

Limoncuoğlu: “May has increased polarization”

Evaluating the resignation of British Prime Minister Theresa May, Political Scientist Dr. Alihan Limoncuoğlu said: “European Union law draft which she tried to make passed three times and failed, prepared her own end. May ncreased the polarization environment.”

British Prime Minister Teresa May announced on May 24th that she will resign as of June 7. In her resignation speech May said: “It would always be a matter of deep sorrow for me not to be able to achieve Brexit. It would be better for the UK to carry out this effort”. Stating that since the election of Chairwoman of the Conservative Party, Teresa May was unable to fully control the party, Political Scientist Dr. Alihan Limoncuoğlu said: “European Union law draft which she tried to make passed three times and failed, prepared her own end, she had to resign”.

"MAY PREPARED HER OWN END"

Faculty member of Istanbul Gelisim University Political Science and International Relations Department Asst. Prof. Dr. Alihan Limoncuoğlu stating that Theresa May was a soft Brexit supporter, added: “For this reason, she found it difficult to find supporters in British politics. Postponing problems of the UK to the end of the passage of the leaving EU, ie the the Brexit law, and somehow failing to pass the law has prepared her own end”

Stating that Theresa May faced a raise against herself by Council of Ministers, Limoncuoğlu added: “May tried to create a platform for the Brexit supporters from her own Party and Brexit opponents from Labour Party and prepared an exit plan according to this, but the plan was not accepted by side and increased the polarization”.

Limonculoğlu continued his speech as follows:

“After the failing to pass the law third time Council of Ministers raised against May. Thus, a competiton for Conservative Party leadership and UK Prime Ministry started. It is expected that Boris Johnson that Turkey knows well and ex Brexit Minister Dominic Raab will compete”.

Only 15 percent of the sexual abuse against children is reported

The expert clinical psychologist Haydeh Faraji said that pedophile individuals make their actions secretly and that it is not possible to determine this fact. Faraji said: “It is estimated that only 15 percent of the sexual abuse against children is reported. 53 percent of those who have been sexually abused are under the age of 14”.

Haydeh Faraji, a psychologist making explanations about increased rates of sexual abuse in recent years, stated that the sexual exploitation activities against the children were mostly

planned in advance and that the abusers had already recognized the children and between 60 and 70 percent of abusers are their relatives, teachers and neighbors.

Faraji said: “Abuser prepares a time to get close to the abusive child and to take the action of abuse. He usually introduces the act of abuse to the child as a game. These people gradually make the child systematically insensitive, with inappropriate behaviors, open pictures, and pornography. When they are faced with the acts of abuse, they underestimate the seriousness of the incident, claiming that the child that they systematically made insensitive, is eager, willing, and encourages. In fact, this method followed by abusers is a psychological technique. In this technique, the person is progressively faced with anxiety and fear, and over time, this anxiety/fear is alleviated or eliminated.”

“PREVALENCE OF SEXUAL ABUSE IN CHILDHOOD IS 10-40 PERCENT”

Pedophilia is defined as the recurrent occurrence of intense, sexually stimulating fantasies, sexual impulses, or behaviors related to sexual activity with a child or children who have not entered adolescence, for at least 6 months.

Commenting on the issue Expert Clinical Psychologist from Istanbul Gelisim University Haydeh Faraji said: “It is estimated that only 15 percent of the sexual abuse against children is reported. According to the other groups of sexual assaults, pedophilic individuals are in the older age group and they are between 40 and 70, and the prevalence of sexual abuse in childhood is 10-40 percent and 53 percent of the victims of sexual abuse are under 14 years of age.”

“ACTIONS ARE PLANNED IN ADVANCE”

She stated that it is not possible to determine the prevalence of pedophilia cases because pedophilic individuals do their activities undercover and do not apply for their treatment, and emphasized that the majority of these actions were planned in advance.

Faraji added: “Pedophilic individuals have limited ability to communicate with others and to establish emotional closeness, inward-looking and immature characteristics, both in and out of the family”.

“SEXUAL TENDENCY CANNOT BE CHANGED”

Faraji stated that the goal of treatment of pedophilic individuals is not to change sexual orientation to children. “The goal of treatment is to reduce the rates of re-engagement. There is a decrease in sexual desire and desire after long-term treatment, but there is no difference in individuals' sexual orientation.”

“ABUSE CAN BE PREVENTED BY LAWS”

Stating that the most effective way to eliminate sexual abuse is to prevent its formation, Faraji said: “As the prosecution and punishment of pedophilic individuals will prevent the reprocessing of the crime, they must be identified and recorded. To prevent abuse it is needed to recognize the characteristics of pedophile, to identify the factors causing such a tendency”.

Recommendations from Haluk Saçaklı to the students who will take the LGS exam

Haluk Saçaklı, a healthy lifestyle specialist, says that students must have breakfast and added: “With breakfast, the detection period is shortened in children, the concentration becomes much more efficient. In students who do not have breakfast, physical and mental depressions occur.”

Faculty Member of Istanbul Gelisim University Dr. Haluk Saçaklı recommended to start the day with breakfast for a stronger memory. Describing the must-have foods for breakfast Dr. Haluk Saçaklı said: “For strengthening the cerebral and bodily formation and concentration, they should keep milk and their products at breakfast. Multigrain breads feed the brain and prevent mental fatigue. Nutrients such as butter, olives, nuts and walnuts have a positive effect on memory. Egg yolks are useful in memory. Green Tea improves attention and brain wave activity. Dark chocolate improves intelligence development in young and children and improves cognitive functions”.

WHEN TO SLEEP PRIOR TO EXAMINATION?

Stating that quality sleep strengthens memory Dr. Saçaklı noted: “Sleep, allows the body and brain to be renewed. Protects the protein capacity of the brain. Mental, arithmetic, mathematical analyzes are slowed down in those who cannot sleep. Fast recall and learning ability is reduced. Before 22:00 - 24:30, it is necessary to get up from 05:00 to 07:00. 7 - 8 hours sleep will be enough”.

Also giving information about methods to reduce the stress of examinations Dr. Haluk Saçaklı “Take a 10 - 15 minute walk before the exam. Stretch and loosen the foot muscles. Tighten and release your face for 15 seconds. Do breathing exercises in the diaphragm. Close your eyes before your exam and feel that you are relaxed within 15 seconds from your feet to your neck”.

Emphasizing that students who do not exercise can not get enough oxygen to the brain Saçaklı said the following: “If the brain can not get enough oxygen, the efficiency of the brain capacity is reduced. The information is handled slowly. Late detection, fast forgetting are noticed by reflections. When the exercise is done, the brain creates new nerve cells. These new cells

strengthen the relationship between the old brain cells. The brain works more smoothly. Ability to learn and remember strengthens”

Saçaklı also added that on the day of the exam and you must not have a red color by the side, and looking at the red, reduce the success of the exam and the motivation of the student.