

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.

To avert the oncoming problems and put a halt to the ongoing ones the Government of Pakistan needs to take the lead and first of all put sex education in educational institutions from the primary level. People share a common disdain for sex education because of false notions about it. But the negative connotations can be eliminated by avoiding the word “sex” in this term – “Life Skills Education” or “Family Life Education” would reflect a comprehensive essence of this education and mitigate backlash.

For such a religious country it is impossible to make such radical changes easily. But at least they may begin with permission of Sex Education lessons in the provincial towns, which are prohibited nowadays. Pakistan could also make strides on this front by eradicating child marriages, improving girls' education and empowering its women. Apart from that, some online platforms can be used to disseminate and receive knowledge. With their help anyone will be able to gain credible answers on issues of concern.

To recap, the impact of having sexuality education cannot be overstated. It can help tackle multiple problems at once: extremely high population growth rates, child abuse, sexually transmitted illnesses contraction and high abortion rates which are carried out by unlicensed abortion clinics.

Е. БЫЛИН

AMERICAN GHETTOS: LOOKING FOR SOME LOVE

Ghettos that are spread worldwide are one of the burning issues. They were always defined by lack of choice – they were places where inhabitants were forced to live, whether by anti-Semitic governments, discriminating neighbors or racist practices like redlining. Poverty and crime as well as drugs are a common ghetto problem that should be solved in the near future.

The USA ghettos are one of the infamous nowadays. One of the most dangerous ghettos in the country is located in Philadelphia. The Philadelphia Badlands is a section of North Philadelphia and Lower Northeast Philadelphia, Pennsylvania, United States, that is known for an abundance of open-air recreational drug markets and drug-related violence. The Badlands comprise a small neighbourhood known as Tioga-Nicetown. Its total population is 17,095 (2020). It comprises:

- Asian – 136
- Black – 15,791
- Hispanic – 446
- Multi-racial – 176
- Native – 82
- White – 443
- Other – 21

The unemployment rate here is 21,94 and the poverty rate is 30,40 %. So, it's evident that people worry about the lack of jobs, safety, and even such basic