

## *You have the floor* Clube de Debate

Todas as sessões de debate foram preparadas e mediadas por alunos que produziram material, compilaram todas as soluções encontradas para cada problema e disponibilizaram à comunidade escolar no blogue do Clube Europeu.

### 1ª Sessão



### 2ª Sessão



### 3ª Sessão

## Humanize ourselves...

Living in a society has created a set of invisible rules that survive within us. Some people call it conscience, others call it human rights. But is it possible to create a world where human rights are always respected?

On school grounds, a small reflection of adult society, that utopia is frequently forgotten. Discrimination is seen among teenagers, these strange creatures who always seem to be struggling for a place in a group where they can obtain an identity.

And this, ladies and gentlemen, was the subject of the third debate session.

Many of you may consider that this issue is too discussed already and at the beginning of this session we thought that everyone shared that opinion because no one was coming, but after the arrival of a small group of willing participants, we can assure you it is not.

One by one several stories, born from experience itself, were shared and we realized bullying is a reality closer to us than we believe. It starts with the teasing and the mocking when we are children (simple jokes, they say). Then it can go physical, especially with boys (simple games, they say). And when we are older, becoming teenagers, what others think and say about us starts to matter. Maybe too much. And every word, every expression, every scornful laugh can tear our flesh deeper than a punch or a slash of a knife. As one of the participants said "I would rather prefer physical violence to the psychological one that I felt, because with the first one I could heal." Being fat, ugly, homosexual or handicapped puts people in a vulnerable position, because they stand out in a stereotyped society. Everything that is different is criticized and those who cannot resist this judgment often fall pray of it and succumb to their low self-esteem, sometimes with terrible outcomes.

Unfortunately, new technologies can contribute to the aggravation of this reality, because it can spread poisonous rumors that once they are unleashed on the Internet, it is almost impossible to erase what was said and done. Bullying, in all its forms, has the power to ruin someone's life, because it deals with the social dimension that surrounds our well-being, the image that the others have of us and the image that we have of ourselves. It is all connected.

What can we do to defeat such blindness towards those who are different? We had to find solutions! First of all, the worst case of discrimination is when the discriminated person thinks he deserves it. So, most importantly, we need to possess a strong personality so that our perception of reality is not affected and we can stand our ground when we are attacked. But what if our personality is not strong enough? What if we can't defend ourselves? Some said that suffering from bullying, without anyone stepping in, can help us learn to fend for ourselves, to be independent and that would prepare us for the world we have to face in the future. But, unfortunately, this doesn't often end well. The pressure, increased by the negligence of those who surround us, can break our spirit. Therefore, we should always seek help when we feel our strength fading. Talk. Let it all out. Share what you feel with someone you trust or seek specific help. Just don't let it crush you!

Each and every one of us can make a difference. The increased attention of the staff, teachers and even the parents can save a tormented teenager's life. Respect and kind words from a classmate can make someone's day. We are more responsible for the happiness of others than for our own. If only we put ourselves in other people's place we would feel that we are more alike than we think.

The solution lies there... All we need to do is humanize ourselves.

## 4ª Sessão

### Elderly people

Elderly people are left alone without any care but should it be considered as a serious problem? Are people too busy to look after them? Does this happen more frequently now than it did in the past?

There are so many questions to be answered. There's more than distance pulling these families apart and creating this huge problem, there's also a psychological point in this story. Most of those who should be taking care of their beloved ones don't even really love them. Elderly people are only victims of what those men/women created. They have always something to give, something too precious, something like knowledge. They have an extra pair of eyes, the hearts' eyes.

Why don't we change the way we treat the elderly? Can't we even give our seat on the bus? We're connected to them and we must keep in touch and be aware of everything. Of course sometimes they are a hard task to deal with but they give us such great moments, great things and even then we use them as a punch bag. This is the proof that we don't give them the real value they have. After all they have lived more than us and gone through similar experiences.

In advertising, children and young people are usually the most used ones. Even when older people are used, they are known actors/actresses and not common people. Can this be any sort of discrimination?

Here are some solutions we found for this problem:

- Support them
- Try to understand them
- Help them with patience
- Don't be angry with them
- Don't pretend you can't see them
- Stop to talk to them
- Share a smile
- Listen to them
- Surround them with care
- Don't abandon them
- Help them when saying goodbye

Please, don't forget: elderly people are here to say goodbye. Remember "they are as important to us as electricity is" and think how you would like to be treated when you are older. After all, we aren't getting any younger, so the day will come when we may be in their situation.

*Mariana Oliveira 10°C*

## 5ª Sessão

Debate Session  
*you have the floor!*



**Living in a  
Multicultural  
Society**

*Last Session – 1<sup>st</sup> June  
Sofia Batista and Telmo Leal*

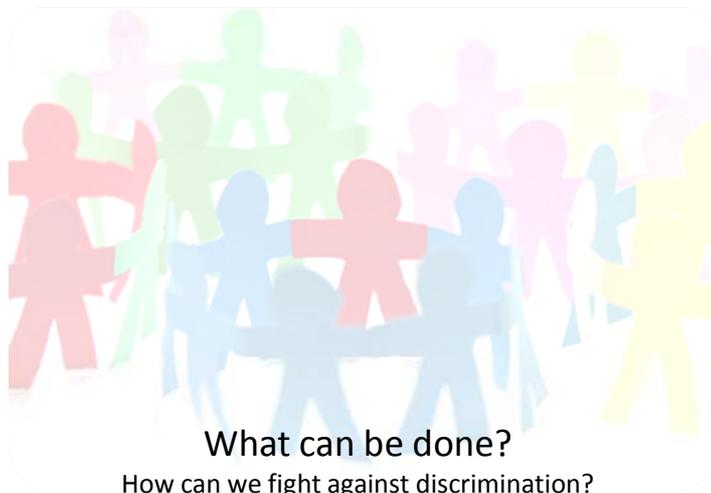
## Racism and Discrimination

Advert: <http://www.youtube.com/watch?v=7wr3uiTt89A>

But **why** do you think this happens?



**RACISM  
RUINS LIVES**



**What can be done?**

How can we fight against discrimination?

“You have the floor”

Este foi o nosso mote: “Tu tens a palavra”. Na verdade, tivemos o palco, ouvidos prontos a escutar e a oportunidade de termos uma voz.

Estas sessões de debate, promovidas pelo Clube Europeu da ESPL, permitiram-nos discutir entre nós temas actuais e fulcrais para a nossa formação enquanto indivíduos e seres conscientes da sociedade em que nos inserimos.

Debatemos assuntos como o multiculturalismo, o abandono dos mais velhos por parte da sua família, o ambiente, a formação cívica e as relações inter-pessoais no espaço escolar.

De um ponto de vista mais pessoal, conversar sobre estes temas permitiu-me evoluir e repensar ideias que anteriormente tomava como certas e que afinal podiam ser melhoradas.

O facto de debatermos em inglês apenas torna tudo mais apelativo – ainda num ponto de vista pessoal – e é uma forma de educação não formal que nos prende.

Um ponto que gostaria ainda de salientar é o seguinte: as muito nossas Professora Teresa Sousa e Eduarda Moreira também participavam nestes debates, como a voz da experiência, contribuindo sempre de forma muito positiva, o que esbatia qualquer possível sentimento de constrangimento por estarmos a contrapor a ideia lançada por uma professora.

Não poderia terminar sem também apontar que os debates eram preparados pelos alunos, que escolhiam a melhor forma de lançar o tema aos colegas, “cargo” este que era rotativo, e que nos exigia uma pesquisa em casa e também a responsabilidade acrescida de moderar um debate.

São tão importantes estas formas de aprendizagem. Numa hora, senti-me a crescer, a dar mais um enorme passo em direcção a este futuro que se avizinha.

De uma forma mais geral, afastando-me destas sessões de debate, não posso deixar de referir o impacto que o Clube Europeu teve em mim, com todas as suas actividades. Fez de mim uma melhor cidadã, disso não tenho qualquer dúvida.

“You have the floor” deu-nos não só um palco para debater, deu-nos uma nova forma de aprender e de evoluir, algo que o ser humano faz – ou deveria fazer – ao longo de toda a sua vida.

Esta foi mais uma das maravilhosas actividades que o Clube Europeu nos proporcionou e, como finalista desta escola, este Clube, estas pessoas que tanto são de mim, ficarão como uma das mais vincadas recordações dos meus tempos de adolescência.

That way, I end with a last request: that the next seniors' generation has the chance to have the floor.

*Ana Nunes, 12º D*