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She Said...

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financial literacy



GROWING
OLDER

NOVEMBER 2025

**Unfiltered with Tania Jackson:
A dedicated women's life coach who
strives on empowering women.**

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I'm so honoured you've embarked on this journey with us, when planning out this issue of She Said a lot of feelings were found in the drawing board. I think it is pretty safe to say, at least for me, that growing up can be scary. Especially going into your twenties, we find ourselves at an intersection of feelings, changes, and choices to make. I hold this issue very dear to my heart.

As a magazine created and build by women, for women, we have tried to address a lot of the pain points women feel with themes within "Ageing and Growing up".

During our meetings and brainstorming sessions, we could find a lot of overlap over the things that concerned and worried us about these topics. But we also found many ways in which we viewed each issue differently. I consider this as one of the crucial reasons why this issue is so significant, although many shared and overlapping experiences, we are all our own person. We think differently, and see things differently. We experience womanhood in our own way, yet we can still find comfort in each other.

Ageing and growing up as a woman, is such a complex and deep topic. It is not just about appearance, although it is a big part of it, it is also about the internal changes our body goes through as it grows and matures. Change is beautiful and it should be embraced. Our changes, our growth, is something we should celebrate. This issue is a love letter to all the wrinkles we will get and all the stories we will collect as we grow up and grow old. And that may all our wrinkles be from laughing so much in our twenties, and from crying, and from stressing! All those things are so natural, especially at a time of such immense change and growth as your twenties.

Society may make you feel as if you should have everything figured out by the time you're in your mid twenties, but that is simply a lie. Your twenties are for experimenting, for trying, and most importantly, for failing.

We tend to view failure as something bad, something you should be ashamed of. But here we think, it is something you should own. It is not about how many times you fail but what you take away from each one of those experiences. **Each time you fail or you feel like you have taken the wrong decision, you're just learning something new.** Something that didn't work out, something you didn't like, or just something that wasn't for you. You don't have to have everything figured out right now, that's what your twenties are here for.

I have personally had the privilege to come from matriarcal family structure, with my role models of succes being my grandma and my mother. It has been incredibly rewarding seeing my grandma embrace her ageing process, her age is just a mere reflection of what she has achieved and all that she has done. I've seen how in her 89 years of age, she has never left that youthful spirit behind. She has wrinkles, marks on her body, and smile lines. Every single one of them, tells a different story.

This access to such a powerful role model has made me a little less afraid of ageing, as with each new wrinkle I will get, I will also get to see a little bit of her too.

Society makes us feel as women, we will never be just enough. There will always be something to fix, something to upgrade, something to hide. Our bodies and our interests are constantly criticised and ridiculised. We grow up in a world that teaches us shame at a very early age. This issue is here to scratch those taboos. Taboos around ageing, being scared, being lonely, finances, and menstruation. We are here to create an open space for these conversations to take place. One of the most special things about the She Said community, is the ability to make you feel seen and heard. To be able to find yourself and feel identified in one of our issues, social media or website posts is our goal. To educate, help, and visibilise young women thurough open dialogue and conversation.

Ageing
&
Growing up
EDITOR'S
LETTER

Photography by: Zoe Anzalucca
Edited by: Francesca Salvador

Edited & written by:
Francesca Salvador

MEET THE TEAM

"I am excited to create some fun content and dive into the real conversations that don't always make it into the spotlight"

Researcher, Social media manager, Writer, Audio & Visual Creator

Alicia Laverty Baralle



Loves reading and delving in all things pop culture and social media



Loves to read magazines and Crafting textile-related artworks

Zoe Anzalucca

Website Editor, Photographer, Video & Audio creator, & Writer

"I care about women's issues and want to bridge the gap on taboos that prevent women from being authentically themselves"

"I'm passionate about women's rights/health and highlighting the continuation of existing struggles faced by young women today."

Editor In-Chief, Magazine Art Director & Editor, Researcher, & Writer
Amy Donaldson



Loves film & TV, especially Fantasy and Rom-Coms



Likes to write, explore womanhood in literature and Taylor Swift

Talya Joseph
Writer & Magazine Art Director

"Writing allows for the unique experiences within womanhood to be explored in depth"



Loves playing guitar, live music, and going to festivals

Amelia WNW

Writer, Researcher, Website Art Director & Editor

"It is important to have accurate representations so our voices are heard"

"I'm passionate about education, social justice issues, and media studies"

Editor in Chief, Magazine Art Director & Editor, Researcher, & Writer
Francesca Salvador



Loves mixed media art, reading, and video essays.



Loves musical theatre, Olivia Dean, and true-crime documentaries

Megan Nixon

Social Media Manager, Magazine & Website Art Director, Audio & Visual Creator

"Empowering women and changing the way they are portrayed in the media supports better mental health and self-esteem"

What's in my bag?

with **Amy Donaldson**
Editor In-Chief

Meet Amy, one of She Said's Editors In-Chief. A mastermind when it comes to compartmentalising and keeping our team organised, Amy is also an author and researcher to some of the articles on your monthly *She Said* issue.



Plasters: "New shoes tend to rub my feet before they're broken in. Sometimes my most worn shoes will decide to randomly rub so I keep a plaster or two to help"

Lip balm: "If I have dry lips, I tend to pick at them, so lip balm is a must in all my bags. My favourites are cocoa butter or mint flavoured."

Cash: "I always have a collection of coins at the bottom of my bag but they never seem to get used."

Gum: "Being out and about with bad breath feels horrible. I try to have my favourite cool breeze gum on me at all times."

Pen: "A random item that doesn't come out of my bag often but always comes in handy, as you never know when you might need to note something down."

Paracetamol: "I like to be prepared, and you never know when a headache or cramps will hit."



Tampons and Liners: "Being a girl is about making sure you're prepared for your period to start at any time, so I keep a tampon and a liner in my bag in case of an emergency."

Hand cream: "I have suffered with eczema all my life. My hands tend to flare up in winter so having hand cream with me helps and prevents it getting worse. My current favourite is this lavender, eucalyptus and jasmine scented sleep hand lotion."

Eyedrops: "As someone that wears contact lenses most days, keeping eyedrops in my bag is essential, especially as they start to dry out towards the end of the day."

Edited & illustrated by Francesca Salvador

TEAM SPOTLIGHT

Should ageing be feared?

Ageing is a beautiful part of life. You can't stop it or slow it down. There has always been a divide between old and young; some believe that getting old is the end of the world. But is it really? I spoke to two women, one younger and one older, who opened up about feelings surrounding ageing. Annabel, a 20-year-old student studying in Bournemouth and Anne, a 64-year-old retail worker.



I spoke with Annabel first. She invited me into her shared home, sat me down in her kitchen to speak about her future. She began by telling me she is a third-year student, mentioning that after this year she starts full-time work, "The last year of freedom." I asked Annabel if she enjoys being 20 to ease into the interview, and she replied, "Yes... It's a really fun part of your life where you are, coming out of your teenage years, you're starting to have more independence and freedom... you are physically able to do that." Adding that she doesn't have to take anything too seriously.

I followed up by asking Annabel how she feels about getting older. She hesitated, "It's quite scary to think about... you have a lot more responsibilities and the physical aspect of ageing, where you are not physically able as you once were. There's the emotional side to it, too, where you gain more emotional intelligence that holds more emotional weight against you." I then asked her if she fears ageing, and she admitted she fears some parts, because you don't know what the future has in store for you.

I spoke with Anne, a week after Annabel, prepared to hear the worst, but it was incredibly pleasant. She invited me into her lovely, well-decorated flat and easily opened up about her life

experiences with honesty. I started again by asking "How do you feel about your age?" She quickly replied, "I feel pretty good actually, better now than I did when I was younger... I used to work full-time, and had a child as well, so that was really tiring." Anne doesn't let age stop her; she fills her time with many hobbies, including walking, swimming and working.

She describes ageing as positive, "I would say I'm the happiest I've ever been." Smiling as she expands, "I'm in a new relationship... I've got really good friends here." I admired her and asked if she missed her youth. She replied, "Not at all. I've learnt so much as I have gotten older, and I wish I would've been more careful with my youth... I didn't enjoy it, so I wish I had taken care of it." This was surprising, as people usually aspire to go back.

This took me back to Annabel and her uncertainty. I asked when she thinks the peak of her life would be, "I think maybe in the next 5 years." This unsettled me because it seemed so soon, I asked, "Does it not frighten you that you think the peak of life is in the next 5 years?" to which she responded. "Yes, because the fear with ageing is that your life is going to get really boring, I don't like that idea."

Annabel's idea that life would get boring had sat with me this past week.



I asked Anne the same question about when she thinks life will or has peaked. She laughed, "I hope the best is yet to come... I'm enjoying life at the moment, it's really good." Her life hasn't become boring; in her own words, "I'm really enjoying myself at the moment, going to lots of concerts, lots of music, and it's been nice going out with someone my age with my interests." "I thought I had to do everything by myself." The "someone of my age" Anne is referring to is a man she is seeing, whom she met online. This inspired me to hear, as Annabel I could tell she need not to worry.

"I've learned so much as I have gotten older"

Both women admitted that they feel the most free now, Annabel, as she is new to independence, and learning to navigate her life. Anne, as she says she has fewer responsibilities and more time to do what she wants to do and works on her physical self, "I am much freer now." She said, "I do yoga now, I would have never done that when I was younger. I would rather have gone to the pub." I left Anne feeling as optimistic as herself.

Ageing is inevitable, but the fear of it shouldn't be. Anne makes it seem thrilling. Finally, I asked if she could give some advice to young women who were scared to grow. She shared with me: "I was scared, but you just have to do it. The years just seem to go by so fast. ... it just wizzes past, and it would be nice sometimes to step back, but you still enjoy it." No woman should be scared of growing up; it should always be embraced.

Men get older, women get old



Hollywood. Fame, beauty and glamour all in one place with the goal to entertain through movies, television shows and red carpeted events. It can be beautiful, but it can be a lethal place in the spotlight. Older women are consistently forgotten in Hollywood, which leads to a lack of needed representation. Men, earn more respect from society and Hollywood as they age, whereas women get ridiculed. However there are some leading women who are changing the standards.

By: Zoe Anzalucca



Pamela Anderson Jamie Lee Curtis

An icon from the 90s, former Playboy Bunny and sex symbol, Pamela Anderson was hypersexualised, and known for her relationship with Tommy Lee. One of the major controversies in her career happened when a stolen sex tape during this relationship was leaked, and unfortunately became a defining part of her career. Anderson was ridiculed by the media and made the punchline of many jokes, she describes this situation as "humiliating".

At the age of 58, Anderson has had a career resurgence, with her Broadway debut as the main character in Chicago in 2022. Followed by her starring in The Last Showgirl, an independent film with themes of aging. Pamela portrays an older woman who is put to the side and replaced by younger women as a Vegas showgirl.

She has stated she wants to breakaway from the persona of her youth and redefine herself. In an interview with Elle, she calls her choice to go makeup free "freeing, and fun, and a little rebellious too."

"At 66, I get to be the boss" Curtis said in an interview with The Guardian. Jamie Lee Curtis is an actress born and raised in Hollywood, with her first film, Halloween (1978), at just 19 years old. After that, she became a renowned scream queen, a prominent, iconic figure who continued to appear in various films in the horror genre, which led to her stardom.

Her career didn't slow down either as she grew out of her teens and twenties. In 2022 at the age of 64, she won her first Oscar, for best supporting actress in Everything Everywhere All at Once. Her career continues to grow as she consistently plays roles in mainstream films, including the popular film Knives out (2019) and Freakier Friday (2025).

She is open about not caring what others think about her and deters from fitting into Hollywood's expectations of women. She avoids plastic surgery since she got a procedure when she was 25, and sports her natural grey hair.

She is not afraid to stay true to herself and tell people to "Back the f**k off".



Edited by: Amy Donaldson

By: Zoe Anzalucca
Edited by: Megan Nixon

So, what is PMDD?

Premenstrual dysphoric disorder is a very severe form of premenstrual syndrome which negatively affects females who suffer. For those who live with this disorder, it causes a variation of emotional and physical symptoms every month during a week or two before a woman's period. On average, PMDD affects 3-8% of woman of reproductive age and is linked to multiple myths leading to those who endure this feeling misunderstood and can be misdiagnosed with premenstrual syndrome.

Misconceptions

Quite often, PMDD is confused for premenstrual syndrome (PMS) but the difference between the two can be easily identified. Women who have PMS have premenstrual symptoms that can affect

them physically such as acne and fatigue as well as emotionally affecting their mental health such as mood swings and feeling more sensitive than they usually do. However, those with PMS can still function on a daily basis whereas those who suffer with PMDD have more severe symptoms that negatively affect their daily functioning. This can be a state of severe depression leading to suicidal thoughts as a direct result of the change in hormones and mood swings which heightens the severity and increases the intensity of normal premenstrual symptoms.

Dr Llinos Roberts says "PMDD could be difficult to diagnose as it was often mistaken for depression or anxiety" highlighting the common misunderstanding around the condition.



Endometriosis

Another menstrual condition women endure is endometriosis, a long-term condition where tissue similar to the lining of the womb grows in other places such as the fallopian tubes causing pain in your lower stomach and back.

The symptoms also include pain during or after sexual intercourse, extreme tiredness, pain or bleeding in other areas, such as in the chest, which may cause shortness of breath and coughing up blood, as well as further difficulties. Many women that have endometriosis find it difficult to get pregnant. A study by endometriosis UK found that in 2023 it took on average 8 years and 10 months to receive a diagnosis and 74% had attended 5 or more GP appointments with symptoms prior to finally getting diagnosed.

Lack of research

Endometriosis research faces significant barriers due to chronic underfunding, limiting the scope and depth of scientific inquiry into the disease's underlying mechanisms and potential therapeutic interventions. Investment in endometriosis research isn't only essential for improving patient outcomes but also holds promise for uncovering insights into infertility, pelvic pain disorders, and certain types of cancer.

Edited & written by: Talya Joseph

The Price of Being a Woman

A BRIEF HISTORY OF PERIODS

Menstruation is a natural part of womanhood but, it is often stigmatized. Periods are viewed as unhygienic, and shunned by the mainstream media. To be comfortable during this monthly cycle, women have been making their own period products all throughout history. Before the products we see on our shelves today, sanitary products were once crafted using leather or linen-wrapped moss and sand. An early model of the polymer plastic pads we know and use today, were once called a menstrual belt. These cloth belts were fastened to women's underwear to catch the blood.

The earliest design of a commercially sold and disposable pad was in 1986. This primitive model was unaffordable for most and not a commonality, as many women were too embarrassed to buy them. The modern tampon was invented in 1931, but it did not break into mainstream media and become a popular choice for women until the 1960s. As women began to prefer using a tampon over other sanitary products, advertising and competition between different companies increased.

There has been an increase in the market, which makes the prices for



these necessary products competitive. These are already pricey items to begin with but with The Tampon Tax, an EU law that meant an additional minimum 5% tax was added to period products as they were once classed as a luxury item. In effect of The Tampon Tax many women struggled for years to afford these necessary products.

Thankfully, in the UK, The Tampon Tax was swiftly abolished at the start of 2021. This was a part of a bigger action

from the government to End Period Poverty. As a part of the new scheme, free period products are supplied in schools, colleges, and hospitals. Even before The Tampon Tax was abolished, in 2015, the UK government created The Tampon Tax Fund. Although the extra tax couldn't be fully removed, the fund meant the VAT was used to fund charities that support vulnerable women and girls. Since the creation of the fund, they have been able to raise £42 million.

HAVE YOU SEEN PINK TAX?

Have you ever gone into a shop and noticed that women's products are more expensive than men's? The products, although identical in presentation and with the same purpose, vary in price drastically. This is called "pink tax".

The Pink Tax refers to women's products that are similar or even the same as men's, but they differ in price due to factors such as, colour, scent, or packaging. Companies will often target women when marketing certain products.

Most commonly The Pink Tax is linked to women's hygiene products. When this phenomenon has been highlighted and noted in the past, companies have stated that the price difference is due to the extra production costs that occur

when making feminine products.

The additional colouring to make pink and purple, or floral patterns that are often used to show the customer who the product is meant for is their excuse for these outrageous extra production costs of feminine products. Women typically spend 11% more of their income on essentials as a direct result of this marketing practice.

Where possible, we advise you to think about and look at the product you are taking off the shelf before purchasing. Often the men's version is a more cost effective choice, that does not differ in functionality from the women's ones. A lot of companies tend to hand out free sanitary products that we recommend you take advantage of as well.



Written by: Zoe Anzalucca
Edited by: Amy Donaldson
Photography: Amelia Flaherty

Unfiltered with Tania Jackson

Tania Jackson is a dedicated women's life coach who strives on empowerment, inspiring women and guiding them through adulthood to make sure they have the most positive outcome.

Tania Jackson is a dedicated women's life coach who thrives on empowerment, inspiring women and guiding them through adulthood to make sure they have the best outcome possible. In a world where women are constantly balancing their aspirations, with self-doubt and endless responsibilities in the workplace and at home, Tania wants to lead the change for women rising above the noise. She is a mother, a mentor and a guiding light for women that need that extra push to realise how important and special being a woman really is.

We were able to sit down with Tania to ask her why she chose to work in this profession and to hear the uplifting and inspiring advice she has for women everywhere. Whether you're reading this because you wanted to hear Tania's advice for yourself, or simply because this story caught your eye, we hope Tania's words bring you comfort and remind you that everything will work out in the end. As women, we are always here to support each other.

We began our interview by asking Tania about her background before she became a women's life coach. She explained that she had been in the marketing and branding business for over 18 years. However, she noticed a big change after the pandemic hit when it came to women and their businesses. "I noticed a massive shift on the market, and mostly in women." She added, "I really felt for them." Wanting to make a difference, Tania started to go on Facebook lives giving women free advice to help get them back on track. This eventually turned into her setting up her own company, "Empowering your marketing." She wanted to help build up their confidence again and give their



"In the beginning of 2024, I closed my business, and then I jumped 100% into being a women's life coach."

business a renewed sense of purpose.

When discussing confidence, Tania exclaimed that through her coaching courses to expand her knowledge for her company, she realised it was more than creating a brand strategy, it was personal. This is the moment where Tania realised, "I can't do marketing anymore, I needed to do more coaching and psychology."

Tania was terrified to drop everything she had worked for in her career, but knew this was what she was made to do "In the beginning of 2024, I closed my business, and then I jumped 100% into being a women's life coach."

When we asked Tania what inspired her to make this move and become a life coach, without hesitation she exclaimed, "My mum and all those women." She added, "I saw the potential of what these women could become, it wasn't

about the money and the added skills, it's personal." All Tania wants from this career change is to make a positive difference for these women.

When speaking to Tania it really showcased how passionate she is about her job and her ambition to empower women to be their best truest selves. One of the pressing issues young women face is the constant comparison against the 'perfect' women on social media, this inspired our next question.

When asked what her advice would be for women comparing themselves, Tania told us "There is no perfection." "What you see online is 10% of the actual truth." With the experience that Tania

"Do 1% more than you did yesterday. Growth doesn't happen overnight."

has had within the industry, she expressed to us how fake social media actually is and how it's very rare to find a 100% truthful person, when it comes to someone's presence and image online. "There's no reason to compare, have the mindset that what you're reading is never 100% truthful."

When discussing image and self doubt, we asked Tania what number one challenge she sees women facing today, "Self-sabotage, women don't believe in themselves." Tania expresses that the most common reason is because they don't actually realise they are doing it. "They have opportunities in front of them but don't take them. They put everyone and everything before themselves." With this, we asked Tania how she would help women to overcome this. "Reflect on your choices before you make them concrete." she expressed. "You always need someone else from outside your work life/ relationships to grasp another perspective." Whether it's a mentor or a friend, Tania expresses how important it is to talk to someone else about how you feel, they will likely be the reason to how these women realise how much they are self-sabotaging themselves. "Reflect, access and move on." "Change doesn't happen overnight, it's gradual."

With this month's issue of the magazine being about growing older, we wanted to ask Tania what she would say to the women who are worried about getting older. "Growing old is the best thing!" she exclaimed, "The older you are the more clever and wiser you become!" She added. Tania expressed how she wishes she knew what she does now when she was first in the industry. But the experiences you have while growing older and the people you surround yourself with make you who you are today. "With everything I know now, imagine what I will know in five years!" Tania exclaims how important it is to be excited about growing older and to not take it for granted.

To hear more from Tania, head to our website, where you can also watch her interview!



Edited & Written by: Megan Nixon
Interview by: Alicia Lavery Baralle
Illustrated by: Francesca Salvador



Photography: Zoe Anzalucca

Let's talk Sexual Health

Meet Autumn Baguley: A sexual health advisor here in Bournemouth. Autumn talks all things contraception. Helping women take charge of their health, one conversation at a time.



When it comes to sexual health, we believe that confidence starts with conversation. We spoke to Autumn, a Sexual Health Advisor with Sexual Health Dorset, who is helping young people across the county take control of their sexual wellbeing through open and honest education. We discussed contraception, fertility myths, and the importance of separating facts from fear.

Q: Could you tell us a bit about what you do and who you work with?

Autumn: I offer one-to-one support for young people aged 13 to 19, or up to 25 if they have special educational needs. We talk about everything related to sexual health—contraception, STI support, and relationships support. The aim is to make sure they have the information and confidence to make informed choices.

Q: What first inspired you to work in sexual health?

Autumn: Before this role, I worked in youth services and for a charity supporting survivors of sexual violence. So many of those conversations circled back to sexual health, consent, and relationships. I noticed that a lot of young people felt trapped in the expectations society was feeding them. They didn't always have the right information or freedom to express themselves, and often felt trapped in a narrative.

When I found out about the targeted outreach side of sexual health work, it felt like everything clicked. It combined my two passions, supporting young people and making sure they get accurate, honest information. It's something I know I would've benefited from myself growing up.

Q: Many people feel nervous about discussing contraception or safe sex. What advice would you give them?

Autumn: I completely get that it can feel awkward, stressful, or even intimidating to talk about these things. My biggest advice is to approach these conversations openly and honestly, be kind to yourself. These conversations aren't just about the here and now; they're about your future and embracing your autonomy.

By empowering yourself in this way, you're taking control of your body, your health, and your goals - whether that's avoiding unplanned pregnancy, preventing STIs, or just feeling confident in your choices. Try to have those discussions in a relaxed, judgement free space. If you get nervous, write your questions down beforehand. Think about what's important to you and why you're making the decisions you are. And don't forget that you deserve to feel safe and informed. Talking about sex and contraception isn't shameful, it's empowering.

Q: If you could change one thing about how sexual health is discussed online, what would it be?

Autumn: The rise of scaremongering on social media worries me. This trend of influencers sharing personal experiences as if they're a universal truth can be so misleading and damaging, especially for young people who are still figuring

things out. It blurs the line between fact and opinion. We've all seen a TikTok or Reel that made us go "no way!" and then shared it with friends like it's a fact. Yes, some people have negative experiences with contraception, but there are countless positive ones too! They just don't get as many clicks.

Everyone's body, experiences, and needs are completely different. We need to create online spaces where evidence based, balanced conversations can happen instead of letting fear control the narrative. In short? Always check reliable sources; the NHS website is a great place to start.

Q: What advice would you give to young women struggling with the side effects of contraception?

Autumn: Side effects can definitely be tough, especially if you're a student juggling deadlines, work, and everything else. The first thing I'd say is keep track of your symptoms and stay consistent. For example, with the pill, a lot of side effects happen because of inconsistent use. Sticking to a routine can really help your body adjust.

If things don't feel right, don't just stop taking your contraception, as that can put you at risk of an unplanned pregnancy. Some methods take three to six months to settle, so if side effects are mild, give your body time to adjust. Focus on self-care, use your hot water bottle, treat yourself to comfort snacks, and listen to your body. But if you're really struggling, don't suffer in silence! Reach out to a healthcare professional. There are so many options out there, and just because one method didn't suit you doesn't mean another won't.



If you're interested in getting to know more about Autumn's interview, head to our website for the full interview!

Edited & written by: Megan Nixon
Interview by: Alicia Laverty Baralle

Into your twenties

Your twenties are often filled with changes, it is a time for self-discovery and growth.

Being independent

It can be hard nowadays being independent in your twenties, especially as a young female. It is completely normal to find it difficult to become comfortable in your own company and undergoing the transition to adulthood, it can be lonely but also incredibly freeing.

Independence is a great way to grow as an individual and become more confident in yourself and the tasks you take on. You can do what you want, when you want and how you want without mum or dad telling you what to do. You can pick what to watch in the evening and what to have for dinner, taking small steps which will push you into bigger ones to make this less scary.

It is easy to become overly consumed by the thought of feeling alone as a result of developing your independence and therefore, often we can spiral into believing that we are actually alone and the only ones struggling when everyone else is doing just fine. It is important to remember that there are always others in the same situation and in reality, we are not as lonely as we tend to believe.

Solo dating

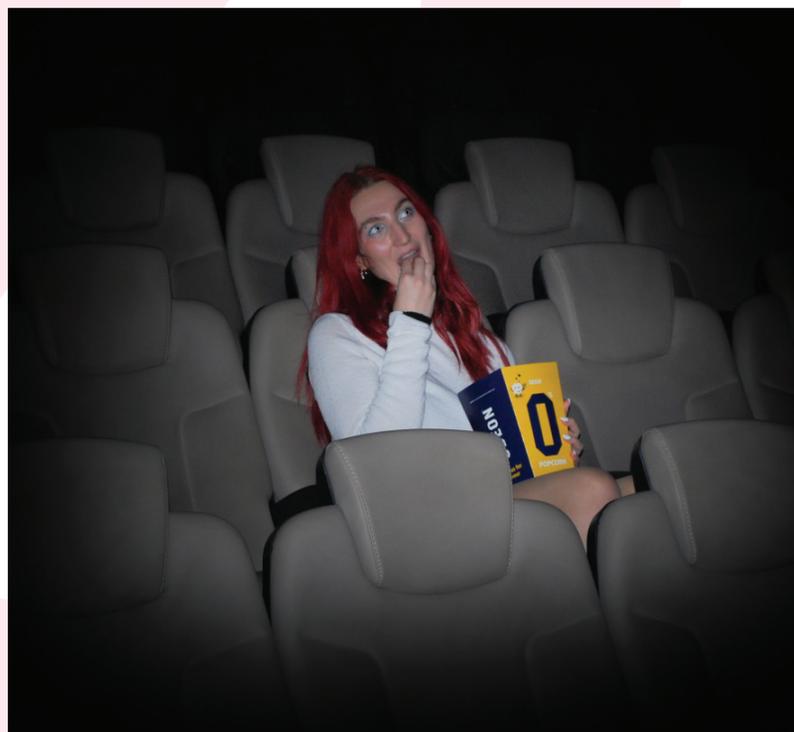
There are many ways we can become more independent, a great way to do this is by taking yourself on solo dates, it has many benefits such as giving you something to do that you enjoy, encouraging you to stay busy, improve

your mental health and get to know yourself better than you did before.

So, you may ask, "what are some things I can do by myself on a day where I am sat doing nothing?" Here are a few that we enjoy. You can go to the cinema to watch the latest movie that has come out even if your friends may not be free or even like it, why should it stop you? Another solo date idea is going to a pottery class, for those who have an interest in art or want something

calming to do to pass the time. This is a perfect activity to unwind whilst also independently exploring your creative side.

Going to your local coffee shop individually allows you to do your work outside of your bedroom. This benefits your mental headspace allowing you to think more clearly in an open environment whilst also enjoying your favourite drink. Lastly if you have an interest in history, going to a museum is so fun!



By: Talya Joseph

Making friends

By: Alicia Lavery Baralle

No one warns you how lonely your twenties can feel. We grow up believing that love is mainly romantic. But then adulthood hits, and we begin to realise that there is so much more than romantic love; platonic love can be some of the most fulfilling connections, as they are normally the ones that experience every chapter of life with us.

Growing up, making friends was a lot easier when you spent all day with the same people at school and continued to on the weekends. As life starts to move on, retaining friendships after leaving school can become hard; everyone begins to diverge down their own path, whether that is to university and moving away from home, going on an apprenticeship, or going straight into full-time work. Suddenly, your close-knit friend group is scattered across the country, and everyone has turned into the main character on their own journey.

A study by PubMed found that loneliness increases from early adolescence into the mid-twenties, while "social" loneliness declines, but "emotional" loneliness remains or increases. All these factors make friendships hard to sustain, as people can forget to give time and energy to others as well as themselves. However, making new friends along the way in every chapter of your life is just as important. In a study done by the Newport Institute, 34% of young adults report feeling lonely, close to 40% reported they had only one or two caring friends, and 12% said they had no caring friends. Many people are afraid to admit how hard it really is to make new friends as an adult, and I'm not talking about those friends you just go to class with.

A journal article on friendship quality in "emerging adulthood" found that certain features of friendships (intimacy, companionship, reliable alliance) declined from around age 25 to 30. Real friendships become so much harder to develop in adulthood, but why? As a child, you could meet somebody and know absolutely nothing about them, then within a minutes, you would find yourself playing like best friends. As adults, we need to put in more work to re-create that proximity.



What's the best way to do this? **Join a club, take a workout class, start a new hobby, ask that girl that always sits next to you in class to go for a coffee or study date.**

“NO ONE WARNS YOU HOW LONELY YOUR TWENTIES CAN FEEL”

Familiarity allows for connection and eventually comfort. If you want to make more friends, you just have to find people who share your interests. It really is that easy!

A big issue that so many girls are struggling with, especially at university, is turning their 'night out besties' into daytime friends. You know those girls you meet in the bathroom on a night out? The one who is hyping you up at pres? You end up having such a great time with them, and they become a regular on your nights out? You swear you'll go for brunch together, but you never do. Research also suggests that the number of close friends and the turnover in friendships are greater in late teens/early twenties.

Sometimes all it takes is for you to make the first move: Invite them to go try a new coffee shop, or to come to your favorite workout class. Even a study date at uni! Smaller hangouts in the day

create deeper connections than any drunk bathroom TikTok - even if those are some great bonding moments. Platonic dates are so important when building the foundations of a friendship and to strengthen already established connections. Friendships deserve to be romanticised too! Go on dinner dates together, take a scenic walk, have picnics in the park, and even celebrate your friendiversaries! Especially if you are single, your female friendships can fill that relationship-shaped space with something even more impactful.

Your twenties aren't about having the biggest friend group. They're about finding those friends that feel like home. It's always better to consider the quality of your connections as more important than the quantity of connections you have.

“It's always better to consider the quality of your connections as more important than the quantity of connections you have.”

Having a few deeper, higher-quality connections will leave you feeling far more fulfilled than having multiple surface-level friendships. Take the time to really talk deeply to your friends, show up for them when it matters. That is how you build lifelong connections. If you're still searching for your people, you are not alone. You are not behind. You're not late. You're growing up, and the right people will find you and accompany that process of growth.

Edited by: Francesca Salvador

Let's talk FINANCE

Financial Literacy: a revolutionary act for women – 3 steps to start your financial literacy journey

Picture this, it's 1971, as a woman you are not entitled to open a bank account under your name, let alone without the permission of your husband or male guarantor. Until a year before, you weren't entitled to equal pay nor equal benefits as your male counterparts. And only fifty years before that, once you got married you would be obligated to give up all legal rights to your property.

Although as of 1870, you are the legal owner of the money you earn, you still cannot spend that money in a pub, your income is still simply part of your husband's income. Until 1950 women were categorised under the Income Tax Act of 1918 as incapacitated persons. It wasn't until 1990, that the full independent taxation for married women was introduced in the UK, recognising a women's income as their own.

Whilst it may seem crazy to think about not being able to buy a pint at the pub or have ownership over your money, this was the reality less than a century ago. Financial freedom for women has been one of the greatest advancements in feminism. Just the act of going to the bank and opening an account is a revolutionary act itself.

Social media trends on finance indicate a 'f*** it' mentality towards money, as exposed by Cosmopolitan. Rhetorics such as 'Girl Math' and 'I'm just a girl', encourage you to just get that sweet treat – in the UK the average price for a 'sweet treat' is around £9 – because you deserve it! Whilst you do deserve a sweet treat every now and then, you also deserve financial security.

We cannot ignore reality; yes, the cost of living has risen in the past decade, with Consumer Price Inflation reaching 3.8% in August of this year.

Yes, the chances for Gen Z to own a house seem slim: with figures showing a 2.7% increase in property value. Not to mention that as woman, life is more expensive simply because we are women, with the upkeep to maintain societal expectations and upcharge for female products.

“Forbes predicts women will control 75% of discretionary spending by 2028. Nevertheless, Only 19% of women feel they received good financial education in school”

And in every age group more women than men claimed to have limited to no understanding of financial products according to PA Future.

In a patriarchal and capitalist society, we cannot take things at face value, we must delve deeper. Women are the most targeted group in the market, constantly being sold on things we 'need' in order to correctly exist. We are controlled through these narratives. We must not let ourselves age, so we are sold thousands of skincare products. Constantly being sold to, whilst society abridges us from the tools we need to gain financial literacy.

Here we will share **3 small steps** to start, or potentiate, your journey to financial literacy:

1 Erase the taboo around finance from your mind.

We need – and it is an actual need not like the new lip-gloss trending on TikTok – to start having open discussion about

finances and economics. Next time you're hanging out with your friends, talk about money. The more exposure you subjugate yourself to within the world of economics the more familiar you'll be with it.

2 Take initiative, knowledge is power.

Don't let your knowledge stay in just what people tell you. Let your curiosity get the best of you, if you hear a new term, google it, look it up. Even if you think you know what it means but are not sure. Look. It. Up.

Here are some resources dedicated towards deepening women's financial literacy: **Female Invest**, with the goal of closing the financial gender gap, this app helps you learn how to manage and grow your money. **Girls with impact** has the mission to level the playing field for young women through financial education. And whilst these resources are not completely free, there are plenty of free resources online, as is content-creator and author of "In This Economy? How Money and Markets Really Work" Kyla Scanlon.

3 Saving is important, but you need to start investing.

Women are often not encouraged to take risks when it comes to their finances. By investing even in small amounts, you'll start building up your portfolio. Women control the market, so invest in what you know. Consumers drive attention, and we live in the era of attention economy, you have the power and the knowledge of what the consumer likes.

Financial literacy is crucial, especially for women. Our financial literacy means more than just money, it means freedom, agency, power. A woman's journey to financial literacy is a **revolutionary act**.

Written and edited by:
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Embrace your natural

By: Amelia Flaherty

The 2010's saw many beauty trends come and go, skinny jeans, thick eyebrows and blinding highlighter. But among the many trends to pass us by, one in particular seemingly took over celebrity culture and cemented itself into beauty standards: cosmetic fillers.

Women are told time and time again that ageing is not an option, and with celebrities expected to be perfect all the time, it is no surprise that continuous societal pressure has led to many celebrities taking it to extreme lengths. After Love Island star Molly-Mae Hague notoriously faced backlash after posting a video to her YouTube channel with a swollen face soon after getting filler, fans flooded her social media with criticism. This ultimately led her to make the bold move to permanently dissolve all her filler. She is now completely free from fillers and is calling for an end to the normalisation of cosmetic injectables. Her journey highlights the pressures that come with being a woman in the public eye, and shows how important it is for us to embrace our natural beauty.

Kylie Jenner, once well known for her plumped lips and famous lip kits, opted to dissolve her infamous lip filler. In the mid 2010's, fans were desperate to know if she had lip filler and how much she had. Her lips consumed the internet at the time, with fans risking injury

“After years of impossible and exhausting beauty standards, the shift towards natural is a welcomed change.”



to attempt the Kylie lip challenge. Because of this it is no surprise that clinics have reported a spike in requests for filler dissolution. This shift into a more natural look is being embraced, as exposed with the rising trend of the clean girl aesthetic, where makeup is applied to compliment and accentuate natural features instead of hiding them. After years of impossible and exhausting beauty standards to follow, it is a welcome change.

This change has allowed space for celebrities such as Addison Rae to do press tours, walk red carpets and star in movies without makeup. Addison has been praised online for her choice to go make-up free on her debut album's press tour over the summer. She has appeared in interviews, seen out in public and most notably featured on Amelia Dimoldenberg's 'Chicken Shop Date', all without makeup. Instead of receiving mass amounts of backlash and hate, fans have instead praised her for her authenticity, feeling empowered by her choice.

Her choice to go without makeup was not a spur of the moment decision but instead was a statement. She wanted to tell fans she doesn't need to wear makeup to feel confident, and her bold move is refreshing and inspiring. As this era leaves us, it may finally create space for a beauty culture that celebrates imperfection, authenticity, and the freedom to age.

Frames of change

Ageing In Cinema

Going into your twenties can feel like the sequel to adolescence. These films can remind us that growing up isn't something that ends at 18.

- 1 Lady Bird, 2017**
Greta Gerwig's Lady Bird follows Christine "Lady Bird" McPherson through her chaotic final year of high school in Sacramento. Caught between wanting to leave home and figuring out who she really is, Lady Bird navigates messy friendships, first loves, and constant clashes with her mother. Both funny and heartfelt, the film captures that in-between moment of growing up when you're desperate to move forward but still finding your way.
- 2 Turning Red, 2022**
Pixar's Turning Red follows 13-year-old Mei Lee, who suddenly starts turning into a giant red panda whenever her emotions run wild. What starts as chaos soon becomes a funny and heartfelt insight into puberty, independence, and the awkward beauty of growing. Between boy band crushes, best-friend drama, and her complicated bond with her mom, Mei learns that change, no matter how messy, can be something to embrace.
- 3 Fantastic Mr. Fox, 2009**
Wes Anderson's Fantastic Mr. Fox (loosely based on Roald Dahl's book: Mr. Fox) follows a charming but restless fox who, bored with his safe suburban life, returns to his old thieving ways. His risky decisions soon endanger his family and friends, forcing him to confront his pride, purpose, and what truly makes him "fantastic." Beneath the stop-motion style and clever humour lies a story about identity, failure, and finding contentment in who you already are.
- 4 20th Century Women, 2016**
Set in late-70s Santa Barbara, 20th Century Women follows Dorothea, a single mother trying to connect with her teenage son by enlisting two younger women to help guide him. Through Jamie's perspectives, the film intertwines the complex realities of womanhood and how each generation navigates love, art, parenting, and cultural identity in its own way. It's tender, funny, and honest about the messiness of growing up, no matter your age.
- 5 Everything Everywhere All at Once, 2022**
In this wild, multiverse adventure, Evelyn Wang, a weary laundromat owner, suddenly finds herself jumping between countless versions of her life. Amongst the chaos and kung fu, the film unravels her struggles with identity, regret, and her complicated relationship with her daughter, Joy. Beneath its absurdity lies something deeply human. It is a reminder that even in the messiest, most ordinary life, love, empathy, and acceptance are what truly hold it all together.
- 6 Women On the Verge of a Nervous Breakdown, 1988**
When Pepa's lover suddenly leaves her, her search for answers spirals into a whirlwind of chaos, comedy, and colourful drama. Surrounded by equally eccentric women, she finds strength and solidarity within the madness. Almodóvar's bold, stylish film turns heartbreak into liberation, a celebration of resilience, independence, and the wild, messy beauty of emotional breakdowns.
- 7 The Substance, 2024**
In this sharp, unsettling satire, aging fitness icon Elisabeth Sparkle turns to a secret serum promising youth, only to unleash a horrifying double of herself. Blending dark humour with body horror, The Substance exposes society's obsession with beauty, youth, and desirability. A cautionary tale about what happens when women are forced to chase impossible ideals and the monstrous cost of trying to stay perfect.
- 8 The Worst Person in the World, 2021**
Set in Oslo, this bittersweet story follows Julie's late twenties as she drifts between careers, relationships, and versions of herself. Unsure of what she wants, and terrified of choosing wrong, she stumbles through love, mistakes, and self-discovery with tender honesty. Joachim Trier's film shows that growing up isn't about getting it right, but about learning to live with who you are along the way.

