
By Jean M. Twenge (Atria Books, August 2017)

From the Publisher: A highly readable and entertaining first look at how today’s members of iGen—the children, teens, and young adults born in the mid-1990s and later—are vastly different from their Millennial predecessors, and from any other generation, from the renowned psychologist and author of Generation Me.

With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today’s rising generation of teens and young adults. Born in the mid-1990s to the mid-2000s and later, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps why they are experiencing unprecedented levels of anxiety, depression, and loneliness.

But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. iGen is also growing up more slowly than previous generations: eighteen-year-olds look and act like fifteen-year-olds used to.

As this new group of young people grows into adulthood, we all need to understand them: Friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

Drawing from nationally representative surveys of 11 million young people as well as in-depth interviews, iGen is the first book to document the cultural changes shaping today’s teens and young adults, documenting how their changed world has impacted their attitudes, worldviews, and mental health.

Book Contents:

Introduction: Who Is iGen, and How Do We Know?
Chapter 1: In No Hurry: Growing Up Slowly;
Chapter 2: Internet: Online Time – Oh, and Other Media, Too;
Chapter 3: In Person No More: I’m with You, But Only Virtually;
Chapter 4: Insecure: The New Mental Health Crisis;
Chapter 5: Irreligious: Losing My Religion (and Spirituality);
Chapter 6: Insulated but Not Intrinsic: More Safety and Less Community;
Chapter 7: Income Insecurity: Working to Earn – but Not to Shop;
Chapter 8: Indefinite: Sex, Marriage, and Children;
Chapter 9: Inclusive: LGBT, Gender, and Race Issues in the New Age;
Chapter 10: Independent: Politics.
Conclusion: Understanding – and Saving – iGen
Dr. Twinge’s 15 -Item Quiz: How iGen are You?

Answer each question “yes” or “no.”

1. In the past 24 hours, did you spend at least an hour total texting on a cell phone?
2. Do you have a Snapchat account?
3. Do you consider yourself a religious person?
4. Did you get your driver’s license by the time you turned 17?
5. Do you think same-sex marriage should be legal?
6. Did you ever drink alcohol (more than a few sips) by the time you turned 16?
7. Did you fight with your parents a lot when you were a teen?
8. Were more than 1/3 of the other students at your high school a different race than you?
9. When you were in high school, did you spend nearly every weekend night out with your friends?
10. Did you have a job during the school year when you were in high school?
11. Do you agree that safe spaces and trigger warnings are good ideas and that efforts should be made to reduce microaggressions?
12. Are you a political independent?
13. Do you support the legalization of marijuana?
14. Is having sex without much emotion involved desirable?
15. When you were in high school, did you feel left out and lonely fairly often?

SCORING: Give yourself 1 point for answering “yes” to questions 1, 2, 5, 8, 11, 12, 13, 14, and 15.
Give yourself 1 point for answering “no” to questions 3, 4, 6, 7, 9, and 10.
The higher your score, the more iGen you are in your behaviors, attitudes, and beliefs.

Digital Parenting Tips (Source: The 1A.org, August 31, 2017)

Adam Pletter, a child psychologist based in Bethesda, Maryland, specializes in the healthy use of digital technology. He teaches a course, iParent, on parenting in the digital age. He had these tips to share for parents:

1. Acknowledge that the smartphone is an all-in-one adult device so offer levels of digital access in a proactive way (opposed to reacting later to a predictable problem).
2. Start with a basic Family Rules contract writing down basic expectations like any other parenting decision (samples can be googled or there is a customizable template my website, iparent101.com.
3. Discuss the apps with your kids and turn on available privacy settings within the apps.
4. Set up and use some type parental control system to have enforceable limits of the expectations outlined in your Family Rules Contract (see #2); you can use the built-in controls under SETTINGS or my favorite 3rd party solution is Circle with Disney as it gives parents an easy way to turn the internet and specific apps on/off remotely through the parent’s phone (brilliant!).
5. Family Sharing (built-in to Apple products only) can be a huge advantage for parents with the ‘Ask-to-Buy’ feature whereby the parents must approve of the apps/music/movies downloaded through iTunes. This forces the dialogue between parent and child (so important!) and ensures that parents know what is on the child’s phone. The communication between parents and children is the key, so children grow up to be savvy, safe digital iGen citizens.
BOOK REPORT:
2018 TMCEC Juvenile Case Manager Seminar
Austin, Texas
June 12, 2018
Judge Ryan Kellus Turner
TMCEC General Counsel and Director of Education

Jean M. Twenge, Ph.D., author of Generation Me: iGen
Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood*
*and What That Means for the Rest of Us

Objectives
1. Distinguish iGen from millennials;
2. Describe data on iGen socializing
3. Discuss iGen mental health risk factors

How Dr. Twenge Defined Generations for Purposes of Her Research

<table>
<thead>
<tr>
<th>Generation</th>
<th>Age Range</th>
<th>U.S. Population</th>
<th>Average Income</th>
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<tbody>
<tr>
<td>Baby Boomers</td>
<td>1946-1964</td>
<td>76 million</td>
<td>$45,000</td>
</tr>
<tr>
<td>Generation X</td>
<td>1965-1979</td>
<td>66 million</td>
<td>$53,200</td>
</tr>
<tr>
<td>Millennials</td>
<td>1980-1994</td>
<td>80 million</td>
<td>$61,000</td>
</tr>
<tr>
<td>iGen</td>
<td>1995-2012</td>
<td>76 million</td>
<td>No Data Yet</td>
</tr>
</tbody>
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Caveat Emptor: The Danger of “Painting Fine Details with a Broad Brush”

Interview with Comedian George Carlin (1997)

Q: You have called baby boomers whiny, sarcastic, narcissistic, self-indulgent, cold, bloodless people...
A: ...This is rhetoric. Rhetoric paints with a broad brush. I try to find targets I feel something about and express it my way, so it’s usually overdone.

Definition: paint with a broad brush
(idiomatic) To describe a class of objects or phenomenon in general terms, without specific details and without attention to individual variations.

In No Hurry Growing Up Slowly

iGen:
- Not Going Out
- 1 in 5 Do Not Have a Driver’s License by the Time they Graduate from High School
- Not Latchkey Kids
- Percentage of Kids Graduating from 12th grade and going to college without ever having a job has doubled from 22 to 44 percent
- Dislike, Apprehension about “Adulting”

Let’s Recap

DON'T GROW UP
IT'S A TRAP!

<table>
<thead>
<tr>
<th>NOT TO DO APP</th>
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<tbody>
<tr>
<td>NOT TO DO LIST:</td>
</tr>
<tr>
<td>Drive</td>
</tr>
<tr>
<td>Work</td>
</tr>
<tr>
<td>Drink</td>
</tr>
<tr>
<td>Have Sex</td>
</tr>
<tr>
<td>GROW UP!</td>
</tr>
</tbody>
</table>
So What are High School Students Doing with Their Time?

Multitasking (Virtually)
- Texting 2.25 Hours a Day
- Internet 2 Hours a Day
- Gaming 1.5 Hours a Day
- Video Chatting
- Watching Cat Videos (Not on TV)

“Hanging Out” Way Back When

“Hanging Out” Today
In Person No More: I’m with You, but Only Virtually

Not Hanging Out With Friends
Times per week teenagers go out without their parents

In No Rush to Drive
Percentage of 12th-graders who drive

Less Dating ...
Percentage of teenagers who ever go out on dates
IN 2014, FOR THE FIRST TIME SINCE MONITORING BEGAN IN 2006, 12TH GRADERS WEEKLY INTERNET USAGE EXCEEDED IN-PERSON SOCIAL ACTIVITIES.
What About Correlation vs. Causation?
Do We Know that Screen Time Causes Unhappiness or Depression?

CORRELATION IS NOT CAUSATION!

Both ice cream sales and shark attacks increase when the weather is hot and sunny, but they are not caused by each other (they are caused by good weather, with lots of people at the beach, both eating ice cream and having a swim in the sea).
REMEMBER: CORRELATION DOES NOT MEAN CAUSATION!!

Number of people who drowned by falling into a pool

Flint's Nicolas Cage appeared in

Letters in Winning Word at Scripps National Spelling Bee

Number of people killed by venomous spiders

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iGen Loneliness

More Screen Time + Less in Person Social Interaction = More Loneliness

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CDC (June 2018) Suicide Rates Up 30 Percent Since 1999
Is it All Bad?

More Safety, Less Community

- Less Likely to Not Buckle Up
- Less Likely to Get a Traffic Ticket
- Less Likely to Binge Drink
- Less Likely to Drink and Drive
- Less Likely to Smoke
Thank You for Your Attention