

COMMUNITY & INNOVATION

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The Lobo

THE BARCELONA HIGH SCHOOL MAGAZINE



February is Black History Month...

But what does this mean for our community, and why is it celebrated in February?

Black History Month officially started in 1976 by President Gerald Ford to celebrate African American history and for Americans to honor their contributions to the nation. February was chosen as the month to celebrate Black History Month due to it being the birthday month of Abraham Lincoln and Fredrick Douglass, two figures in American history who pushed for African American rights and the end of slavery.

Black History Month exists because in the United States, where it originated, many aspects of African American history were excluded from textbooks and public discussions. Contributions made by African Americans in science, civil rights, music, and sports were minimized or erased altogether. This month helps flip the script and bring awareness to what should have never been, the disregard for African Americans' achievements in the world. Black History was seen prior to the month being established as less than "American History"; Black history isn't separate from American history it *is* American history.

At BHS, Black History Month is even more important to the student body, as we have students from all over the world, and understanding the background of our own culture and other people's culture can only strengthen the connection and respect we all have for one another, and our stories of how we ended up at BHS.



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Black History Month



The Role of Journalism in Black History Month

Journalism has played a critical role in black history and still continues to be honored during Black History Month. This role began most powerfully in the early to mid 1800s in the United States when slavery was still legal, and the voices of black Americans were usually not included in mainstream newspapers. In response, black writers used journalism as a way to share the truth about slavery and challenged racist ideas. Through newspapers and public writings, they created platforms where black experiences could be seen and heard.

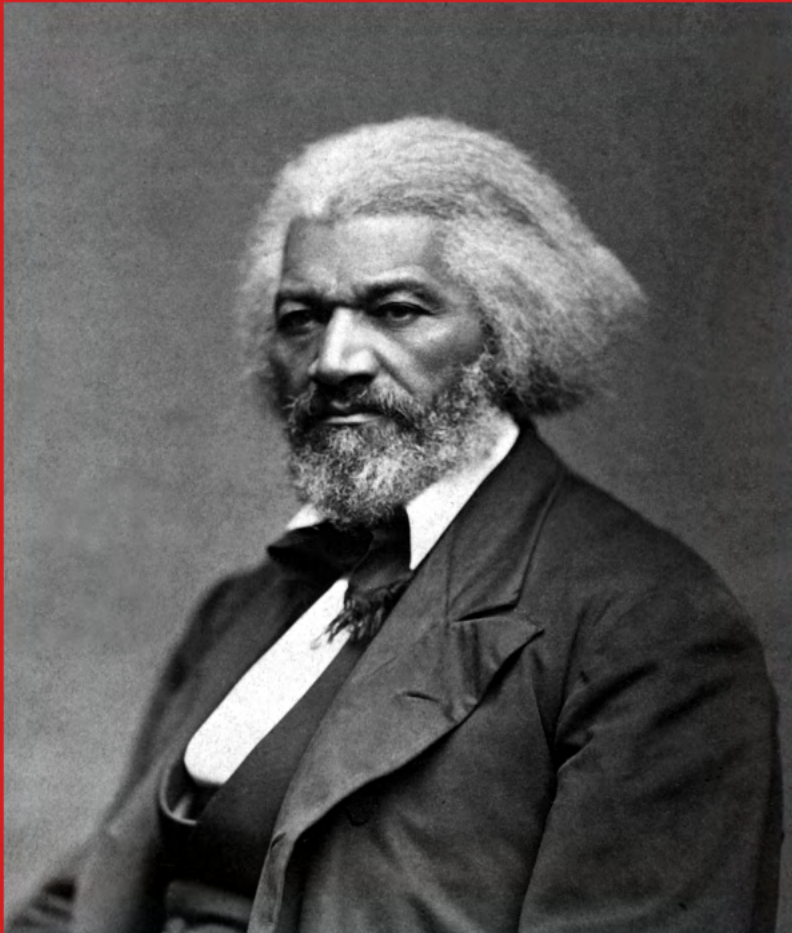


These efforts mainly took place in Northern states, where activists against slavery movements were growing. Well-known people like Frederick Douglass, Sojourner Truth, David Walker, and other black journalists were very involved in this work. They believed that educating the public was essential to end slavery and achieve equality. Douglass famously said “knowledge makes a man unfit to be a slave,” highlighting the power of education and truth. Journalism matters because it exposes the violence and injustice of slavery and helps shift public opinion. By spreading true stories and moral arguments, black journalism helped lay the foundation for social and political change, making it a central part of what Black History Month represents today.

The Story of Frederick Douglass

Frederick Douglass was once an enslaved man who became one of the most influential journalists in American history. He was born into slavery in 1818 in Maryland, where he was denied basic rights and education. Despite this, Douglass secretly learned to read and write, which opened his eyes to the injustice of slavery and inspired him to seek freedom. After escaping slavery, he dedicated his life to ending slavery and improving the lives of black Americans.

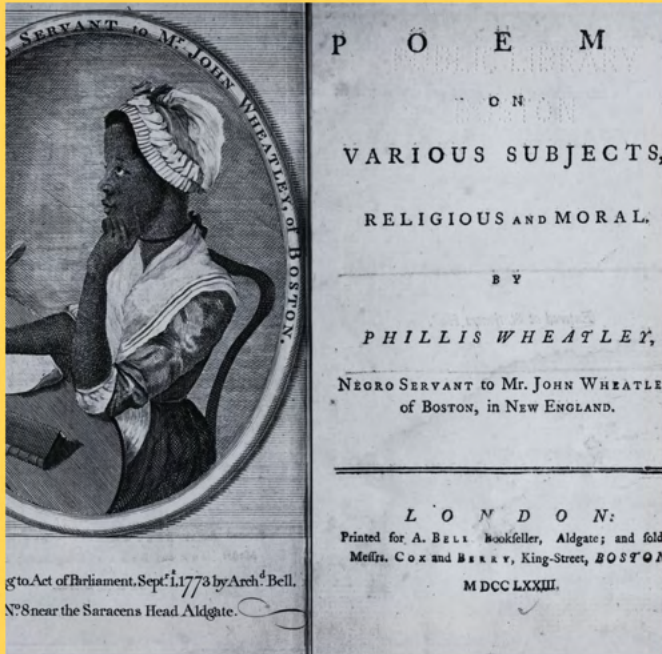
Frederick Douglass escaped slavery in 1838 by disguising himself as a free Black sailor. With help from Anna Murray, a free Black woman who later became his wife, he wore a sailor's uniform and carried borrowed identification papers. Douglass traveled by train and boat from Maryland to the North, constantly risking capture. After a long and dangerous journey, he reached New York City, where he finally gained his freedom and began a new life dedicated to fighting slavery.



Douglass used his powerful voice through writing and public speaking to reach audiences across the US. He published his autobiography, which described the brutal realities of slavery, and he also started the newspaper "The North Star" to fight for freedom. Through journalism, Douglass challenged false beliefs about black people and demanded freedom and equal rights.

He is remembered during Black History Month because his life shows how courage and truth can change history. His work also shaped the future of journalism by demonstrating that the press can be used to fight injustice and create lasting social change.

LITERATURE



Black literature in the United States has been around since before the US was even a country. The first African American to publish a work of literature was Phillis Wheatley, an enslaved woman who published a volume of poems in 1773. Since then, many have come after. Some notable examples are August Wilson, author of the classic novel *Fences*, and James Baldwin, author of the novel *If Beale Street Could Talk*, which was subsequently adapted into a film in 2018. Many of these works advanced the Civil Rights Movement by touching on important subjects such as discrimination and racism.

One man is particularly known for his work on this subject and his famous speeches: Martin Luther King Jr. Born in 1929, he witnessed the beginning of the Civil Rights Movement as a young boy and was inspired by his father's protest of systemic racism in America. When he got older, he began to protest the unfair Jim Crow laws himself and go against a system that had oppressed his race for many decades. Perhaps the most famous event involving MLK Jr., is the 1963 March on Washington, where he led hundreds of people to protest the civil and economic rights of the African American community. This is where he delivered his famous "I Have A Dream" speech.



An article about black literature cannot go without mentioning perhaps the most well-known author of color, Toni Morrison. She is known for her many novels, including *Tar Baby*, a novel about the struggles that African Americans had to face when seeking love, and *Song of Solomon*, a novel about familial connections, music, and the complications of life. Toni Morrison also contributed heavily to black feminism, as most of her novels, especially one called *Sula*, were written for black women and presented feminist ideas.

The history of African American literature is deep and rich, and continues to expand as time goes on. It can definitely be said that the black community has added so much to global literature, and as other groups also begin to put their voices down on paper, the world of literature will only get more diverse and interesting for generations to come.



MUSIC

Black music has been through constant change from ragtime music all the way to hip-hop and rock. It has been through many different stages. Many black artists draw from their African heritage and borrow from outside sources to create a variety of musical genres that have gained interest from different races, cultures, and audiences, weakening interracial barriers. Along the way, music has been used as a tool for social change, conveying messages through the beats and lyrics.

In August of 1619 Africans were transported to North America as slaves. With them, they brought a musical heritage that included folk stylings. From the beginning, slaves from various tribal and linguistic backgrounds relied on music as a way of communicating and expression, but also as a means of coping with physical and mental difficulties. Distinctively African musical traits, such as blue notes, and call and response patterns, were sacred in plantations. The scarcity of African instruments on Southern plantations encouraged acappella vocal music. Field songs used rich imagery and emotional intensity to the themes of joy, suffering, and longing, often employing double meanings and subtle metaphors. After the Civil War, in 1871, African American vocal music became immensely popular, which coincided with the development of various styles of black instrumental music, the most influential being ragtime, a multiethnic mixture of folk that rose to popularity in the 1890s. Ragtime was influenced by black interaction with urban immigrants. Early manifestations of ragtime combined with Latin rhythms with a European march cadence.

In the 1920s, American music became commercialized through radio and recordings, which exposed audiences to a wide range of African-influenced musical styles. Promoters and performers of this music often sought to enhance their appeal by embracing racial stereotypes. Record companies marketed various black folk styles under the category of “race” music, and radio stations catering to black audiences helped its popularity grow throughout the South and in urban areas in the North. During World War 2, many Black people migrated to northern cities, resulting in a mixing of musical styles in urban ghettos that gave rise to a diverse body of music ranging from the gospel of Mahalia Jackson to the electric blues of Muddy Waters and John Lee Hooker.



This explosion of rock and roll catapulted African American music and artists into the mainstream of American culture. By mid decade Quincy Jones had become the first African American record label. The experimentation with culture fostered a multicultural creative environment that led to various styles clashing and merging, and to many interracial groups, such as the Jimi Hendrix Experience and Santana. This also brought new black musical genres in the 1970s, such as funk, dub, and reggae; the mainstream of black music was still dominated by vocal rhythm and blues.

During the 20th century, African American music continued to reflect its history, a trend exacerbated by the increasing power of mass media. The history of African American music is one of increasing popularity, acceptance, and exposure. Black musical expression gradually became another entry in the lexicon of American music. It has remained significant, a reflection of, and a determinant of, American pop culture.



Culture



Black Culture Shapes Music, Language, and Activism Worldwide

By Nesta Sungu

Black culture continues to play a major role in shaping modern society, influencing music, fashion, language, and social movements across the globe. From hip-hop and social media trends to political activism and art, black culture remains a powerful force in contemporary life.

Music remains one of the strongest expressions of black culture today. Hip-hop, R&B, and Afrobeats dominate global charts and influence artists across genres. These styles not only provide entertainment but also reflect real experiences, addressing issues such as identity, inequality, and resilience.

Beyond music, black culture strongly impacts fashion and language. Streetwear trends, hairstyles such as braids and locs, and slang created within black communities are widely adopted, often without recognition of their origins. Social media platforms have accelerated this spread, making black cultural expression more visible than ever.

Black culture also continues to drive activism and community organizing. Movements focused on racial justice, representation, and equity have used art, protest, and digital platforms to bring attention to ongoing social issues. These efforts highlight the role of culture as both a form of expression and a tool for change.

Despite its widespread influence, many creators stress the importance of respecting and crediting black culture. As it shapes mainstream society, conversations about cultural appreciation versus appropriation remain central to discussions about race and identity today.





Catalunya Spain



On the 18 of January, we received the tragic news coming from Spain in which two trains collided, causing 46 deaths and countless more injuries.

The train accident on January 18 has taken Spain by surprise, as the BBC described it as “The worst train tragedy in Spain in the last decade”. Spain's train infrastructure, despite some well-known problems, was never considered insecure or dangerous. So that is why this incident has surprised so many Spaniards.

Renfe Crash



Images taken after the crash: The train collision severely damaged both trains and took the lives of many.

The Spanish transport minister, Oscar Puentes, has faced heavy criticism from the opposition, who blame him for misusing funds for railroad infrastructure. He argues that he used the funds correctly, that the incident was unrelated to his administration, and that it wasn't their fault that this tragedy occurred. Investigations are still underway, and information is coming to light as we speak, so it will probably be a few weeks before we have conclusive answers.

The Super Bowl

“We earned this.” – MVP Kenneth Walker III

This year marked the 60th annual Super Bowl. The first Super Bowl was played in 1966 after the merger of the NFL and AFL, which helped shape the league into what it is today. For 60 years, two teams have competed for the Lombardi Trophy, and this year the championship game took place in Santa Clara, California.



Seahawks 29 – Patriots 13



The Seattle Seahawks faced the New England Patriots. Seattle came into the game favored to win, while the Patriots, despite having the most Super Bowl titles in NFL history, have struggled to stay dominant in the years since Tom Brady's retirement.

The game started off slow, with Seattle putting up a couple of field goals and controlling the pace. By halftime, the Seahawks led 9-0, shutting out New England and keeping their offense in check. The shutout lasted until the fourth quarter, when the Patriots tried to make a comeback. However, Seattle responded and held onto the lead, finishing the game with a 29-13 win. The victory marked the Seahawks' second Super Bowl title in franchise history, their first coming in 2014.





WINTER OLYMPICS

Every four years, the Winter Olympics bring together athletes from all around the world to compete in sports that involve snow, ice, and a lot of skill. The Winter Olympics are one of the biggest international sports events, featuring competitions such as skiing, snowboarding, ice hockey, figure skating, and curling.

The first Winter Olympics were held in 1924, and since then, they have grown into a major global tradition. What makes the Winter Olympics special is that it's not just about winning medals, but also about countries and cultures coming together in one place. Even though athletes represent their nations, the Olympics are meant to promote respect and unity through sports.

One interesting thing about the Winter Olympics is how much effort athletes put in behind the scenes. Many of them train for years, often starting as kids, just to compete for a few moments on the world stage. Events like downhill skiing or speed skating can be decided by less than a second, which shows how intense and competitive it is.



The Winter Olympics are also important for the cities that host them. Hosting can bring attention, tourism, and new sports facilities, but it can also be expensive and take years of planning. Another challenge today is climate change, since warmer winters can make it harder to have enough natural snow for outdoor events.

Overall, the Winter Olympics are exciting because they combine athletic talent, international cooperation, and unforgettable moments. Whether someone is watching for the sports, the atmosphere, or the inspiring stories, the Winter Olympics continue to be a meaningful event for people all over the world.



Lindsey Vonn

Injured in the women's downhill final in the Winter Olympics

In the women's Winter Olympics, many great athletes were racing, but Lindsey Vonn decided to compete in the downhill despite not being fully recovered from her last injury. This fact surprised many people, but she was 100% sure she was going to race.

On the 8th of February, 2026, the women's downhill finals were held at Milan's San Siro Stadium, with 36 athletes, including Lindsey.

Nine days before the Olympics, Lindsey ruptured her left ACL in Switzerland, but she spoke at the press conference affirming her intention to compete. Many people thought it was a joke, but she seemed very confident.

When the day arrived, Lindsey came prepared to compete with a knee brace, and when the moment arrived, it started well, but just 13 seconds into her run, Vonn's arm hooked a gate, which twisted her body and sent her into a violent tumble. Everyone was in shock, and people who were there say they could hear Lindsey screaming in pain.

Afterwards, a helicopter came to take her to the hospital, and the day after, the press confirmed that she broke her leg and that she needs multiple surgeries.

Likewise, we can all see that even with an injury, we can still pursue our goals, though it does not always turn out well. But if we don't try, we'll never know. Thanks to Lindsey, we can say "I tried, I dreamt, I jumped".



Frida Karlsson

And the Swedish women's team



The Swedish women's team has overwhelmed the Olympics cross-country field with winning eight medals so far. The Swedes have now claimed eight of the nine medals awarded in women's races at the Milan Cortina Games.

In the women's sprint event in cross-country skiing the Swedish skiers Linn Svahn, Jonna Sundling, and Maja Dahlqvist managed to win gold, silver, and bronze.

During the women's 4 x 7.5 km relay, Ebba Anderson fell three times and on the last fall her right ski came flying off. The ski broke and she was forced to race with one ski, half running and half skiing for half a minute till the technicians arrived on site and fixed the problem. Even though this accident happened, Ebba Anderson still managed to finish the race and won silver.

Frida Karlsson impressed everyone with her second gold-medal performance on Thursday in the 10km interval start free. The 26 year old Swedish athlete already won the 20 km skiathlon on Saturday and is now the new queen of cross-country skiing. Her performance was incredible, finishing with 22 minutes and 49.2 seconds. "I just felt like I was bursting with energy out there. I felt like I was being carried along by the crowd. I didn't really feel the pain until I crossed the line." she said after the Interval Start Free.



Travel & Tourism

Glide Into the Swiss Alps: Your Chic Winter Escape



In the country where the views look like paintings, the Swiss Alps are where winter sports adventure meets effortless glamour. Whether you're a first timer finding your ski legs or a seasoned snow siren chasing fresh powder, this dreamy destination delivers equal parts thrill and cozy charm.

Days begin with crisp mountain air and gentle warm-up runs before drifting into lazy lunches at sun-soaked slope cafés. Off the mountain, wander cobblestone streets, browse artisan boutiques, or melt into a spa sauna with views that feel straight out of a snow globe. Ski style here is sleek but playful, think tailored jackets, high-waisted snow pants, faux fur hats, and oversized goggles, with apres ski looks leaning into cashmere layers, shearling boots, and glossy lips.

For stays, boutique chalets with crackling fireplaces and outdoor hot tubs reign supreme, while modern alpine lodges offer panoramic windows and champagne at check-in. Dining is just as dreamy except for velvety cheese fondue, truffle-laced pastas, flaky pastries, and cozy candlelit dinners that stretch late into snowy nights.

Beginners will love the wide, gentle slopes of Snowflake Valley, while adrenaline seekers head straight for Black Diamond Ridge's steep, powdery runs. Skiing basics: Bend your knees, keep your weight centered, trust your edges, and book a lesson if you want to feel chic and confident by day two.

Everything You Need to Know Before

Hitting the Slopes:

Planning a ski trip is exciting, until you realize you have no idea what to pack or which slopes you're actually supposed to ski on. Whether it's your first time or you've been a couple of times before, knowing the basics makes the whole experience way better.

What Do We Need? The Real Essentials

Let's start with the obvious: clothes matter a lot. Skiing in the wrong outfit is honestly the fastest way to ruin your day. You need warm layers, but not so many that you feel like you can't move. Thermal tops, a good ski jacket, waterproof trousers, and proper ski socks are musts. Gloves are non-negotiable unless you enjoy freezing fingers.





One thing people always forget? Suncream. It sounds weird, but the sun on the mountains hits differently. The snow reflects the light, and you can get sunburned way faster than you expect — especially on your face. Trust me, sunscreen and lip balm will save you.

Goggles or sunglasses are also essential so you can actually see where you're going, and bringing water and snacks is a smart move. Skiing is way more tiring than it looks.



The Slopes:

If you've ever looked at a ski map and felt confused, you're not alone. The colors actually tell you how difficult the slopes are.

-  **Green slopes** are for beginners. They're wide, slow, and perfect for learning how to turn and stop without panicking every two seconds.
-  **Blue slopes** are a step up. They're a bit steeper but still fun and manageable if you've skied before and feel comfortable.
-  **Red slopes** are where things get serious. They're much steeper and faster, and you need good control and confidence to ski them safely.
-  Some resorts also have **black slopes**, which are only for very experienced skiers and definitely not something you accidentally want to end up on.



Trump and Venezuela, when does it end?



However, President Trump claims that he, as the commander-in-chief, has the authority to take military actions when he deems right, and supporters argue that a long line of historical precedents is on Trump's side too; past presidents like Harry S. Truman and Barack Obama launched military actions in South Korea and Libya, respectively, without congressional approval. Critics counter that precedent does not replace constitutional authority, and that repeated violations do not make such actions lawful. The debate ultimately raises broader concerns about the balance of power in the U.S. government. If a president can launch military action without congressional approval, critics warn, Congress's constitutional role in matters of war may continue to erode.

In January of this year, U.S. forces entered the Venezuelan capital Caracas. Upon entry, they bombed the infrastructure and took the country's authoritarian dictator, Nicholas Maduro, and his wife into custody and eventually to the United States. Here, he will face charges of narco-terrorism, drug trafficking, possession of machine guns, and destructive devices against the United States. This wasn't a sudden escalation where there were hints of a possible conflict to remove Maduro, prosecute him, and liberate Venezuela. President Trump and his administration have been vocal about their accusations against Maduro, accusations that he has denied several times. Multiple sources claim that the American interest in the South American country may have arisen due to its huge oil reserves, 303 billion barrels, approximately five times that of the US, according to Al Jazeera.

The real question is this: "Was all this legal?"

Under the War Powers Resolution in the American Constitution, Congress has sole authority to declare war, and if Congress doesn't authorize military action, US troops must be withdrawn within 90 days. The Trump administration failed to obtain any authorization before the invasion and has faced criticism from several government officials, including vocal MAGA member Marjorie Taylor Greene.

Global Response



The international community has condemned the invasion, calling it a “blatant act of aggression and a violation of international law.” Apart from a few exceptions, the American intervention has alarmed much of the modern world, forcing governments and international organizations to question whether the global rules that have governed conflict since World War II still matter.

Under the United Nations Charter, the use of force against a sovereign state is permitted only in self-defense or with approval from the U.N. Security Council. Neither condition was met, prompting many countries and legal experts to argue that the intervention violates international law and undermines long-standing agreements, including the Geneva Conventions. Some who have advocated for the United States on this matter, such as Argentinian president Javier Milei, have claimed that this was a great initiative, that Maduro himself was unlawfully leading the country, and that it was a step towards liberty and good news for the free world.

Critics warn that the implications extend beyond Venezuela. If powerful nations can act without consequence, others may follow a similar path, from Russia advancing further into Ukraine to China asserting military control over Taiwan. Such actions risk replacing a rules-based international order with a system where power determines legality. For many observers, the concern is not only about this invasion but also about whether international law still has meaning in a world where enforcement appears increasingly selective.

The Grammys



Billie Eilish

Billie Eilish was born on December 18, 2001, in Los Angeles, California, and grew up making music with her brother Finneas, first gaining attention with her breakout song “Ocean Eyes” and her debut album *When We All Fall Asleep, Where Do We Go?* made her one of the defining artists of her generation. In 2026, she won the Grammy Award for Song of the Year for her song “Wildflower,” a track she co-wrote and produced with Finneas, adding to her growing list of Grammy wins and highlighting her continued impact on contemporary music.

Kendrick Lamar

Kendrick Lamar was born on June 17, 1987, in Compton, California, and rose to fame with his debut *Section.80* and later albums like *good kid, m.A.A.d city* and *To Pimp a Butterfly*. He won the Pulitzer Prize for *DAMN.* in 2018, cementing his status as a major voice in hip-hop. At the 2026 Grammy Awards, Lamar dominated with multiple wins, including Record of the Year for “Luther” with SZA and Best Rap Album for *GNX*, helping him become the most-awarded rapper in Grammy history and adding to his legacy as a transformative figure in contemporary music.



Olivia Dean

Olivia Dean is a British singer and songwriter from London, known for her soulful voice and mix of soul, pop, and R&B. She gained attention with songs like “Man I Need” and her album *The Art of Loving*, connecting with listeners worldwide. At the 2026 Grammys, Olivia won Best New Artist, celebrating her impact as a rising star. In her emotional acceptance speech, she thanked her family and reflected on her journey as the granddaughter of immigrants, showing her music’s global reach and promising future.

Bad Bunny

Bad Bunny, whose real name is Benito Antonio Martínez Ocasio, is a famous singer and rapper from Puerto Rico. He became popular by sharing his music online while working in a supermarket, and his talent quickly caught people's attention. Bad Bunny is known for mixing reggaeton, Latin trap, and pop music, which has helped him reach fans all around the world. Beyond music, he is admired for representing Puerto Rican culture and speaking up about important social issues, making him one of the most influential artists today. He was born in Bayamón, Puerto Rico and has built a career as a rapper, singer and producer. He is helping to bring Spanish rap music to the mainstream.

At the 2026 Grammys he made history when he became the first latino to win *Album of the Year* with his spanish language album titled *DeBí TiRAR MaS FOToS*. His album is a meaningful ode to his home island Puerto Rico. During his speech, he went on to dedicate the award "to all the people who had to leave their homeland, their country, to follow their dreams." Also, during his *Best Música Urbana Album* award earlier in the night, he wasted no time with "Before I say thanks to God, I'm gonna say ICE out." These direct remarks in opposition of ICE and the Trump administration have shown how strongly he will support the immigrant community in the United States.



Bad Bunny's strong opinions and his upcoming show during the 2026 Super Bowl have caused some controversy. Critics say he is not an appropriate choice for this event, claiming he does not embody the American values they associate with the Super Bowl. However, he has remained adamant that his show will unite people. He believes music can bring people together despite their differences.

At the 2026 Super Bowl halftime show, Bad Bunny delivered a powerful performance filled with meaningful symbols and a clear message about unity and identity. The stage featured visuals inspired by Puerto Rican life, including a small house that represented home, community, and the roots of reggaeton. He also included scenes referencing Puerto Rico's history and struggles, such as imagery connected to power outages and everyday island culture. A light blue Puerto Rican flag was used to honor the island's independence history, and the performance highlighted Latino pride on one of the world's biggest stages. The show ended with the message "The only thing more powerful than hate is love" and Bad Bunny's statement that "Together, we are America," emphasizing his belief that music and culture can bring people together despite differences. In the end, Bad Bunny continues to use his voice to stand for what he believes in and inspire others around the world.



Student Well Being

ONLINE COMMUNITIES: how they can be helpful or harmful

Nowadays, with the growth of technology, we tend to participate in online communities even more than in offline ones. Online communities affect our online behaviour, but also leave a mark on our offline lives.

What are online communities and what is the history of online communities?

Online communities are social networks that use technology to connect people — and for many of us, they're part of everyday life. Group chats, forums, and social media platforms have become places where we study, relax, and even look for support.



These communities didn't appear overnight. They began gaining popularity in the 1990s with the rise of the internet, when platforms like AOL, IRC, and Yahoo! Chat allowed people to communicate in real time for the first time.

In the mid-2000s, online communities expanded rapidly. Facebook, launched in 2004, marked a turning point in social networking by introducing features like the news feed, likes, and groups. Around the same time, platforms such as Reddit and Twitter diversified how people shared information and connected online.

During the 2010s, social media became even more embedded in daily life. Platforms like Instagram, Snapchat, and Discord made online interaction more visual, instant, and community-based. Niche spaces, especially on Reddit and Discord, allowed users to form smaller, more intimate communities compared to broader social networks.

Today, online communities are more integrated into our lives than ever. New platforms like TikTok have introduced entirely new ways of consuming and creating content, making it hard to imagine a day without being online. But as these communities continue to grow, an important question remains: how do they affect our wellbeing — both in the short and long term?



How can online communities be helpful for us?

Online communities have become an essential part of our lives — and for good reason. They can be very helpful in many ways, as has been proven over time. So what are the helpful features of online communities?

Easier communication

Online communities make communication easier. They connect people from different places who share similar interests. For some people, making friends in real life can be difficult, and for them, social media can be a good starting point. Online communities help us feel united and understood, which can have a positive impact on our mental health.

Easier access to information

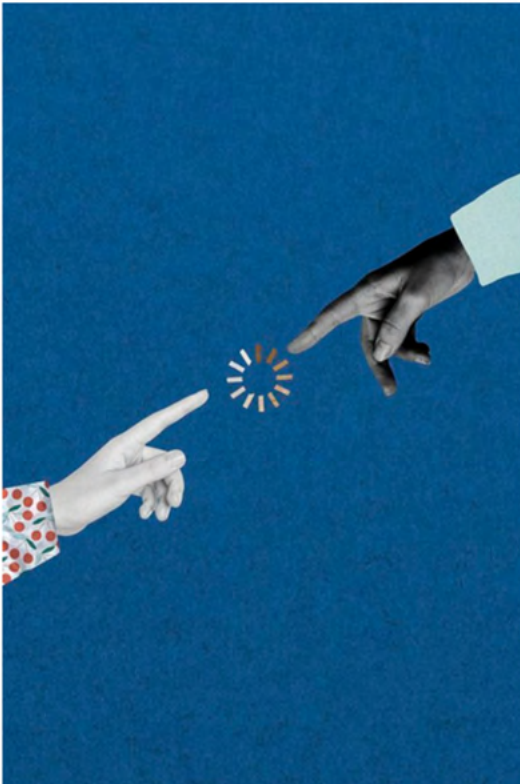
Online communities are not only entertaining; they can also be very informative. There are communities for students, professionals in different fields, and many other groups. In online communities, it is easy to find someone who is knowledgeable in a topic you are interested in and who can answer your questions.

Support communities

There are online communities designed specifically to offer help and support. Forums, chats, and helplines with chat features provide 24/7 support for people in need. They make asking for help easier and more accessible.

How can online communities be harmful?

However, online communities do not only bring positive outcomes. In some cases, they can be harmful to both individuals and society as a whole.



Cyberbullying

In an online environment, many people become braver than they would be in real life. Due to anonymity, they may feel a sense of impunity and engage in hateful or aggressive behaviour. Online, it is often easier to encounter bullying than offline, and this can have a serious impact on mental health.

Isolation from the real world

Although online communities are designed to connect people, some individuals become overly dependent on the online world and begin to neglect real-life relationships. Online interactions may start to replace face-to-face communication, leading to increased social isolation.

Reduced attention span

Many online platforms are designed to capture attention through short, fast-paced content. While this can be engaging, it may reduce attention span and make it more difficult to concentrate on complex or demanding tasks.



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