

# Culture Shock!

## Youth Culture 101:

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POWER!

**YOUTH POWER!**

# What is YOUTH POWER!

YOUTH POWER! is the New York State Network of young people who have been labeled and are seeking change. Together we have decided to speak up about our experiences because no one knows what it is like for us better than we do. Through peer to peer mentoring, we work to ensure that young people are active citizens who are aware of government operations, their rights and the ability to use their voices to influence policies, practices, regulation and law. We are young people helping other people, ensuring availability of self-help and peer support while changing systems so that young people get the support they need with the respect and dignity they deserve.



## *Overview of the workshop*

### *Flow of the workshop*

- 1. Presentation of slides*
- 2. Discussion of trends in youth culture today*

## Let's Define Youth Culture

According to Rice, *Youth culture* is "the sum of the ways of living of adolescents; it refers to the body of norms, values and practices recognized and shared by members of the adolescent society as appropriate guides to actions. (Rice, F. (1996). *The adolescent: development, relationships and culture* (7th ed.). Boston: Allyn & Bacon).

# Understanding Youth Culture as a Component of Cultural Competence

# Youth Culture as an Aspect of Cultural Competency

- Cultural competency is very complex and is about more than just a person's ethnicity
- When providing services it is a necessity to meet the needs of the individual
- Do not make assumptions based on your perception of the person's background
- Ask open ended questions that leave the door open for exploration



# Assumptions



- ★ Leave assumptions at the door
- ★ Do not base assumptions on past diagnoses
- ★ Explore the individuality of a young person. What are their interests, strengths and abilities? What would they like your help with?



# Influence of Labels

- Young people are faced with a variety of labels regardless of a disability
  - Punks, Goth, Jocks, Geeks, Gamers
- It is difficult for many youth to be associated with one idea, group, or trend
- Young people like to be known for who they are not what their appearance may define them as
- Having the label of Seriously Emotionally Disturbed (SED) on top of other labels is difficult. It has a negative connotation that no one wants

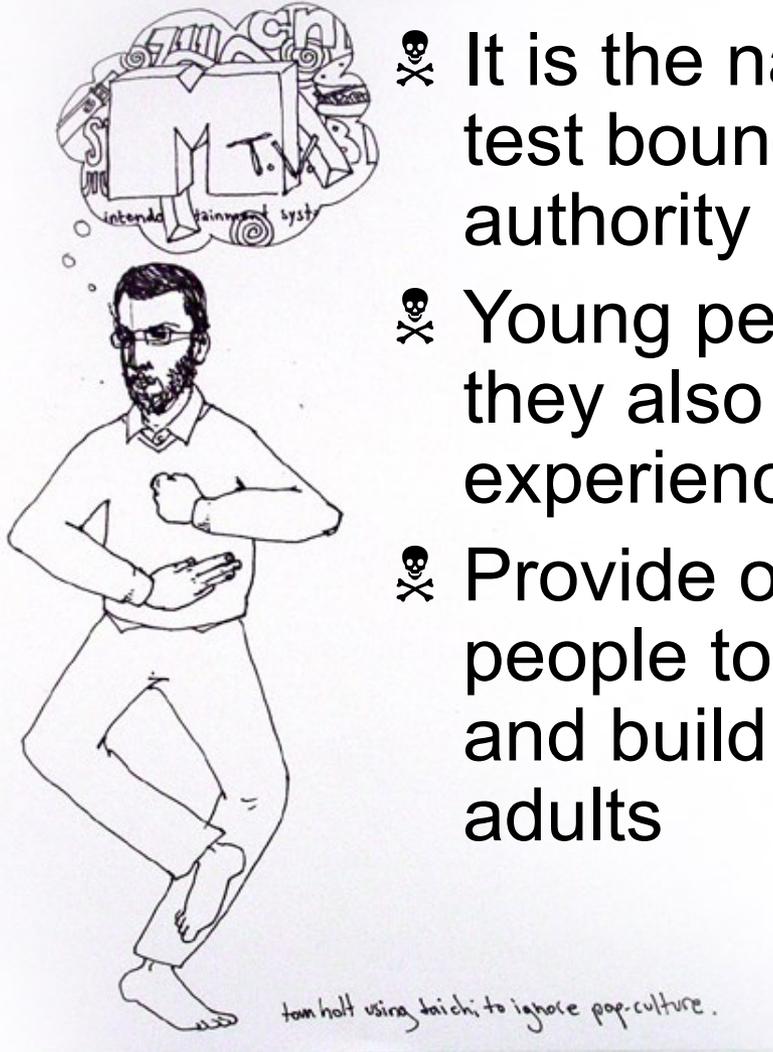
# Risky Behavior Vs. Age Appropriate

- Young people who receive mental health services are often held to higher standards than their peers
  - Can't go to sleep late
  - Have to be up early
  - Can't have loud music
  - Early curfews
  - Etc.
- Often activities that are common for young people are viewed as “risky behaviors” for youth who receive MH services
  - Being out with friends and drinking alcohol after 21 years of age.
  - Having Sex
  - Having a girlfriend/boyfriend
- Transitional services often do not account for this and make it difficult for young people to act in ways that are common for their non-labeled peers.
- It furthers the negativity and segregation of young people with an SED label.



# Youth and Young Adults as Agents of Change

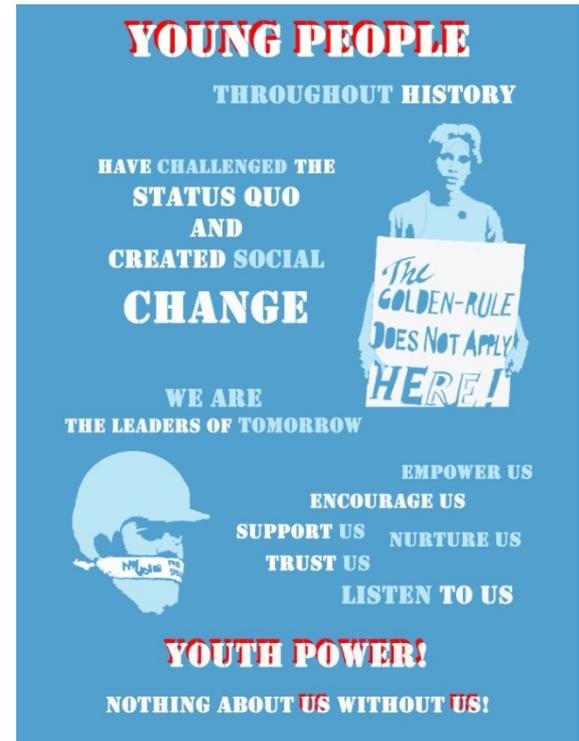
# Rebellion



- ☠ It is the nature of young people to test boundaries and rebel against authority
- ☠ Young people need guidance but they also need to learn from personal experiences
- ☠ Provide opportunities for young people to make informed decisions and build the skills they will need as adults

# Generation

- 🌐 Every generation faces different social and environmental challenges
- 🌐 Young people throughout history have challenged the status quo and created social change.
- 🌐 Young people who question things and voice their opinions should be celebrated, encouraged, empowered, respected and listened to in every generation



## Examples of generational shifts

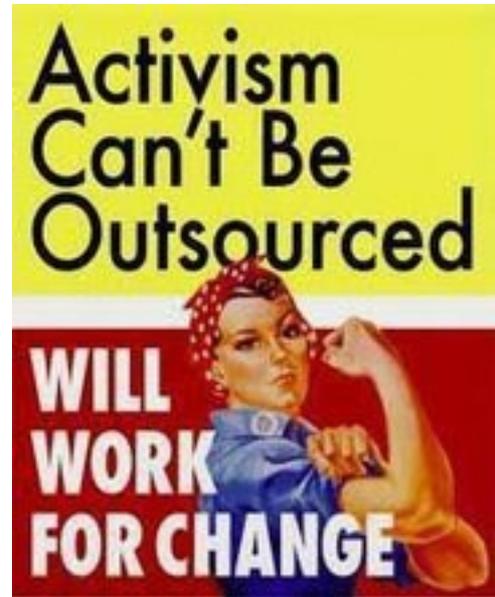
- There have been many examples in just the past few decades of U.S. history of one generation rebelling against the ideas of another.
- In the 1960s youth saw the society as too repressive and protested for a more open society and an end to the war in Vietnam.
- The next generation felt this move leftward threatened American traditions and thus enacted reactionary measures to roll back the changes.

# Youth/Young Adult Impact on Society

- Young people can be a powerful force in precipitating change in society. Youth-led revolutions in the 20<sup>th</sup> and 21<sup>st</sup> centuries attest to this fact.
- Organizations of young people, which were often based on a student identity, were crucial to the American Civil Rights Movement.
  - Southern Student Organizing Committee
  - Students for a Democratic Society
  - Student Nonviolent Coordinating Committee
- The Freedom Summer relied heavily on college students
  - Hundreds of students engaged in registering African Americans to vote, teaching in Freedom Schools and organizing Mississippi Freedom Democratic Party

# Youth-Led Social Change

Some scholars have studied the trends that accompany social unrest, and have suggested ties between youth and revolt. Most notable is Gunnar Heinsohn's theory of the **youth bulge**. According to this theory, an especially large population of young people, especially males, is associated with social unrest, war and terrorism. The rationale that Heinsohn gives is that these population trends leave many people unable to find prestigious places in society, so they turn their attention to creating change in society.

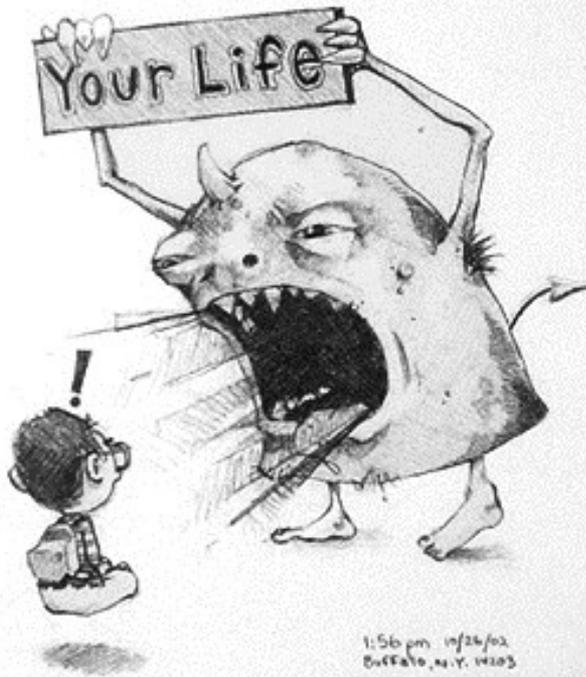


# Examples of Youth/Young Adults Leading Social Change

- Arab Spring (young people increasingly use social media for “community organizing”)
  - Bahrain
  - Egypt
  - Jordan
  - Turkey
- Ending the war Vietnam
- Latin American Revolutions
- Occupy Protests

Youth development and its context within youth  
culture

# Meeting the needs of Young People



1:56 pm 11/26/02  
Buffalo, N.Y. 14203  
"Allen takes flight  
Nintendo pauses  
Mountains shift."  
(part of a series) TULLOCH

- ❖ Be authentic (“real”) and build trust
- ❖ Do not promise things that can not be delivered
- ❖ Offer information young people are interested in and in need of such as sexual education, independent living skills
- ❖ Offer services and meetings at youth friendly times
- ❖ LISTEN & support
- ❖ Offer Choices

# Exploring Self Identity

- ‡ It is a fundamental need for young people to have a sense of belonging
- ‡ It is natural for young people to experiment and explore various interests
- ‡ Some people view this as passing fads
- ‡ It is not so much fads as exploring self-identity

# Forms of Expression



- 🏠 Self expression is very important to young people
- 🎵 Artistic forms of expression visual, music, writing, which can be used as coping skills
- 🎬 Clothing & appearance
- 🚲 Physical activity
- 🎮 Technology
- 🗣️ Communication
- 🗣️ Identity is often expressed through involvement in various subcultures

# Subcultures

Subcultures are informed and influenced by:

- Art
  - anime, activism, Graphic art/3D art
- Clothing
  - Shoes (supras), Shirts, etc,
- Internet
  - 4Chan, Facebook, Reddit, YouTube, Twitter, Tumblr, Trolls, Anonymous ,n00bs/newbs
- Movies/TV Shows
  - Pokemon, breaking bad, Doctor Who, Walking Dead, All manner of anime,
- Music
  - Emos, Goths, Juggalso, Metalheads, Ravers, Hip-Hop(Gangtsa)
- Video Games
  - MMO, 1<sup>st</sup> person shooter, RPGs, RTS/TBS, Retro, Steam(PC), PSN(Playstation), Xbox live(xbox)

# Additional Subcultures

Youth culture is made up of an endless array of subcultures

- Skateboarders
- Teddy boys
- Rockers
- Beats
- Hipsters
- Hip Hop
- Hacker
- Internet
- Gamer
- Gangs
- Religious
- Preps
- Indies
- Urban Youth
- Rural Youth
- LGBT
- Steam Punk
- Biopunk

## Notable “Fandoms”

Bronies (fans of My Little Pony: Friendship is Magic)

Browncoats (fans of Firefly)

Deadheads (fans of Grateful Dead)

Furries (fans of the furry genre)

Janeites (fans of Jane Austen)

MSTies (fans of Mystery Science Theater 3000)

Parrotheads (fans of Jimmy Buffett)

RENT-heads (fans of Rent)

Sherlockians (fans of Sherlock Holmes)

Stargate fandom

Tolkien fandom

Trekkies (fans of Star Trek)

Whovians (fans of Doctor Who)

# Exploring Contemporary Issues in Youth Culture

# Internet Access

## **More young people than ever are using smartphones as their access point to the Internet.**

- About 37% of Americans ages 12 to 17 access the internet from a smartphone (2012 Pew survey).
- Twenty-three percent of teens mostly go online using their phones and not a desktop or laptop computer
- 15% of adults access the internet primarily through their phones
- Seventy-eight percent of teens have a cell phone
- 15% of adults have a cell phone, the survey found.

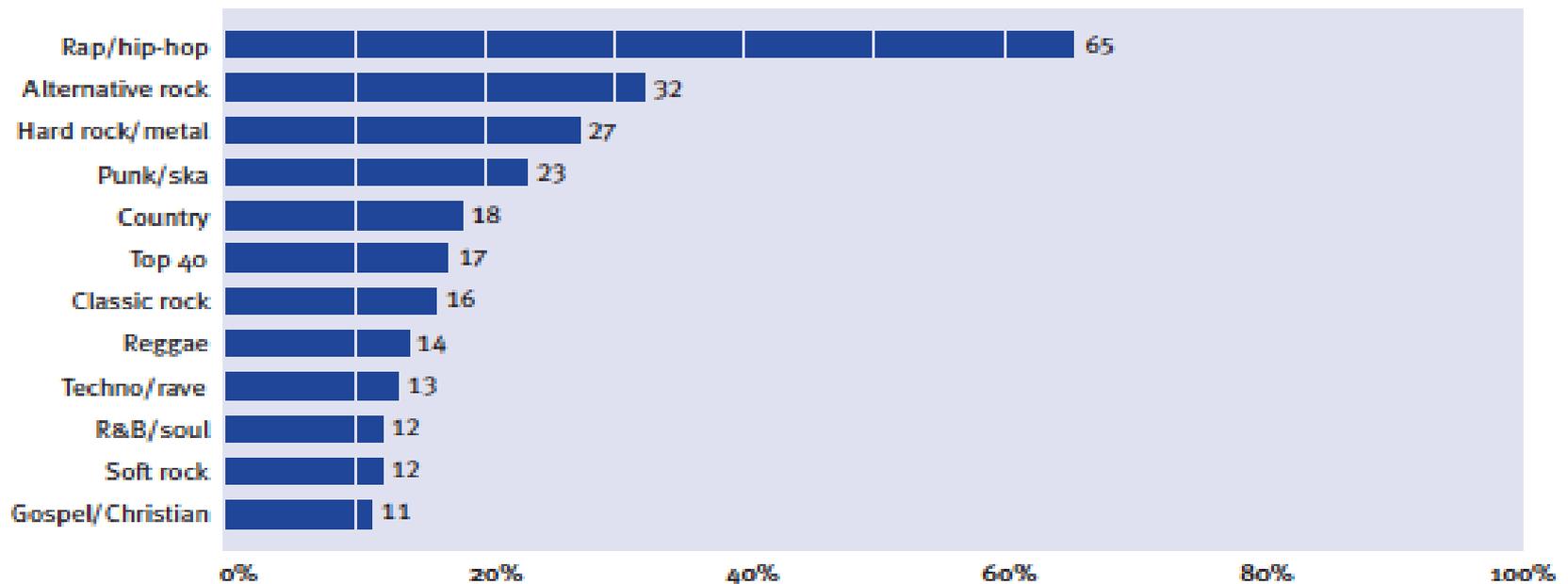
***A smart phone (iPhone, Droid, Glance, etc) allows the user access to the internet and apps***

***37 percent of all American teens have a smartphone***

# Music Genres Young People Like

## Music Genres

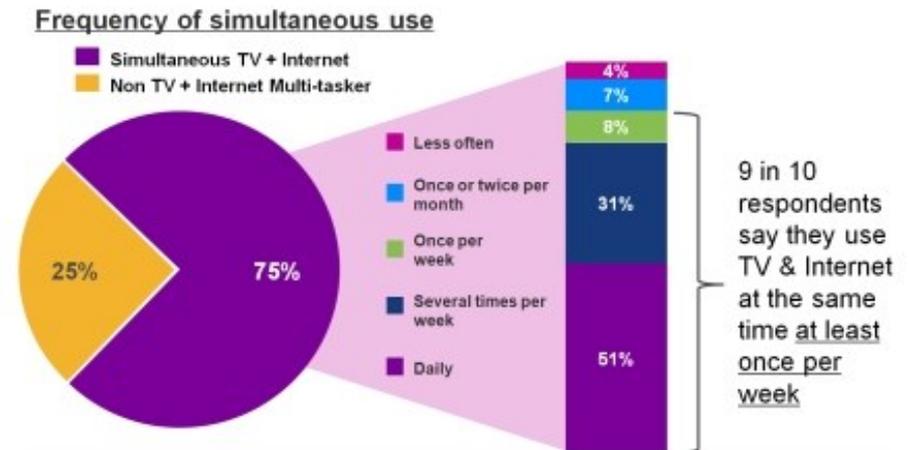
Among 7th- to 12th-graders who listen to recorded music in a typical day, percentage who listen to...



*Note: Results are among those who listened to CDs, tapes, or MP3 players.*

# The Multi-Tasking Generation

- The proliferation of media-able devices in our households (PCs, smartphones, tablets) is leading to a division of our attention when it comes to traditional television viewing and programming
- The tablet is becoming the go-to device for multi-tasking while watching television. 44% of consumers used their tablets for multi-tasking
- 14% of consumers used their tablets to search for content and engage in social media directly related to the television program they were watching
- Researchers are exploring the cognitive effects of multi-tasking. Some argue multi-tasking is remapping the brain and making it more difficult for people to sustain attention on given projects



# Hazing Commonplace among High Schoolers

Just as fraternities/sororities and athletic teams tend to grab the hazing spotlight in terms of “who,” so do forced alcohol consumption and violence in regards to “what.” Cases involving alcohol and violence are most likely to receive attention because they often lead to medical emergencies, and even possible death. But other forms of hazing exist as well. Dr. Mary Madden and Dr. Elizabeth Allen, authors of the “Hazing in View” study released a summary of findings related to hazing at the high school level. According to their findings, the following are the most frequently reported hazing behaviors among high school students:

- 28 percent associate with specific people and not others
- 21 percent sing or chant by self or selected group members/not related to a game or event
- 19 percent are yelled, screamed or cursed at by other members of the group
- 12 percent participate in a drinking game
- 12 percent deprive self of sleep
- 12 percent get a tattoo or body piercing
- 11 percent drink large amounts of a non-alcoholic beverage
- 11 percent endure harsh weather conditions without proper clothing
- 9 percent be awakened by other members during the night
- 8 percent make prank telephone calls or harass others
- 8 percent drink alcoholic beverages until the point of getting sick or passing out

# Why “Authenticity” Is So Central to Youth Culture

- One of the worst things you can call someone publicly is a fake.
- As a Care Manager, it is important for the young people you work with to collectively view you as “real.” To be “real,” simply be yourself. Don’t try to incorporate slang into your vocabulary. Ask the young person questions if you are curious about something. The most important thing is to be yourself.

# Youth Cultural Icons

- **Athletes**

- LeBron James
- Tim Tebow
- Lionel Messi
- Kobe Bryant

**Celebrities**

Leonardo DiCaprio  
Brad Pitt  
Matt Damon  
Denzel Washington  
Will Smith

**Musicians**

2Chainz  
Adele  
Justin Bieber  
Kelly Clarkson  
Kendrick  
Lamar  
Lady Gaga  
Lil Wayne  
Pitbull  
Taylor Swift

# The Most Stressed Out Generation: Young Adults

Life events are the most common stressor of today's young people

- *Break up with boy/girl friend*
- *Increased arguments with parents*
- *Trouble with brother or sister*
- *Increased arguments between parents*
- *Change in family's financial status*
- *Serious illness or injury of family member*
- *Trouble with classmates*
- *Trouble with parents/guardians*
- *Not having their voice heard/being ignored*

These events are centered in the two most important domains of a teenager's life: home and school. They relate to issues of conflict and loss. Loss can reflect the real or perceived loss of something concrete such as a friend or money, and it can mean the loss of such intrinsic things as self-worth, respect, friendship or love.

# Philosophy & Research Foundations

## ✓ CASSP Principals

- ★ Child-centered
- ★ Community-based
- ★ Culturally competent
- ★ Family-focused
- ★ Multi-system
- ★ Least restrictive/least intrusive

## ✓ Circle of Courage <http://www.reclaiming.com/>

- ★ Belonging – opportunity to establish trusting relationships
- ★ Mastery-opportunity to solve problems and meet goals
- ★ Independence – Opportunity to build self control and responsibility
- ★ Generosity – Opportunity to show respect and concern

## ✓ Resilience Research

## ✓ Self-worth Research



# Youth Culture Resources

Millennials Act Way Too Immature at the Office

<http://www.businessinsider.com/millennials-are-way-too-immature-at-the-office-2013-3>

The Music Genres Kids Like

<http://www.jonathanmckeewrites.com/archive/2013/03/14/most-popular-music-genre.aspx>

Generation M: Media in the Lives of 8 – 18 Year Olds

<http://www.kff.org/entmedia/upload/Generation-M-Media-in-the-Lives-of-8-18-Year-olds-Report.pdf>

More US Teens are Using Smartphones to Get to The Internet, PEW Finds

<http://www.latimes.com/business/technology/la-fi-tn-american-teens-smartphone-use-skyrockets-pew-20130313,0,6011256.story>

New Study: Alcohol Brands Underage Drinkers Prefer

<http://www.bu.edu/today/2013/new-study-reveals-alcohol-brands-underage-drinkers-prefer/>

Whose Feel Stressed? Young Adults, Survey Shows

<http://www.usatoday.com/story/news/nation/2013/02/06/stress-psychology-millennials-depression/1878295/>

Hyper Parenting Can Make College Aged Kids Depressed

<http://www.foxnews.com/health/2013/02/13/hyper-parents-can-make-college-aged-children-depressed/?intcmp=HPBucket#ixzz2KxcV86y8>

Why is Authenticity So Central to Urban Culture?

<http://www.theatlanticcities.com/neighborhoods/2013/01/why-authenticity-so-central-urban-culture/4543/>

More + More Devices = More Multitasking

<http://www.mediapost.com/publications/article/197669/more-more-devices-more-multitasking.html?edition=58647#ixzz2QRTrIOPs>

My Kid Wants to Be “Liked” on Facebook

<http://www.common sense media.org/blog/my-kid-wants-to-be-liked-on-facebook>

Identity, world and word

[https://www.cpyu.org/Page\\_p.aspx?id=419937](https://www.cpyu.org/Page_p.aspx?id=419937)

Survey: Nearly A Quarter of Teens Drive While Impaired

<http://www.usatoday.com/story/news/nation/2013/04/25/teens-drunken-driving-impaired-survey/2106325/>

Narcissism Run Rampant? Let’s Not Flatter Ourselves

<http://chronicle.com/article/Narcissism-Run-Rampant-Lets/123705/>

Generation Sell

[http://www.nytimes.com/2011/11/13/opinion/sunday/the-entrepreneurial-generation.html?\\_r=0&pagewanted=print](http://www.nytimes.com/2011/11/13/opinion/sunday/the-entrepreneurial-generation.html?_r=0&pagewanted=print)

**We are Young.  
We are Strong.  
We are**



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