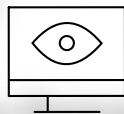




# H. O. P.



Hansa Opinion Pieces



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# Sport forms identity



Sport is much more than just physical activity on the field, for example. It can help with the formation and expression of identity. This connection between sport and identity extends across continents, cultures and generations and has the potential to build communities, discover individual strengths and overcome barriers.



But sport not only offers a space for physical performance, but also for emotional and social development. As part of a team or as an individual on the field, athletes express not only their abilities, but also their values, beliefs and personalities. For example the jerseys they wear for soccer or basketball become symbols that represent identification and pride.

.. In a globalized environment, sport enables the creation of identity on different levels. At the national level it becomes a reflection of cultural traditions, while at the international level it becomes a platform for exchange and connection across borders. World Cups will become places where people celebrate their national identity while recognizing similarities with other nations.

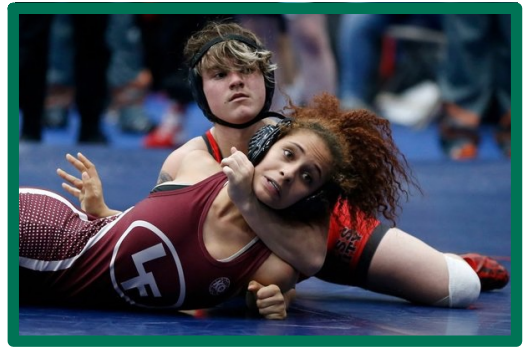


Sport also breaks through social barriers and creates space for individual identity regardless of origin, gender or social status. An athlete can be more than just a player on the field. He can be a role model, a bringer of change and an inspiration to those who need it.

However, it is important to say that sport is not without its challenges when it comes to identity. In some cases it can represent stereotypes and gender roles. The pressure to meet certain physical ideals can lead to identity conflicts, especially for young athletes.

Overall, sport is not just a physical activity, but a cultural, emotional and social experience that shapes and connects identity. And maybe one day everyone can be accepted and respected so that everyone dares to do the sport they want without conforming to a certain ideal.





## Trans people in Sport

Transgender people in sports have been a topic of much debate and controversy in recent years. The issue of whether transgender athletes should be allowed to compete in sports that align with their gender identity has sparked heated discussions and raised important questions about fairness and inclusivity in the sports world.

One of the main concerns surrounding transgender athletes in sports is the potential advantage that some may have due to their biological differences. Critics argue that transgender women, who were assigned male at birth, may have physical advantages over cisgender women, giving them an unfair edge in competition. On the other hand, some argue that these concerns are unfounded and that transgender athletes should be allowed to compete in accordance with their gender identity.

The lack of clear and consistent policies regarding transgender athletes in sports has also contributed to the ongoing debate. Many sports organizations and governing bodies have struggled to develop inclusive and fair guidelines for transgender participation, leading to confusion and frustration among athletes and supporters.

Furthermore, transgender athletes often face discrimination, harassment, and exclusion in the sports world, which can have a significant impact on their mental and emotional well-being. This highlights the need for greater education and awareness around transgender issues in sports, as well as the importance of creating a more inclusive and supportive environment for all athletes.

Despite the challenges and controversies, there have been positive steps towards greater inclusivity for transgender athletes in sports. Some organizations have implemented policies that allow transgender athletes to compete in accordance with their gender identity, and there is a growing movement to promote diversity and inclusion in sports at all levels.

Ultimately, the conversation around transgender people in sports is complex and multifaceted, and it requires thoughtful consideration and open dialogue. It is crucial to find a balance between ensuring fair competition and creating an inclusive and supportive environment for all athletes, regardless of their gender identity. Only through open and respectful discussions can we work towards a more equitable and accepting sports community for everyone.

# ♀ **Women against men?** ♂

There are around 8,000 sports currently existing in the world, with 200 of them internationally recognized, and most of them share one simple rule: women and men are separated. Throughout time, that has changed, and more and more people think it is a good idea to let men and women play against each other. Let's face the facts we know: men would dominate nearly every sport.

There are factual differences between men and women that are biologically embedded. After puberty, the adult male body tends to be taller with longer limbs. They have more lean body mass and a higher ratio of muscle mass to body weight, longer and larger bones, as well as larger hearts, lungs, and a greater number of red blood cells and bone density. These are all well-documented facts by the National Liberty of Medicine, and the list goes on, but I think you get the point. Males have an advantage when it comes to biology not only through autonomy but also through the heightened amount of testosterone.

This is also shown in various tests and studies that demonstrate teenage boys and adult men outperform girls and women by 10-15% in running, 15 -20% in jumping, and 30-60% in strength.



Even though there are large biological differences, sports that don't require or aren't focused on sprinting, weightlifting, or any that involve a lot of muscle can be played by women on equal terms with men. Examples include sports that require precision, brainpower, focus, endurance, and so on. A simple example would be rifle shooting. Rifle shooting is not separated by gender because there are no clear advantages for men or women. The same also goes for ultrarunning, where women actually have the advantage due to female athletes being able to convert glycogen to energy more efficiently, which is crucial for long-distance runs, that need a lot of endurance.



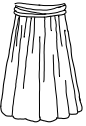
These are just a few examples of sports that can be played by women and men on equal terms. I also have a similar experience, as I once tried to play chess against my mother and got completely demolished because she is way better than me, but when we tried to arm wrestle, I won with both arms, and I wasn't even through puberty.

What I want to say is that it's definitely reasonable for men and women to play against each other in certain sports, and we should encourage women to engage in sports on a professional level since they are most of the time discouraged in doing so. But to claim that males can compete with females in sports like football or weightlifting is ridiculous and highly unfair for women, who already have a hard time being discouraged from engaging in sports or strongly sexualized in sports magazines. A team of 15-year-old boys destroyed the Australian women's national team which are ranked fifth in the world seven to zero, and another team of 15-year-old boys beat the U.S Women's national team five to two. This speaks volumes as most of the time the U.S women's National Team plays against U15 boys teams, and they even sometimes lose. Now, imagine the women's National Team against the men's National team; take a guess on who would win.

You, I and We as a Society must think of this topic in a rational standpoint for the better of the people who are in the high ranks, giving it their all to achieve greatness just to be crushed by something they can't control: their biology.

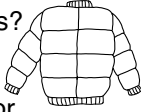


# Why Fashion is important



In my opinion Fashion is not just about clothes I notice that what people wear and how somebody is dressed can leave an important first impression and there are many styles and kinds of dressing. I think how you are dressed can say much about you as a person.

Fashion tells a story about who we are. People look at what we wear and decide things about us. It's like a language without words. But sometimes, I worry that people judge too quickly based on what we wear. I think the best thing about fashion is that everyone can find something they like. It's not just for one kind of person. And are there completely no-gos?



For example if you go to a job interview you should be dressed very smartly like a suit or another good outfit which can leave a good impression on the other person. This means you have to think about the opinions of others how the standards are and what they would expect from you. It's not like you should always wear what others want you to. Almost every style can be good if you can express yourself and live it, so it's not necessary to follow trends.



But are there also no-gos? I did a small street interview and asked people about fashion no-gos and there are clear winners. So if you want to leave a good impression and have a good style keep this in mind. Skinny Jeans are not liked to see also keep it low and look at the colors don't choose to shiny clothes which put much attention on you.



In the end, I think fashion should be fun. It's okay to try new things, but it's also okay to stick with what feels right. Fashion is like a big playground of clothes, and we get to decide how we want to play. So, let's enjoy it and wear what we like





## SOCIAL MEDIA CAN LEAD TO DEPRESSION



A statistic of [,handyhase.de](http://handyhase.de) says, that more than half of the world population has got a smart phone. Probably you as the reader have one yourself.

Really almost all smartphones have atleast one social media account on them. You can easily create an account for yourself, make a new identity, watch funny short videos or chat with people. And the best part, about all that is, that it's completely free. Or is it? I was asking myself that question and I came to the conclusion, that social media really can hurt people in different ways, and now I'm going to tell you why.

Since the invention, of social media we have been creating ourselves new identities in which we can act, like we are completly different people, with different lives or life-styles.

That can be fun and help you building up connections to people, that normally wouldn't talk to you. On the other hand, social media can hurt you real bad.

For example we have cyber mobbing. People are getting bullied, for spreading there opinion in the internet or even just because someone thinks it's funny to bully people for their account or looks or what ever. People fall in depression because of it and experiencing things like that can really change you and does something with you.

I few years ago, for example, a friend of mine became victim of cyber mobbing. In their class chat, there has been a game called marry, kiss, kill, in which he got called out as the person, they would kill. And that really affected him for a while.

Another point speaking against social media is the addiction. People who are bored often use social media to endure their boredom. Because funny short videos can entertain you for the moment you're watching them. They are tailored to you so that you are watching them for the longest time possible. Watching those videos can quickly end up in an addiction.

Overall, you should always know about the dangers of the things you're doing espacially when they seem harmless in the beginning.





## Why social media is dangerous



More than 4,5 billion people living on this planet are using social media . That doesn't sound any dangerous by now right? But if you then imagine that all of these peoples data's, like their bank account or their credit card number or even their WhatsApp chats with their friends or family's are possibly not protected good enough that would mean that someone could read your chats besides you and the friend your texting to.

And that isn't even illegal because the police wants to take action against plans with criminal background that are being spoken about on WhatsApp or social media. inferentially you can clearly say that WhatsApp has acces on every singe word you're writing even if they just want to take action against criminal plans.

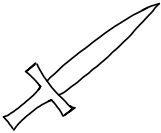
Looking at data abuse WhatsApp isn't even the worse. In conclusion looking at all the information I think you can say that data abuse how to do something against it and knowing how dangerous it can be is important for everyone using social media.

# Online games should be banned for kids



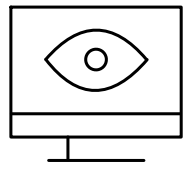
In 2023 almost everybody plays video games in their free time. The upcoming generations couldn't think of a life without Video games. Most of the popular Video games are shooter games, a lot of kids start playing at a young age and get addicted very fast, even though this is true some games can be good for you, because for example Fortnite improves your Motorik skills. But things like this shouldn't justify the fact that the majority of teenager and people younger are addicted to online games, besides this fact a study said that in the last six months a teenager spends about a hundred and ten dollars in general which is about 18 dollars a month, but is it worth it? Playing too much also affects your concentration which can affect your activity in school and your grades. A lot of kids and teenagers are reducing their time doing some activities, for example being outside or playing board games with your social surrounding. Even though you can also play games with your social surrounding while playing online games

Summed up I think that there should be times strictly arranged for different ages so kids don't play too much, because as I said before already there are more bad points than good things about online games for kids.





# Social Media Data abuse



About 85% of the German population uses Social-Media, the average teenager spends about 3h a day on social media, and that everyday!

TikTok, Instagram, WhatsApp the list goes on and on...

But while you're scrolling on TikTok, or liking the newest post of your favorite influencer, there is something that happens, that you can't see but watches every single click, like, follow, post that you make.

And this "something" is the platform itself, collecting data about everything we do...

Social-Media sees nearly everything we do, on their platforms as well as uses this knowledge.

And that absolut legally!

WhatsApp for example can read every single message that I write on it, and also use it, for their own purposes.

And that's because we all blindly agreed on it in their "AGBS"!

If I would use TikTok I would trade my data for consuming the content on it.

And that's an extremely bad deal!

We are the products of a multi million dollar business.

Because our data is one of the most valuable things we can offer to those platforms, and nowadays they collect all of it; About your buying habits, what post do you like and how long you spend looking at the newest video of your favorite Influencer.

And as said, it's a multimillion dollar Business, and we are the "products"!

The algorithm is smarter than you thought.

About last year, I met with a friend of mine and we talked about the new PS5. Later that day I opened Instagram and saw an Ad for the new PS5, so I really asked myself "Does Meat etc. listen to all of our conversations?". And the answer is simply no.

And this should absolutely scare you, because that means the algorithm understands my interest so well that it can perfectly, close to real time, run ads based on my interests!

By which means my interests are so predictable for the algorithm as "1+1=2".



## Socialmedia is bad for kids



In my opinion parents shouldn't give kids in primary school a phone so they don't have access to social media for their own.

In this age it is important that kids play with each other and improve their social skills by playing their own games

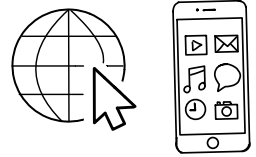
. And social media takes away creativity which is very bad growing up because many kids nowadays focus on watching YouTube or watching TikTok instead of going out and playing football for example.

The kids get distracted by the notifications from their phone. Besides that, spending a lot of time on social media in this young age can reduce your ability to concentrate.

. Children in this age should play board games or card games with their friends or their family or meet with friends in the park or a playground. Of course social media has some advantages too, it can help the children because they learn many new things but I wouldn't give the kid the full control over their own mobile phone. In my opinion it's good to give the kids an iPad which they are only allowed to use at home.

Summing everything up you can say that parents shouldn't give kids a Phone in primary school or even before.

# Why social media is bad for you



Surveys show that ninety percent of teens ages 13-17 have used social media. Seventy five percent report having at least one active social media profile, and 51% report visiting a social media site at least daily. So you can't deny that social media plays a big role in our lives. But what are the downsides of social media actually? Why are we normalizing this new found addiction to apps like instagram? And how can we achieve a controlled use of social media, when it's constantly by our side?

First of all I want to clarify that not everything social media related is bad. Being on sites like WhatsApp or instagram helps us connect to people that we'd usually have trouble staying in touch with. But I want you to know, that these apps were designed for us to get addicted to them. Short videos on TikTok or Instagram (reels) are slowly but surely taking over the internet. I talked to my friends about their day to day life and they told me, when they get back from school in the evening the first thing they do is go on instagram, and watch some reels, from time to time they will check their friends instagram story's to see what they are up to while waisting their afternoon scrolling.

But who am I to judge? I get it, its hard, I also catch myself scrolling through social media from time to time, while I should be doing other, more productive things. And I'm not saying that watching videos is always bad, sometimes when you get back from school the only things you want to do is lay on your bed and finally watch something. I understand that. It only becomes dangerous when it becomes part of your routine, slowly manifesting in your life, taking up more and more time.

"Scrolling your life away"- a quote I hear many people use to describe that habit. While it sounds a bit harsh it's also quite reasonable. When you hear the word "addiction" or "addict" the first thing that comes to mind, are probably addictions like drugs or gambling, only very few people talk about this new social media addiction. And I think that's where the problem lays.

Social media is so normalized and culturally accepted in our day to day life, that we often forget the downsides. I believe it's very important to inform about the danger that social media could potentially bring. Especially teenagers should be aware of the problem.

I advice you to maybe manage your screen time and talk to friends and Familie about your social media use if you have concerns.

So that you and me can both enjoy the good sides of social media without having to worry about potential threads.



## Why you should spend less time on Social Media



In today's society, 4.8 billion people use social media worldwide. That is 59.9% of the world's population. While social media can seem harmless, multiple studies have gone to show the countless harms that it contains. This is why I think people should acknowledge these harms and try to spend less time on social media platforms.

Most people use social media irresponsibly. And while scrolling for hours may appear fun and harmless, there is a lot going on on these platforms that goes unnoticed. The largest and most known dangers are Identity theft, cyber bullying, blackmail, harassment and even kidnapping. And yes, even you can be a victim.

However social media can lead to other threats that aren't much acknowledged. Believe it or not social media can do a lot of damage to your brain. Spending a lot of time on it could possibly lead to anxiety, depression, self-hatred, comparison and you could even develop an addiction to it. Even though, lots of users are aware of these risks, some innocent users aren't : Kids. Today, most Kids get their first phone by the age of 10 and start creating accounts on social media without being conscious of the dangers listed above. In some cases, children also discover the dark sides of social media where their address, their name etc. can be traced by other people. This is something parents should be aware of when giving their child their first cellphone.

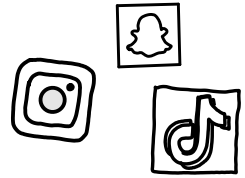
There are people on some platforms who would do anything they can, to make other people's lives miserable and painful. According to an international survey by the Plan International children's rights organization, 58% of 14000 girls and young women ages 15 to 22 from 22 countries including Brazil, India, Nigeria, Spain, Thailand and the US, who have taken part in the survey reported personal experiences of online harassment on social media platforms. As a result 12% of these women stopped using social media all together. I myself, have experienced harassment and hate comments from unknown people on social media, just like

many of my friends.

So, what can we do improve our health and reduce these risks? I'm not saying you should stop using social media completely. But spending less time on it would definitely be a boost for your mental health. I would advise you to set exact boundaries. This means, being aware of how much time you spend on social media and reducing it. There are many settings and apps that can help you set those boundaries. In addition, find safe ways to surf the internet. As an example you could download a VPN service. A VPN's job is to block unnecessary ads, stop sites and hackers from tracking your Information, block viruses and many other stuff related to safe online surfing. And last but not least, just be careful. You could be targeted. Pay attention to the sites you give your information to, don't respond to people you don't know and don't open emails or notifications that look fishy.



## How dangerous is Social Media?



In the last 15 years Social Media became really popular.

It's a huge part of our life, we stay in contact with each other and update the people about our life. Social Media even sets new trends that we all want to follow.

But is Social Media really as cool as we think?

Besides all the joy, Social Media also brings a lot of dangers with it.

Don't they know everything about us? Nearly everybody can nowadays find out in a few clicks, our email address, phone number and even where we live! So it's pretty scary when you think about it.

But what's also very scary is how fast we get addicted.

Even young kids start sitting with an Ipad at the dinner table. It's like a drug!

It's so hard to control, parents should give their kids screen time limits, if they don't want to that their kids will get lost in their phone.

What I also noticed is how social media makes people upset and sad. The constant comparison can even cause depression.

Especially young people, they see the perfect life and body from Influencers or other people on social media. And ofcourse they want to be like them too. For teenaged girls for ex. this can lead to an eating disorder. Which as we all know, can end really bad.

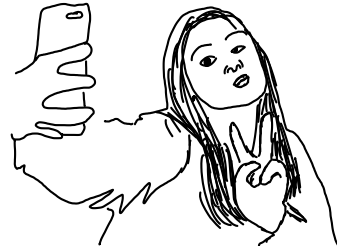
But we always have to remember that nothing about social media is real. Nobody is happy all the time, and we have to remember that!

So I would personally say that we shouldn't give young kids phones and especially no access to social media. It takes away their happiness!

At a certain point they will have the responsibility to have screen time under control.

But in my opinion social media shouldn't be legal under the age of sixteen. Because it's a good age where teenagers can take control over their screen time.

But what's your opinion?



**WRITTEN AND DESIGNED  
BY 10A**