

people had been arrested, around 5,000 miners stood trial for a variety of offences, 5 people lost their lives. Mining communities throughout the country were scarred, and many never fully recovered.

Throughout the second half of the 1980s M. Thatcher continued her policy of de-industrialisation in favour of imports from abroad, effectively destroying British industry at the cost of thousands of jobs, with unemployment reaching over 11 % in the UK and about 50 % in mining communities by the late 80s. The coal industry in Britain was finally privatised in 1994 and is now known as UK Coal. The country's last deep coal mine, Kellingley Colliery in North Yorkshire, shut in 2015. By 2017, only about 1,000 people were working in an industry which, at its height, employed more than a million people.

В. Брусницына

THE VEGAN COMMUNITY IN BRITAIN: RECENT TRENDS

The term '*vegan*' was coined by English animal rights advocate Donald Watson in 1944. *Veganism* is the practice of refusal of the animal products, particularly in diet, and an ideology that says animals are not an eatable commodity for people.

A representative of such ideology is known as a vegan. There are several categories of vegans: dietary vegans (also known as "strict vegetarians"), who doesn't consume meat, dairy products, eggs, and any other animal-derived products; an ethical vegan (also known as a "moral vegetarian"), besides following a vegan diet, also extends the ideology into other areas of their lives, and fight for animals' rights.

In 2018 the Vegan Society found that there were 600,000 vegans in Great Britain (1,16 %). According to the Web Search in Google Trends, the UK was the most popular country for veganism in 2019, followed by the Australia and New Zealand. According to shopping comparison website, finder.com, 12 million Brits (23 % of the population) say that they will be vegetarian, vegan or pescatarian by 2021.

The UK launched more vegan products than any nation as the number of vegans in Great Britain quadrupled between 2014 and 2018. Vegetarians (including vegans) are set to make up a quarter of the British population in 2025.

Many people indicated that they are vegan for health, animal protection, concern for the environment, feelings of disgust about meat/animal products, taste preferences and only 8 % of the statistics shows that people go vegan just because of a new food trend.

Vegan and vegetarian diets have been associated with lower risks of certain health problems, including high blood pressure, high cholesterol and obesity. They are also linked to lower rates of Type 2 diabetes and certain cancers. A huge air polluter is livestock. It consumes large amount of water and contribute more CO₂ into the atmosphere than all forms of transportation or factories. Moreover, people

deforest over large areas for more livestock and meat, but felled trees are no longer providing resilience and nutrients for the soil. However, calcium, omega-3 fatty acids, vitamin B-12 and folate – all of which are present in meat and dairy – as key nutrients a vegan diet can lack.

Over time, inadequate consumption of these can result in a host of problems, including loss of bone and muscle mass. The number of plant-based eaters and celebrities who are vegan in the UK has risen by a huge percent in the past decade, and for good reason. Not many people go vegan easily. A vegan lifestyle is not a cup of tea for everyone. Many celebrities have tried and failed. Many people refuse to even try veganism because of ‘*aggressive vegans*’.

British people get into veganism not due to a modern trend but health, taste preferences, animal protection and the environment. The number of vegans is growing every year. And based on the current environmental problems, this will have a positive impact in the fight for the restoration of the planet.

М. Буйницкая

SEX EDUCATION IN PAKISTAN: THE URGENT CALL TO ACTION FOR A COUNTRY

Religion is of great importance for Pakistan people and therefore sex education is a tabooed topic. Hence, it is extremely important to discuss the advantages of having sexual education programs in Pakistan and analyze the current impact of an absence of such programs and public awareness campaigns.

The necessity of such an essential detail as sex education in Pakistan’s society has been realized after manifold assaults. The most prominent scandal in the country’s history was *the Kasur child sexual abuse scandal* from 2006 to 2014. The report revealed that around 300 children were raped and then video-taped. On 21 May, 2019 another rape and murder case has been reported after a protest in Islamabad. Same thing happened with a nine-year-old girl, in December 2018, a resident of Lahore. One part of the problem lies in the children’s inability to identify inappropriate behavior – they were not taught to differentiate between right touch and wrong touch.

There are already some improvements in the situation. Around 700 girls are enrolled in 8 local schools run by the Village Shadabad Organization. But not everyone agrees with the lessons, because young people are not supposed to have sex before adulthood. In some places sex education has been banned.

Nowadays some civil societies – *Lady Health Workers* – and programs have piloted isolated initiatives to impart sex education in Pakistan. But the government-run programs suffer from a lack of training and funding.

A lack of Sex Education has also caused Pakistan’s overpopulation crisis. The population has increased from about 130 million in 1998 to 208 million in 2019. According to the United Nations Population Fund, it could reach 403 million by 2050. For a nuclear-armed country with a growing young demographic, shrinking economy and a history of military interventions, experts warn a disaster is waiting to happen.