



REMEMBER

- On demand entertainment has caused inability to handle boredom. They have short attention spans and crave immediate & constant feedback. 11% are diagnosed as ADHD.
- They've grown up in a time of redefined families, identities and sexuality—morality is emotional, individualistic and situational.
- Stress is a daily reality; discomfort is unacceptable; making mistakes is to be feared.
- There's a growing exhaustion from never recharging away from technology; few margins for solitude or silence exist.

BUT...

- They want to change the world - and they believe they can! They value diversity and plurality and, when engaged in a cause, are entrepreneurial and tireless.
- They can be transparent, self-reliant and responsible. Honesty & integrity are high values they are looking for.
- They're Generation 'we' not Generation 'me', especially excited about being "people leaders" and truly making a difference in the big issues around them. God's desire for reconciling the world through a revolution of love makes sense to them.



RECOGNIZE

- Gen Z kids were born from 1997- 2010 and represent 25% of the Canadian population. They are also known as the iGeneration, the distracted generation or 'screenagers'.
- The average Gen Z-er has the attention span of about 8 seconds. They've grown up being served media and messaging from birth, and have adapted to quickly sort through and assess enormous amounts of information effortlessly.
- 96% own a cell phone - the communication device of choice - and dedicate 6-10 of their waking hours to screen time. Almost 80% of Generation Z display symptoms of emotional distress when kept away from their personal electronic devices. They see their screens as an extension of themselves.
- While their "at risk" behaviours are far lower than previous generations, so is their mental health. Anxiety is at an all time high for these young people.



RESPOND

- **Think 'pull' and not 'push'** in engaging with these teens; they want to buy in, have freedom to question, express dissent, and wrestle with ideas.
- **Help them discover who they are** apart from their curated identity on social media.
- **Recognize** that many have had early and prolonged exposure to the online world of cyberbullying, sexting and porn. Talk about this with them.
- **Model and help them practice empathy** and face to face conversation, to push back against the loss of these skills due to the overwhelming importance of screen mediated relationships in their lives.
- **Give them freedom and encourage them to explore and move past their fears!** Help them begin to find independence in healthy ways if they've been raised by over-involved parents and help their parents understand the changing role they may have as their child grows.
- **They're super collaborative (online and in person)**—get them working together for important causes! These kids have the ability to be self-directed & passionate - help them discover how to direct their energy toward being who God created them to be in ways that impact the world around them.
- **Gen Z has grown up with less church & religious input in their lives** than nearly any generation before them. We have the one thing they're not able to buy online—Jesus.



GEN Z

lifeteams
resources



RESOURCES

<http://visual.ly/generation-z> - An excellent Gen Z infographic for a quick overview.

Book: **iGen** by Jean M. Twenge.