

# IS: Inside Success

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*Hot Topic:*

**HOW'S YOUR  
MENTAL  
HEALTH?**



**INSPIRE ME:  
ZEZE MILLZ**

**SAYING ALL THE THINGS YOU ARE THINKING  
BUT TOO AFRAID TO SAY**



# THANK YOU FOR SUPPORTING INSIDE SUCCESS



Inside magazine is a quarterly youth magazine which aims to enhance the capacity, skills and aspirations of young people which will assist to enable them to participate in society as mature and responsible individuals.



We also directly tackle social issues affecting young people such as youth unemployment and supporting young people back into education and training.

## HOW DO WE DO THIS?



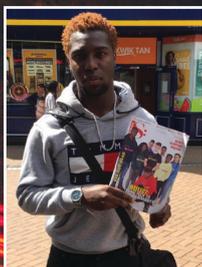
Our magazine allows young people 16-24 from all backgrounds to work to earn money to support their general living cost such as travel, food, education and begin to develop some independence through becoming a vendor and sell the magazine across London. When a young person volunteers with Inside Success it enables them to gain valuable work experience and develop skills such as:



- ◆ Building up confidence
- ◆ Improving communication skills
- ◆ Learning to deal with rejection
- ◆ Improving sales skills
- ◆ Work experience
- ◆ Team work
- ◆ Leadership skills
- ◆ Setting and achieving targets



Inside Success



Inside Success

# S:

# HOW IS TECHNOLOGY AFFECTING YOUNG PEOPLE?

*Are young people spending too much time using technology?*

Nowadays, technology and the internet are the most crucial things in our lives. Some might even say, "Just throw me on an island. If I have the internet and a phone or laptop, I will be able to live." We are too reliant on what it offers. Plus through the internet and technology, there is so much information, and every question that we ask is answered.

Another thing about it is that younger kids nowadays make money on their own. So through technology and the internet, there is no age limit for a person to start an online business – it is just the matter of willingness to commit to it and courage to do so. The internet also makes everything flow so much faster and more instantly, in communicating, learning, making transactions, business and so much more. You can even have a job by only being at home, as long as have an internet connection.

From my point of view, the internet can have both pros and cons. It is just a matter of how we handle it or use it. As long as it is beneficial for us, there is nothing wrong with it. I also think as young people we do have to learn how to keep up with the current development of the internet, which requires us to keep up with the current trends of technology.

## WHAT IS INTERNET/TECHNOLOGY ADDICTION?

Technology addiction is an impulse control disorder that involves the obsessive use of mobile devices, the internet or video games, despite negative consequences to the user of the technology. The disorder may also be referred to as digital addiction or internet addiction.

## WARNING SIGNS OF TECH ADDICTION INCLUDE:

- Excessive use: the technology may be used as an escape mechanism to avoid unpleasant life situations or relieve boredom. Immoderate use may be accompanied by an impaired sense of the passage of time and neglect for basic needs, such as hunger or sleep.
- Negative repercussions: the addictive behaviour continues in spite of adverse consequences, such as social isolation, arguments, fatigue, problems at school or work, lack of achievement or lying.
- Withdrawal symptoms: the addict may experience feelings of restlessness, moodiness, depression or irritability when attempting to self-limit use of the technology.

## SIGNS YOUR SMARTPHONE IS MAKING YOU DUMBER:

- Smartphones make us sleepless, friendless and depressed
- Smartphones mess with our sense of direction
- Smartphones make us forgetful
- Smartphones make us antisocial
- Smartphones make us prone to addiction

## WAYS TO BREAK YOUR MOBILE PHONE ADDICTION:

- Reduced quantity of phone conversations
- Leave and charge your phone in another room
- Change your phone settings, for example, turn off notifications, turn on do not disturb, use airplane mode
- Delete unnecessary apps
- Have a phone free day once a week



# WHEN YOU'RE YOUNG, IS EXPERIMENTING WITH DRUGS A GOOD THING OR A BAD THING?

**M**any adolescents experiment with drugs and alcohol, and parents and teachers want to know the consequences of adolescent substance use. Parents in particular worry about their children, whose use of drugs or alcohol may have long-term consequences, such as: a dependence on drugs; risky sexual behaviors, possibly resulting in STDs; falling behind in school; or getting a criminal record. Research has demonstrated that exposure to illicit drugs and alcohol before the age of 15 statistically predicts substance disorders in adulthood.

On the other hand, experimenting with drugs can also be a good thing, as it can help with your curiosity. Curiosity is a natural part of life and teenagers are not immune to the urge. Many teens begin experimenting with drugs and alcohol simply because they want to know what it feels like. As teenagers, they have the delusion that they are invincible. Even if they know that drugs are bad, they don't believe that anything bad can actually happen to them. Educating your child on the repercussions of drug and alcohol abuse may extinguish this curiosity.

## IS THERE A PROBLEM WITH YOUNG PEOPLE TAKING DRUGS?

When working with young people, it is important to understand that for many, drug use is a fairly normal part of growing up, and that the reasons why many young people use drugs is not too different from the reasons why adults might enjoy drinking alcohol

or engaging in other non-drug activities. Cannabis remains the most common substance (88%) that young people come to treatment for, the same proportion as the last 3 years.

## WHY DO PEOPLE RESPOND DIFFERENTLY TO DRUGS?

The effects of drugs on young people can be unpredictable and inconsistent. It can vary between people or for the same person on a different occasions. There are three main things that influence the effect of a drug – the environment, the drug and the person.

### ENVIRONMENT:

- WITH, WHO, AND WHERE DOES THE YOUNG PERSON USE DRUGS?
- HOW SAFE IS IT?
- WHAT IS THE SOCIAL SETTING OF THEIR USE?

### THE DRUGS AND THE PATTERNS OF THEIR USE:

- HOW MUCH ARE THEY GOING TO USE?
- HOW OFTEN DO THEY USE DRUGS?
- WHEN DO THEY USE – TIME OF DAY, DAY OF THE WEEK?
- HOW ARE THEY GOING TO USE THE DRUG – SMOKE, EAT, INJECT?

- **DO THEY USE MORE THAN ONE DRUG AT THE SAME TIME TO GET A DESIRED EFFECT E.G. USING ALCOHOL AND CANNABIS TOGETHER?**  
*(Because alcohol is legal, many people don't consider it when they then use other drugs and this can be quite dangerous, particularly when using other depressants).*

In 2019 in England, 44% of pupils aged 11-15 in England reported having ever drunk alcohol. Of these, 14% of 11 year-olds reported ever having drunk an alcoholic drink, compared to 70% of 15 year-olds.

Having less experience with a drug means a person is less likely to have developed a tolerance for it. The drug will therefore have a greater effect. Among people aged 18 or older who reported lifetime marijuana use, almost 53 percent reported first using marijuana between ages 12 and 17. Since the brain continues to develop until a young person reaches approximately 18 years of age, they can be more vulnerable to the harmful effects of drugs. 2,917 deaths related to poisoning by drug misuse.

### REASONS WHY YOUNG PEOPLE TAKE DRUGS:

It is important to understand why young people might choose to use alcohol and other drugs, and to consider this in the context of youth and youth culture. Life can be difficult for many young people as they work to define their identities and deal with many of the pressures of adolescence. While adolescence is a period of discovery, fun and achievement, it can sometimes be a confusing time for some young people. Frustration, anger and trauma can result from environmental and individual circumstances. It is therefore important to consider that alcohol and other drug use may be due to certain aspects of a young person's situation, and may be used as a mechanism for coping with such pressures.



If you're struggling with drug and alcohol abuse, here are a few websites you can go visit for help:

- <https://www.supportline.org.uk/problems/drugs/>
- <https://www.actiononaddiction.org.uk/>
- <https://www.drugwise.org.uk/where-can-i-get-help/>

## KNIFE CRIME: LET' STOP THIS MADNESS

Watch full animation on Youtube Search 'Inside Success UK'

Created by Ben Whitmore  
<http://benwhitmore24.wixsite.com/mgfx>



# INSPIRE ME

## ZEZE MILLZ

### Zeze Millz

“You either love her or you hate her.”

Zeze Millz is the British-Caribbean cultural commentator who says all the things you're thinking but too afraid to say. She's well known for her YouTube show, *The ZeZe Millz Show*, where she speaks to social media sensations, influencers, artists and athletes and dares to ask them questions other interviewers are too scared to ask. ZeZe Millz is not afraid to express what she thinks and feels, and she never lets the discouragement of others be her downfall. She's an example of how being bold and fearless gets you far, and she doesn't let anything stop her from saying what she has to say.



# INSPIRE ME

## PATRICIA BRIGHT

Patricia Bright is a born and bred South London native, whose parents migrated to London from Nigeria. She is a fashion and beauty YouTuber from the United Kingdom, with an estimated net worth of 1.2 million.

She started up her own beauty company to empower black women. She also paved a way for black female YouTubers, which is why she is inspiring, because she wanted more for herself and achieved it. She's also an example of greatness.



# INSPIRE ME

## JULIE ADENUGA

Julie Adenuga is a British radio presenter. In 2015, Adenuga was the host of Beats1 radio (the global radio service from Apple Music). She has also had mentions in Forbes, NME, and Debrett's, and Apple has referenced Adenuga as one of London's most vital tastemakers.

She is of British Nigerian descent, and originally from the London borough of Haringey. She is also the younger sister of both well-known London-based grime artists, JME and Skepta, which is another reason why she inspires young people, as despite both her brothers' huge respective legacies, she has managed to break through and make a name for herself.

# INSPIRE ME

## ELLA MAI

Ella Mai is an British singer and songwriter. Her singing career began when she auditioned as part of a trio on the 11th season of The X Factor. In 2015, she uploaded four tracks on SoundCloud, and was then discovered on social media by American producer Mustard and signed to his label 10 Summer Records. Her hit song "Boo'd Up" won two Grammy Awards, including Song of the Year and Best R&B Song. She also won Top R&B artist at the 2019 Billboard Music Awards. She's inspiring because many young artists are discouraged for using SoundCloud and social media as a start-up, but she's a prime example of using what you have to get you to where you want to be. She's confident in herself as well as her goals, and that's why she's where she is now.



Introducing

# Elevate Clothing

*Elevate Clothing UK* launched in 2019, and even though I didn't have a logo or any designs, I was led by the belief that this idea could become something much greater.

The name 'Elevate' sprang to mind as it's associated with positivity and gradual development. The dove in the design is symbolic, and an addition to the font as it created a whole new trademark, which drew a lot of attention. Since then, Elevate Clothing UK has continued to make t-shirts, hats, hoodies and tracksuits, with much more merchandise on the way that features our dove logo, as this resembles the journey to reach high goals.



@Elevateclothing.uk



Introducing

# Araceli Apparel

Created by Naz15 from North West London — *Brand bio:* Fashion has always been my focus, even throughout all the challenges I've faced in my life, which led me to expressing my emotions through designing. Often, textiles is looked down upon by academics as it's seen as a 'risk', however I looked at this as a challenge I was willing to accept.

At my young age, I've opened my own business which involves designing clothes for young people like myself. So far, this journey has been a great one – challenging, but great. I've carefully fabricated this brand to be the ultimate house of modernised streetwear. My designs have been able to embody the cultural values I have withheld in my life, thus embodying innovation. I aim for my work to inspire many young people like myself to accept challenges in their life that can help them grow or learn. Araceli Apparel is enlivened to share the virtuality and integrity of our brand with you all.



@araceliapparel



Introducing

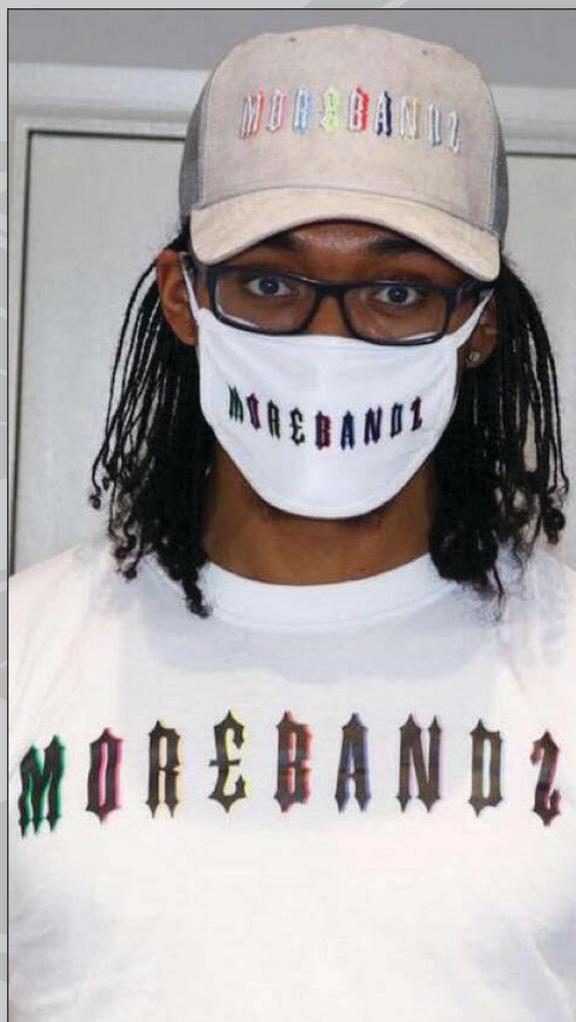
# MOR£BANDZ

I founded MOR£BANDZ LTD in 2017 aged 16 after my final science exam, as I had no idea what future occupation I should strive for. At the time, my friend – who became one of my featured models – had started a clothing line, and had started to edge into the world of entrepreneurship.

A year later, I registered the name MOR£BANDZ APPAREL LTD, which is all about doing MOR£.



@morebandzzapparel





# 10 TIPS ON HOW TO USE SOCIAL MEDIA TO YOUR ADVANTAGE

THIS GENERATION OF YOUNG ADULTS HAS ALREADY STARTED UP SO MANY EXCITING SMALL BUSINESSES. PERHAPS YOU'RE ONE OF THEM WHO'S READING THIS! (IF SO, CONGRATULATIONS AND BEST WISHES). BELOW ARE 10 TOP TIPS TO HELP MAXIMISE THE REACH OF A SMALL BUSINESS USING THE POWER OF SOCIAL MEDIA...

## 1. IS SELLING ONLINE RIGHT FOR YOUR BUSINESS?

Before you rush to create an online shopping platform for your business, first determine whether it is viable and appropriate for your products or services.

**1 - MAKE SURE** all your social media platforms are 'Open to Business' profiles.

**2 -** On platforms like Instagram and Facebook, you can **PROMOTE POSTS** to a wider audience, which you pay a small amount for.

**3 - POST HIGH-VALUE CONTENT REGULARLY** that will make customers want to engage and interact with your business.

**4 -** Make sure you **UNDERSTAND YOUR AUDIENCE**, and target them with the right platform. Selling lip glosses to teenage girls isn't going to such a good reach on Facebook or LinkedIn.

**5 - ENGAGE ON OTHER PEOPLE'S SOCIAL MEDIA ACCOUNTS**, particularly those that are running

similar businesses, as it will encourage curious followers to your page.

**6 - ASK OTHER BIGGER PAGES TO PROMOTE YOUR PAGES** or posts on their pages – some will charge a price.

**7 - GET SOME BRAND/BUSINESS AMBASSADORS** to represent your brand/business, preferably those with a high following.

**8 - MAKE A STRUCTURED PLAN** with targets and goals that outline when you want to post certain things, and how many followers/ likes you want to gain by a certain time.

**9 - MAKE YOUR SOCIAL MEDIA PAGES LOOK VISUALLY APPEALING.** When you click onto your page, you don't want it to be bland and dull. Bright colours in your images will draw more attention.

**10 - MAKE SURE THE LANGUAGE YOU USE IS PROFESSIONAL** and right for your target audience. If you use slang while writing, you won't be taken seriously.





**PAMELLA PRITCHARD, CAREER AND MINDSET COACH, SHARES HER TOP 5 CV WRITING TIPS.**

The most common mistake I see with CV writing is that people write it like an ingredients list. Instead, my best tip is that your CV should always be written with the hiring manager in mind; it is about how your CV fits the vacancy that they are trying to fill.

Here are my top 5 tips for creating a winning CV that gets you an interview:

### **1. SHOW YOUR VALUE**

Making your CV stand out is about more than just listing what you did. It's about HOW you did it. Showcase your value by including an 'achievements' section to your most recent role and outline tangible achievements that brought value to the company. It should also show what skills and qualities you gained from the experience.

### **2. TAILOR YOUR CV**

Tailoring your CV to each role will tell the reader that you are a relevant applicant who is interested in what they have to offer. This means doing your research and checking that the keywords from the advert or job description are on your CV.

### **3. DOUBLE CHECK SPELLING AND FORMAT**

Spelling and formatting are CV basics that catch out even the most experienced professionals. Double check that any dates and grades are factually correct and ask a friend or mentor to

review your CV for possible errors. Finally, ensure the CV looks professional, complete and neatly formatted.

### **4. NEVER LIE**

If you exaggerate your experience, achievements, or grades on your CV it is very likely that you will be found out. It is just not worth it! Believe in the skills and knowledge that you have to offer.

### **5. CHECK YOUR MINDSET**

Your CV is a working document that will evolve with you. Writing your CV can sometimes feel overwhelming and challenging, so I find it helps to keep the end goal in sight and start with getting the basic information down first. Always remember that you are worthy and, if you do the work, the results will follow.

### **MEET PAMELLA**

Pamella is a Career and Mindset Coach and the founder of CV Secrets.

- Certified Career Coach
- 10 years' experience in Recruitment, HR and Sales
- Yahoo! Finance Top 10 Career Coach to Follow

Find her at: [www.CVSecrets.com](http://www.CVSecrets.com)

 [@CV.Secrets](https://www.instagram.com/CV.Secrets)



# WHAT IS BODY IMAGE?

Body image is how we feel and think about ourselves physically, and how we believe others see us. Not everyone feels the same about their bodies – there might be times when you like it, times when you don't, or times when you like parts of your body and dislike other parts.

29% of young people (21% of boys and 37% of girls) agreed that things their family said have caused them to worry in relation to their body image. Body image can also relate to what a person believes about their appearance, how they feel about their body, weight, height or shape – as well as how they sense and control their body as they move around. Body image isn't just about weight either. It can also be related to things like...

- Envy of another friend's body, or just as commonly, the body of a celebrity or someone else in the media
- Obsessive self-scrutiny in mirrors
- Thinking disparaging comments about your body and frequent comparison of your own shape and size to other people
- Hiding your body because you feel ashamed by it
- Feeling like you are not attractive enough
- Feeling as though your body does not match your gender
- Struggling to love and accept your body
- Feeling as though your body shape is not represented in the media

## HOW CAN IT AFFECT YOUR MENTAL HEALTH?

Body image and self-esteem influence each other directly. It becomes difficult to feel good about yourself when you dislike a part of, or indeed, your whole body. It's hard to notice the good and give your body the respect it deserves if you don't truly value yourself. A positive body image, self-esteem and mental health are not about being happy all the time. Rather, they are based on respecting yourself and others, thinking realistically, and taking the necessary steps to manage difficulties in healthier ways.

It can lead to feelings of:

- Low self-esteem

- Self confidence
- Self perception
- Depression
- Anxiety
- Isolation
- Eating problems

## WHAT CAN YOU DO TO BATTLE PROBLEMS WITH BODY IMAGE?

Look at yourself as a whole person...

- When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you as a whole person.

Remind yourself that "true beauty" is not simply skin-deep...

- When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful. Beauty is a state of mind, not a state of body.

Accept genetics...

- It is critical to remember that many aspects of your body cannot be changed. Genetics play a huge role in what you look like, and at least 25% to 70% of your body is determined by your genes. While there are many aspects of your body we cannot change, you can change or modify your beliefs and attitudes that influence the way you feel about yourself. Change starts with you – it is internal, and it starts with self-respect and a positive attitude.

**If you're struggling with body image issues, here's a few websites where you can go to seek help:**

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

<https://www.heretohelp.bc.ca/infosheet/body-image-self-esteem-and-mental-health>

<https://www.mentalhealth.org.uk/publications/body-image-report/protect-body-image>

<https://online.king.edu/news/social-media-and-body-image/>

# WHAT'S WORSE THAN HAVING LEUKAEMIA?



## BEING BLACK AND HAVING LEUKAEMIA.

IT'S SHOCKING BUT IT'S TRUE. YOUR CHANCES OF FINDING A LIFE-SAVING BONE MARROW DONOR ARE MUCH WORSE IF YOU'RE BLACK - BECAUSE THERE ARE 24 TIMES MORE WHITE PEOPLE THAN BLACK PEOPLE ON UK BONE MARROW REGISTERS. TO CHANGE THIS, WE URGENTLY NEED MORE BLACK AND MIXED-RACE PEOPLE TO JOIN THE BONE MARROW REGISTER. JOIN OUR FIGHT TODAY - VISIT [AOLT.ORG](http://aolt.org) AND SEE JUST HOW EASY IT IS TO SAVE SOMEONE'S LIFE.

UNITE TO FIGHT LEUKAEMIA [aolt.org](http://aolt.org)

# HOW IS YOUR MENTAL HEALTH?



## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

## MYTHS ABOUT MENTAL HEALTH

**Myth:** People with mental illness aren't able to work

**Fact:** People with a mental illness can hold down a successful job. We all probably work with someone experiencing a mental health problem.

**Myth:** You can't recover from mental health problems

**Fact:** They might not go away forever, but lots of people with mental health problems still work, have families and lead full lives.

**Myth:** People with mental illness are usually violent and unpredictable

**Fact:** Most people with mental health problems, even those with severe ones like schizophrenia, are not violent. Someone with a mental illness is more likely to be a victim of violence than inflict it.

**Myth:** Young people just go through ups and downs as part of puberty, it's nothing.

**Fact:** 1 in 8 young people will experience a mental health problem.

**Myth:** 1 of 6 mental health illnesses are rare.

**Fact:** 1 in 4 people will experience a mental health problem, which means someone you know may be struggling with mental illness.

## HOW DOES YOUR MENTAL HEALTH AFFECT YOU?

Your mental health impacts almost every area of your life, including but not limited to how you sleep and eat, your education and career, your relationships, health, and concentration. Individuals suffering from mental illness often, also have comorbid disorders, such as alcohol and drug abuse or other addictions.

Signs a young person may be suffering from mental health...

- Mood changes, such as rapid or dramatic shifts in emotions or depressed feelings.
- Withdrawal, including loss of interest in activities they previously enjoyed.
- Apathy, including loss of initiative or desire to participate in any activity.
- Sleep or appetite changes, or decline in personal care.
- Problems with thinking, concentration, memory, or logical thought and speech that are hard to explain



## Mask your face Not your feelings

2020 was a tough year and you're not alone in what you're going through. More than 50% of people who contact us feel they don't have anyone else to talk to. We're here to help.

Text SHOUT to 85258 for free, confidential support if you're struggling to cope.

**shout**  
**85258**

here for you 24/7

# MAKE A BIG DIFFERENCE



Become a Cadet Force Adult Volunteer and have a great time helping

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or Air Cadets**

with rock climbing, shooting, kayaking, first aid, sailing and loads more.

**No qualifications or military experience required as full training is provided.**



**Visit [adultvolunteer.org](http://adultvolunteer.org)**

**You'll make a big difference to their lives  
... and to yours.**

# STUDYING AT HOME

Studying at home can be a difficult task under normal circumstances. However during these unprecedented times, this task has been made even more difficult with many School's, Colleges and University lessons being run via zoom. So, Miss Davis Tutoring has come up with our top 5 Golden Nuggets to assist your study during the Covid -19 pandemic.

## **MISS DAVIS'S TOP 5 TIPS TO STUDYING**

### **1, CREATE A CLEAN TIDY STUDY SPACE.**

The environment you work in has a great effect on your mental health and the amount your brain can absorb. Therefore, keeping a tidy and organised study space is imperative. A straightened space will not only help you access your study resources quickly and efficiently but it will also help to ease the pressure and overwhelming feeling that can sometimes come with studying.

### **2. COMMUNICATE TO OTHERS THAT YOU WILL BE STUDYING AND LET THEM KNOW HOW LONG.**

Communication is key. Letting people around you or members of your household know that you are studying prevents distractions and can help you maintain focus for a longer amount of time meaning your study time will be productive and worthwhile.

### **3. CREATE A TIME TABLE – WHICH INCLUDES BREAKS AND DOWN TIME.**

By creating a timetable, you will ensure that you are on task and working efficiently. The fact that you would have created your own timetable also

ensures that you can be in control of what you study when and for how long. For instance, if you know that you are most creative in the morning, studying your creative subjects at this time will ensure that your study time is beneficial and fruitful. Be sure to schedule breaks! When working or studying from home, ironically, you seem to work harder and somehow forget to stop! By scheduling lunch and tea breaks, you give your mind the time that it needs to process what you have learnt and give yourself that well earned break! I guarantee you'll learn more.

### **4. CREATE ONLINE STUDY GROUPS/FORUMS – UTILIZE WHATS APP, ZOOM.**

Studying and working from home can be quite isolating and lonely. Create whatsapp groups or other social media forums where you can check in with those going through the same thing as you. By keeping this line of communication open, you can share great tips and it can also be a great reminder that you are not alone.

### **5. KEEP ASKING QUESTIONS.**

Be sure to keep asking questions of your tutors, teachers, bosses etc. Due to the feedback not being instant as it would have been when learning face to face, it is important that you keep asking questions anytime you are unsure of the task at hand. Your teachers are there to help you so feel free to keep asking us.

 @missdavistutoring



ISUK have decided as a reward for purchasing the magazine and supporting young people to supply you with discount voucher codes from some of your favourite retailers & restaurants. Redeem these vouchers by typing in the code at the place of your choice and treat yourself.

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Outwear, Boots and Knitwear Sale  
[www.monsoon.co.uk](http://www.monsoon.co.uk)  
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**VC15D**

Please note that this magazine is created quarterly, therefore some of the coupons may expire before the magazine has reached its expiry date- please check company website for expiry date. Also you can up to date discount vouchers from [www.vouchercodes.co.uk](http://www.vouchercodes.co.uk)

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## AVOCADO, TOMATO AND CHEESE TOASTIE

\* Place 2 slices of cheese on the bread and season with salt and pepper.

\* Place your sliced tomatoes and avocados on the bread

\* Sprinkle with olive oil, salt and pepper, and add any optional toppings.

\* Cook under a grill or oven-bake at 180°C for 5-7 min until your cheese is melted.

\* Top with any salad or sauce of your choice.

For more recipes follow: [@ksprivatechef](#)

## INGREDIENTS

- A thick slice of sourdough or any other type of bread.
- 2 slices of cheddar cheese
- 1 tomato
- 1 avocado
- Salt
- black pepper
- olive oil

Optional fillings to add:

- king prawns, cooked
- bacon, cooked chicken, or a fried egg
- salad mix, lettuce or any leafy greens
- ketchup





## ITALIAN STALLION TIRAMISU

### Instructions:

\* Put all the ingredients to make the cream into a bowl and mix it until nice and fluffy. Mix your espresso with sugar and Disaronno, and dip the sponge ladyfingers into the coffee mixture.

\* Place the sponge ladyfingers at the bottom of the glass, top with your cream mix, and repeat until you've filled the glass. Sprinkle with cocoa powder for decoration.

For more recipes follow: @ksprivatechef

## INGREDIENTS

For your cream base:

- 250g mascarpone cheese
- 1 egg yolk
- 125g caster or granulated sugar
- 50-100ml Disaronno or any Amaretto liquor, depending on preference

For your sponge base:

- 6 sponge ladyfingers.
- 200ml espresso shot
- 2 teaspoons of sugar
- 6 teaspoons of Disaronno
- Cocoa powder (for sprinkling)





# WHAT DOES IT MEAN TO BE

## HYDRATED?

Have you ever felt so thirsty that when you eventually drank some water, it tasted like the best thing you'd had to drink in your entire life? This was likely because you were dehydrated, which means that your body was in a state of not having enough water to function properly.

What are the benefits of staying hydrated?

- Water keeps your body cool
- It helps muscles and joints to work better
- It keeps your skin supple
- It helps to cleanse your body, inside and out
- It can also aid weight loss

How to stay hydrated?

- Keep a bottle of water with you during the day-
- If you don't like the taste of water, try adding a slice of lemon or lime
- When you're feeling hungry, drink water. Thirst is often confused with hunger, though true hunger will not be satisfied with water.



# \*WHAT I WISH I KNEW BEFORE BECOMING A SOCIAL MEDIA INFLUENCER\*

DEMARRE KING

Demarre King is a social media influencer from London. He is best known for his immaculate and stylistic dancing all over TikTok, his most viral video reaching 7.8 million views, with a follower base of 200k. He also has a big following on his Instagram and YouTube platforms

- It's important to be careful to not share your location by accident, be it your home address or if you're going out.
- You don't trust people as easily. People will try and use you to gain popularity for themselves.
- Never go to a popular and busy place by yourself – make sure you're always with someone/ group of people.
- Make sure you sort through your emails properly and carefully to ensure you don't fall for a scam that could get you hacked.
- Be very particular about what content you're posting on each platform, to target the audience for that specific platform



## “WHAT I WISH I KNEW BEFORE I STARTED MY SNEAKER BUSINESS”

Kofi, who's 18, is a student studying business at college. He has been running his sneaker business for just under a year now. You can find him on Instagram @ke\_kickz

It can be time consuming in terms of buying the trainers, distributing, sourcing, and delivering them.

You shouldn't always look for a quick sale. Sometimes, if you purchase and pair of trainers and keep them, they can go up in value.

It's important to network in the sneaker community, because people can help you sell your stock, and you can make money from selling other people's stock too.

There are a lot of replicas and fake trainers out there, so it's important to know when starting off how to tell if trainers are real or fake.

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*Neighla Cain*

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# DUNKERS 2

A game by Colin Lane and Playback Studio

Dunkers 2 is an arcade style physics based basketball game. It features fast paced crazy game play where the objective is to dunk in your opponent's basket.

- Over 3 Million players on iOS
- No.1 Sports game in 85 countries including USA, China, Russia, UK
- Featured Worldwide
- Free to Play
- 60 Playable Characters
- 80+ Unlockable Icons and Balls
- 5 Crazy Levels
- Tournaments and Trophies
- 3 Game modes
- 1 and 2 player



**Game of the Day**  
- Apple App Store

'Dunkers 2 is everything you'd hope for from a sequel. You still bounce around a basketball court, arms flailing uncontrollably, trying to dunk on your opponent. But there's an all-new visual style that ditches the old-school pixel art for a hand-drawn 2D look more colorful than ever before. There's also more courts with different backdrops, more athletes to choose from including over-the-top mascots and more customization of balls and shirts.

There's also a single-device multiplayer mode so you can face off against friends in comical dunk contests. Don't worry, you can show off your backboard-shattering slams via built-in replays.'

# WHAT'S THE MOTIVE?



WHAT'S THE MOTIVE

## COVID-FRIENDLY



### GAME NIGHT

Host a game night with family: Spend time with the family if you're not self-isolating, and play a board game for hours of fun and laughter.



### GAIN NEW SKILLS

Tackle a new skill: There are so many lessons online of weird and wonderful skills you can pick up, including painting, drawing, writing, or speaking a new language. The list goes on. You can set yourself a target to learn and practise a new skill each week.



### FITNESS CHALLENGE

Try a fitness challenge: Online fitness challenges are a great way to keep fit while in the comfort of your own home. There's so many to choose from, including the 100 Push-Up Challenge, the Squat Challenge, the 5-Minute Plank Challenge – you name it, you can do it!



### JOURNAL

Start a journal: It's a great way of getting everything off your chest. You can write about lockdown and coronavirus or your life. You could even pretend to write to someone you know or admire.

### LISTEN TO...

Listen to a Podcast - To say that podcasts are having a moment is a massive understatement. Whether it's to have a serious LOL or be inspired in your career, there's never been a better time to plug in to some juicy conversations. There's a hell of a lot to choose from, but fear not, because here's our pick of the best podcasts out there





# WIN £500 WORTH OF WESTFIELD VOUCHERS



*3 easy steps to be in with a chance to win:*



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**Go to the contact us page**

**Leave some feedback on the Inside Success Magazine**



**Winner will be announced on the First Friday February 2021!**

# INSIDE SUCCESS RECRUITMENT DRIVEN BY **YOUTH**



Inside Success Union is a social enterprise; we facilitate employment and training opportunities for youth between the ages 16-24. We exist to find part time/temporary and permanent employees for companies who are looking for support roles in the following areas:

- ◆ Administration
- ◆ Media
- ◆ Sales & Marketing
- ◆ Promo work/Events
- ◆ Stewarding
- ◆ Hospitality

## **WHAT CAN WE OFFER?**

We have access to hundreds of individuals educated to apprentice/degree level. Unemployment is at an all-time high with a staggering 54,000 young people finding it extremely difficult to find a job according to ONS statistics.

## **WHY 16 - 24 OLDS?**

Graduates are finding it extremely difficult to find a job with 'lack of experience' being deemed a major factor for them failing to get a job.

## **OUR PROMISES**

Our young people develop a work ethic and understanding of the working world by being trained and offered in-house jobs to fundraise for the company. We personally screen all candidates suitable for external roles.



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**Inside Success - Youth Zoom's Talk**

# SUCCESS LEAVES CLUES

INSPIRATION, INFORMATION, WISDOM,  
TIPS, ADVICE, INSIGHT

16 - 24  
YEAR OLDS

**IS**  
Inside Success

'IS Talks' is a weekly online event for young people 16-24. Which will inspire, inform and educate attendees on adult life, money management, business start up, building your career and provide insight on what it's like to work different industries.

EACH & EVERY  
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### PEARL ADEWALE

I started off at Inside Success on the recruitment team, and later on was given the opportunity to be a team leader. It really helped boost my confidence dramatically, as I learned that even though you may struggle at first it really gets better with the guidance from others.

Since leaving Inside Success, I have trained and worked with the BBC doing media production, and now I'm currently a university student on a scholarship studying film and media studies. When I say dreams are possible, they really are. Team work really makes the dream work .

Former members of Inside Success talk about what they are currently doing...



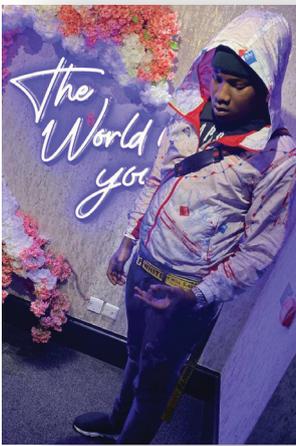
### MARCUS DARRYL

When I started with Inside Success, I was very shy as I didn't know anyone there, and outreaching wasn't my speciality. However, it helped me gain more confidence and after a couple of months working there, it felt like my second home.

I am the founder of Rising Talents. I am self-employed, which means I currently work full-time. Rising Talents is an online platform showcasing talent, with over 200,000 followers spread across all social media platforms.

I also class myself as a part-time influencer, as I have a big following on my social media platforms, which means I work with brands to promote their services and products.

One piece of advice I would give to the younger generation is to find a solid team that you grow and build with. It could be your closest friends or even a bunch of strangers, as long as they see your vision and are prepared to put the work in. With a strong team, this makes your life ten-times easier. Make sure everyone in the team brings something different.



## ONYX

Since I came to Inside Success, I've had a complete overhaul of my perspectives in life, and I'm currently working for the railway at GTR. An opportunity presented to me during my time at the organisation, which has opened doors and helped me to attain goals for me that previously seemed unattainable. I now have a steady source of income and a good career path to follow. Inside Success has played an incomparable role in my growth as a person and I'm extremely grateful for my experiences there. I encourage others to take part and give themselves the same opportunity.



## KYREECE

I worked with Inside Success as soon as I left school, and continued to work with them for 2 years. During this time, I have had a lot of fun and also picked up a range of skills.

My confidence increased, and volunteering helped me develop great communication skills, which have allowed me to articulate myself as a positive young man. I have also developed sales skills.

After leaving Inside Success, I used the skills I have developed to secure a job in the railway industry, which is a very hard industry to get into, particularly at my young age of 19.

My confidence has also allowed me to pursue my own business in selling trainers. Starting off working in outreach at Inside Success, and working my way up to team leader allowed me to see how a small enterprise operated.

These skills have been transferred to my own business, which is called KyzKickz



## ATHINA PASSARIS

While I was working with Inside Success, being around so many hard individuals, some older some younger, I realised that you can do whatever you want in life & it's not just about how good you are at something it's about how hard you work & how much you want it. I am currently working for TFL as a customer service assistant.

My advice to the younger generation is don't let failures get to your heart & don't let success get to your head!

# Short Courses Inspired by the *Youth*

# INSIDE SUCCESS UNION

Inside Success UK is social enterprise that supports young people (16-24) with jobs, training & education.

We exist to help cultivate your inner success by offering a wide range of courses and workshops to suit your needs and ready you for employment.

## WE CURRENTLY OFFER WORKSHOPS AND COURSES

in a number of areas including:

- INTRODUCTION TO TRADING
- BUSINESS ENTERPRISE
- EVENTS MANAGEMENT
- SALES & MARKETING
- DRAMA
- CAREER DEVELOPMENT
- DIGITAL MARKETING
- TV PRODUCTION



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**OBA**

Before Inside Success, I was what you'd call a teenager who was in need of real assistance and guidance. But with the guidance and assistance of Inside Success, they helped steer me into the correct path to provide me with the right mindset I needed to achieve a productive and healthier lifestyle. As well as this, they helped me get into Loughborough University, and for that I will always be thankful.

**SAFIA**

Working with Inside Success has allowed my communication skills with other people to improve. My confidence has increased as I'm now able to talk to many people at once.

**GIBRIEL**

Working with Inside Success has helped me improve my interpersonal skills, boosted my confidence, enhanced my time management skills and also helped me learn how to deal with rejection. This social enterprise has helped me find relatable role models and people who I look up to everyday. It's also helped me compose myself when approaching other people.

**CHIYA**

Inside Success has really helped with my confidence. I am now able to engage in a conversation with most people. I would definitely recommend Inside Success to any young person who wants to challenge themselves and reach their fullest potential. It is a team of ambitious people, who continue to progress and better themselves.

**ANISSA**

Inside Success has given me better conversational skills and it's helped me deal with rejection better.

**ALLIYAH**

Inside Success has allowed me to gain the experience and knowledge needed in the future, and also has allowed me to expand my capabilities along with developing my personal traits such as my confidence, independence and motivation.

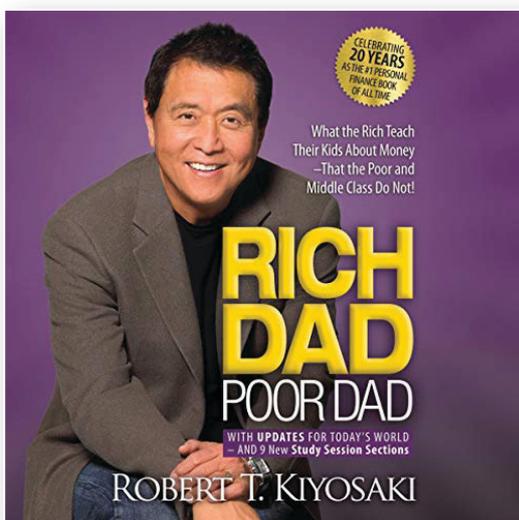


# See

## COMING 2 AMERICA

The original Coming to America premiered in 1988. Eddie Murphy returns as Prince Akeem Joffer, the future King of Zamunda, who travels to America after learning that he has a son named LaVelle.

# Read



## RICH DAD POOR DAD

Although it was written in 1997, Rich Dad Poor Dad feels relevant to today. A book written by Robert Kiyosaki, this is a great book for any young person to start their personal development.

# Buy



## I AM APP

Empowering you to make positive changes in your life through self-development, positive affirmations, and innovative products. Can be purchased through the App Store or Google Play.

COMING SOON

# Inside Success **PRESENTS**

**A BRAND-NEW YOUTH LED PODCAST  
FOCUSSING ON CHALLENGES AND DILEMMAS  
YOUNG PEOPLE FACE.**

## **LET'S TALK ABOUT IT**

### Podcast

#### MEET THE CAST



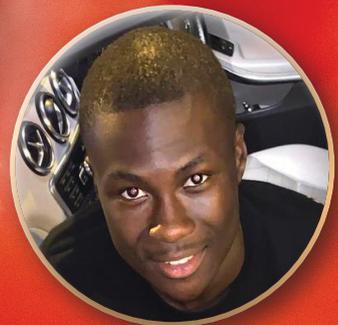
My name is Aminata. I'm 17 and I'm currently studying psychology, English literature, Art and Global Perspective in my second year of A levels. Most of my time is spent studying, however I do invest time into exploring fashion and apparel. I also find relaxation in drawing portraits.



My name is Anas Cheramat. I am a 20-year-old radio presenter, DJ and actor from South London. For any enquires on how to get in touch with me or see more of what I do follow my Instagram: @anascheramat



I am Zita, I currently attend sixth form and I study media and sociology. I'm an aspiring presenter.



Hello, I'm Jonny. I am 21 and currently studying BA Acting. I truly believe I am most comfortable on camera and most of all it's what I enjoy doing.



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