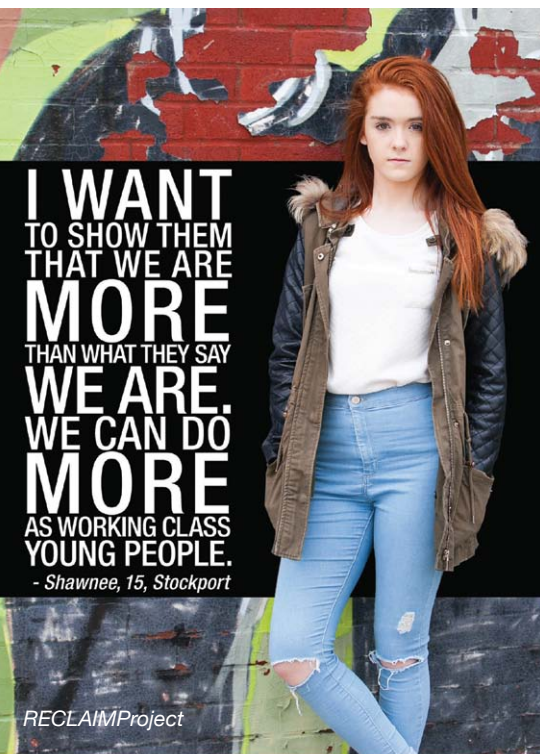


“ You need to be white, you need to be male, and you need to be middle class ”

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Photo: YouTube



“ My boyfriend never notices. Unlike me he’s never had to develop a ‘racism radar’ ”

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BRITAIN & ITS CITIZENS

46 The grim reality of being an interracial couple in Britain

Singer FKA twigs has been subjected to online abuse for having a white boyfriend, *Twilight* actor Robert Pattinson.

48 A conversation with a Muslim London taxi driver after the Paris attacks that should shame us all

‘What am I supposed to tell my son when what he sees about Islam on the news isn’t what his religion is about?’

50 15 things I learned about Islam and British values as a gay boy living opposite a mosque

We all love tea, are really polite and tut rather than saying something, no matter what our religion!

52 How old is old enough?

16-year-olds can work and pay taxes - should they also be allowed to vote in general elections?

55 “We’ve grown up with some frightening events”

Personal accounts: UK teenagers’ hopes and fears.

ENVIRONMENT

59 There’s a population crisis all right. But probably not the one you think

While all eyes are on human numbers, it’s the rise in farm animals that is laying the planet waste.

61 Zero waste

Could you manage to live your life without creating any waste? Here’s some tips for how to do it.

64 Art to save the sea

‘Washed Ashore’ is an organisation which turns plastic pollution from the ocean into art to bring attention to this global issue.

FAMILY & RELATIONSHIPS

70 ‘I know my estranged mum loves me - even if she doesn’t like me’

One woman’s account of how she and her mother never talk to each other.

73 A moment that changed me

‘When my 32-year-old sister died of cancer the grief hit me like a freight train’. Regrets, memories and a world darkened by loss.

76 We’ve placed motherhood on such a high pedestal...

...We’ve forgotten the benefits of being a child-free woman.

“ Like the rest of British dads, all Muslim fathers think their daughter is smarter than everyone... and that their son is a heartbreaker! ”

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78 Why are men still ignored when we talk about miscarriage?

While it is couples who are "having a baby", miscarriages only happen to women. But minimising the grief of fathers is damaging.

80 I believed the stereotypes about domestic abuse - that's what made it so hard to realise I was a victim

"I didn't think that abuse was something that could happen to me."

82 Brotherly love

The amazing story of how two sets of twins were divided and reunited.

FINANCE

86 Sharecycling: 'Our family and friends took everything we owned'.

Giving away all their possessions helped this couple stay connected.

88 How being poor keeps you poor

A lack of money dominates every part of daily life - including how you think and how you feel.

90 How NOT to spend it!

Our economy and even our daily life is based around buying and selling - but what if we did things differently? Here are some alternatives to splashing the cash.

92 A tax on fairness

How tax havens allow wealthy people and companies to avoid paying their full share and help criminals, dictators and corrupt officials to avoid detection.

FOOD & DRINK

96 5 wonderful things about raising a vegan kid

We live in a world where eating animal products is the norm, and deviating away from that is unusual. This mother explains some unexpected advantages of a vegan lifestyle.

98 Do Instagram's lemon-infused water 'detox drinks' actually burn fat?

The truth behind the drinks splashed across social media.

100 Why are we wasting?

Good food is going into bins, landfill and incinerators.

103 It's time to wean ourselves off the fairytale version of farming

The image of the jolly farmer and his happy animals is embedded in our minds, but the reality is very different.

GENDER

107 Parenting a transgender child

A personal account: 'The day my four-year-old son told me he was a girl'.

110 Allowing people to be who and what they are, without fear of prejudice, is the hallmark of a civilised society

Gender is an issue for one in every 100 people in the UK.

112 Lad culture is a symptom of misogyny, not the cause

For some 'being a man' means despising women, and the roots of this go very deep.



“Part of me went through a kind of mourning for the child I thought I had”

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“The digital revolution breaks down borders”
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114 To men I love, about men who scare me

Laura Munoz explains how everyday harassment affects your behaviour and attitudes.

116 To tackle male suicide, we have to change what it means to be a man

There is a male suicide every two hours in the UK. We all have a duty to change this.

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119 The deviousness of dementia

Dasha Kiper was a carer for a man whose world had begun to unravel - and found herself becoming part of the chaos.

122 Why we need to talk about OCD

A sufferer explains the torment of not being able to stifle her thoughts and rituals.

124 You're not alone

The first step to getting better is accepting that you need help - a young man's experience with depression.

126 Social anxiety at school: the best actor in the world's worst play

Sarah disguised her anxiety behind a smile. But breaking down and speaking to someone was the first step in dealing with it.

128 By the end of my first year as a doctor, I was ready to kill myself

A junior doctor explains how the stress of saving lives nearly compelled her to take her own.

130 Big pharma's worst nightmare

One man's fight against the medicine manufacturers who put profit before people's health.

134 Check your nuts - it might save your life

Keeping an embarrassed silence about his fears could have cost this 15-year-old his life. A personal account of testicular cancer.

INTERNET & MEDIA

138 I am ashamed to call myself a journalist

When radio journalist John Darvall became part of a news story he lost faith in the ability of his profession to get important facts straight.

140 Social media is harming the mental health of teenagers. The state has to act

The pressure to be perfect and always available is overwhelming many young people.

142 The citizen reporters covering ground professional journalists cannot tread

New digital technology is enabling volunteer journalists around the world to uncover stories of political injustice and corruption.

145 It's time the media treated Muslims fairly

Nearly all news stories about Muslims are negative. This acceptable form of bigotry is tearing society apart.

“I had lived a secret life of ritualised handwashing, hair pulling, counting syllables”

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For many young people there is no need to define 'what' they are - their sexual identity doesn't fit a label.

152 I could finally be myself

Sophie gives us her personal account of coming out and shares her good news.

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A boy who sent a naked picture to a girl ended up humiliated, isolated and on the police database. Is this what should have happened?

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Personal account: As a 12-year-old girl playing boys' football Niamh McKevitt was unique – and targeted.

160 Sporting power versus selling power

Serena Williams consistently defeats Maria Sharapova yet she has earned less than her rival.

163 Cheating in sport is becoming ever harder to judge

There are many issues to deal with in trying to ensure fairness in sport - doping, technology and now gender.

“ I’ve been in a civil partnership for almost ten years and I gave birth to our beautiful daughter 12 weeks ago ”

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Denise Lewis is pleased that cheats are exposed and punished.

168 A desire, a dream, a vision - the making of a champion

The unique talent, personality and worldwide status of Muhammad Ali.

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Personal account: In Syria I learned that Islamic State longs to provoke retaliation. We should not fall into the trap.

174 The real threat of foreign fighters in Syria

The foreign fighter phenomenon is a double-edged sword; it kills and maims on the way into Syria and the way out.

176 Don't push your views on me

Personal account: A powerful message to those who think he should hate Muslims from a British soldier who lost a leg in Iraq.

178 Remembrance isn't only about those who fought but also those who refused

We mustn't let nostalgia get in the way of a real understanding of the costs of war.



“ I now felt ready to take on whatever boys' football threw at me ”

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In recent years women-only metro cars, cafes, gyms, pools and beaches have emerged

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WIDER WORLD

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From coffee beans to polyrhythms, transplants and the world's oldest mathematical objects, here are some of our favourite things from the vast continent.

184 Egypt's women-only taxi service promises protection from male drivers

Pink Taxi is a response to widespread sexual harassment but critics say it segregates women without addressing the problem.

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Living a frugal life on the Hajj helps us understand the plight of those who have nothing to rely on but each other.

188 Refugee voices

Omar was a successful business man, Alima was a doctor. Now they are both refugees in the UK.

190 'Dismantle Europe's borders': Pussy Riot speaks up for refugees

One of the protest band's members explains why the migration crisis is 'the defining issue of our generation'.

192 Why are white people expats when the rest of us are immigrants?

Surely any person going to work outside their country is an expatriate? But no, the word exclusively applies to white people.

194 Australian dream?

A powerful speech condemns the racism of Australian society and pleads for unity.

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This young woman challenges her own and society's perception of the people who serve burgers and fries.

200 The 18-year-old care worker: 'I've never felt so worthwhile'

Personal account: The job needs unrelenting energy and is physically and emotionally demanding, but every day I know I've made a difference to someone's life.

202 Ten things you should know about the gender pay gap

Some mythbusting truths about unequal pay.

205 The class ceiling is worse than the glass ceiling ever was

Personal account: It was class more than gender that held Louise Cooper back.

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