Who are the teens that we are currently seeing in our therapy groups:
- Generational terms for the Post-Millennials: Homelanders; Generation Z; iGen; Digital Natives

Their Social Context- from the 2015 Beloit College Mindset List
Students heading into their first year of college this year were mostly born in 1997.
Among those who have never been alive in their lifetimes are Princess Diana, Notorious B.I.G., Jacques Cousteau, and Mother Teresa.
Joining them in the world the year they were born were Dolly the sheep, The McCaughey septuplets, and Michael “Prince” Jackson Jr.
Since they have been on the planet:
1. Hybrid automobiles have always been mass produced.
2. Google has always been there, in its founding words, “to organize the world's information and make it universally accessible.”
3. They have never licked a postage stamp.
4. Email has become the new “formal” communication, while texts and tweets remain enclaves for the casual.
5. Four foul-mouthed kids have always been playing in South Park.
6. The announcement of someone being the “first woman” to hold a position has only impressed their parents.
7. Color photos have always adorned the front page of The New York Times.
8. Ellis Island has always been primarily in New Jersey.
9. “No means no” has always been morphing, slowly, into “only yes means yes.”
10. Cell phones have become so ubiquitous in class that teachers don't know which students are using them to take notes and which ones are planning a party.
11. They have avidly joined Harry Potter, Ron, and Hermione as they built their reading skills through all seven volumes.
12. Kyoto has always symbolized inactivity about global climate change.
13. The therapeutic use of marijuana has always been legal in a growing number of American states.
14. In a world of DNA testing, the Tomb of the Unknowns at Arlington has never included a Vietnam War veteran “known only to God.”
15. The Lion King has always been on Broadway.
16. Sir Paul and Sir Elton have always been knights of the same musical roundtable.

Social Concerns- an opinion poll conducted by Northwestern University in October, 2014 found:
- 55% say they are concerned about climate change. Exact comparable population numbers are difficult to find, but in a study published in March last year only 35% of the general population indicated that they felt climate change was an important issue; in a New York Times/CBS News poll from September, however, 42% saw climate change as an imminent threat.
-64% of the respondents are worried about getting a job, 60% worry about their family or themselves having enough money and 67% worry about being able to afford college.

-respondents are more than 10 times more likely to say that parents or teachers are their role models than celebrities and athletes; another interesting trend is that YouTube celebrities are more popular than the traditional Hollywood A-list to this generation.

- 64% of the respondents indicate that they support a single-payer healthcare system similar to those in European countries and Canada. This is almost twice as many in support than found for other generations. A Kaiser Health poll from 2013 showed that despite accusations of the young feeling too invincible to need insurance, as many as 76% felt that they needed the security of having health insurance.

Some other defining characteristics on current American teens:

-they’re intrinsically egalitarian, attuned to fairness not in an activist manner, but in a kind of post-liberal, "the world is already as it should be" kind of way. They’re startled by racism and sexism and homophobia first, offended second. Across many spectra, these kids are growing up in a zero-tolerance climate when it comes to discrimination and mistreatment.

-they are more global and open in mindset than any previous generation, having grown up with a media operating system--YouTube, Facebook, Xbox Live, Google, Twitter--that is itself inherently global and inclusive in nature. One used to grow up bound by (his or her) street and community, religion, and region. The Post generation will feel far less constrained by geography and, as a result, ideology than any previous generation.

-they are products of “helicopter” parenting. One way they differ is in their relationship to their Gen-X parents in particular and to authority in general. Whereas Boomers have been notorious for "self-esteem parenting," Gen-Xers seem to be returning to the more authoritative parenting style of parenting that raised “the Boomers”. They know the world is dangerous, and they’re not about to let their kids move as freely as Boomer parents have. Where Boomers have been all about respecting their children’s boundaries (and) privacy, GenX parents seemingly have no qualms about invading their kids’ digital realms (smartphones, social network), setting rigid expectations for behavior, bedtimes, "screen time," and the like. And they’re more likely to require their overscheduled progeny to "follow through" on commitments--sports, arts, etc.--that Boomers might have let their Millennial children back out if it "didn’t feel right for him/her."

Adapted from “Young Talent: What to Expect From the Post-Millennial Workforce; What managers need to know about the next generation.”

by Adam Vaccaro, Staff Writer, Inc.com

Teens, Social Media & Technology Overview 2015
From Pew Research Center

- Aided by the convenience and constant access provided by mobile devices, especially smartphones, 92% of teens report going online daily — including 24% who say they go online “almost constantly,” according to a new study from Pew Research Center. More than half (56%) of teens — defined in this report as those ages 13 to 17 — go online several times a day, and 12% report once-a-day use. Just 6% of teens report going online weekly, and 2% go online less often.
Nearly three-quarters of teens have or have access to a smartphone and 30% have a basic phone, while just 12% of teens 13 to 17 say they have no cell phone of any type. African-American teens are the most likely of any group of teens to have a smartphone, with 85% having access to one, compared with 71% of both white and Hispanic teens. African-American and Hispanic youth report more frequent internet use than white teens. Among African-American teens, 34% report going online “almost constantly” as do 32% of Hispanic teens, while 19% of white teens go online that often.

Facebook is the most popular and frequently used social media platform among teens; half of teens use Instagram, and nearly as many use Snapchat. Facebook remains the most used social media site among American teens ages 13 to 17 with 71% of all teens using the site, even as half of teens use Instagram and four-in-ten use Snapchat.

71% of teens use more than one social network site: Teens are diversifying their social network site use. A majority of teens — 71% — report using more than one social network site out of the seven platform options they were asked about. Among the 22% of teens who only use one site, 66% use Facebook, 13% use Google+, 13% use Instagram and 3% use Snapchat.

Boys are more likely than girls to report that they visit Facebook most often (45% of boys vs. 36% of girls). Girls are more likely than boys to say they use Instagram (23% of girls vs. 17% of boys) and Tumblr (6% of girls compared with less than 1% of boys). Older teens ages 15 to 17 are more likely than younger teens to cite Facebook (44% vs. 35% of younger teens), Snapchat (13% vs. 8%) and Twitter (8% vs. 3%) as a most often used platform, while younger teens ages 13 to 14 are more likely than their older compatriots to list Instagram (25% vs. 17% of older teens) as a platform they visit most often.

The survey data reveals a distinct pattern in social media use by socio-economic status. Teens from less well-off households (those earning less than $50,000) are more likely than others to say they use Facebook the most: 49% of these teens say they use it most often, compared with 37% of teens from somewhat wealthier families (those earning $50,000 or more). Teens from more affluent households are somewhat more likely than those from the least affluent homes to say they visit Snapchat most often, with 14% of those from families earning more than $75,000 saying Snapchat is their top site, compared with 7% of those whose families earn less than $30,000 annually. Twitter shows a similar pattern by income, with the wealthiest teens using Twitter more than their least well-to-do peers. It should be noted that some of these differences may be artifacts of differences in use of these sites by these different subgroups of teens.

As American teens adopt smartphones, they have a variety of methods for communication and sharing at their disposal. Texting is an especially important mode of communication for many teens. Some 88% of teens have or have access to cell phones or smartphones and 90% of those teens with phones exchange texts. A typical teen sends and receives 30 texts per day. And teens are not simply sending messages through the texting system that telephone companies offer. Some 73% of teens have access to smartphones and among them messaging apps like Kik or WhatsApp have caught on. Fully 33% of teens with
phones have such apps. And Hispanic and African-American youth with phones are substantially more likely to use messaging apps, with 46% of Hispanic and 47% of African-American teens using a messaging app compared with 24% of white teens.

- Teenage girls use social media sites and platforms — particularly visually-oriented ones — for sharing more than their male counterparts do. For their part, boys are more likely than girls to own gaming consoles and play video games.

**Other sociological data - sex**

From the Guttmacher Institute:

- Overall, 57 pregnancies occurred per 1,000 women aged 15–19 in 2010. In other words, nearly 6% of 15–19-year-olds become pregnant each year. The 2010 rate was a record low and represented a 51% decline from the peak rate of 117 per 1,000, which occurred in 1990.

- Pregnancies are much less common among girls younger than 15. In 2010, 5.4 pregnancies occurred per 1,000 teens aged 14 or younger. In other words, fewer than 1% of teens younger than 15 become pregnant each year.

- The decline in teen pregnancy rates in the United States is due primarily to teens’ improved contraceptive use.

- The majority of sexually experienced teens (78% of females and 85% of males) used contraceptives the first time they had sex.

- The use of contraceptives during first sex by females aged 15–19 has increased, from 48% in 1982 to 78% in 2006–2010.

- Adolescents who have sex at age 14 or younger are less likely than older teens to have used a method at first sex and take longer to begin using contraceptives.

- The condom is the most common contraceptive method used at first intercourse; 68% of females and 80% of males use it the first time they have sex.

- Fewer than 2% of adolescents have had sex by the time they reach their 12th birthday. But adolescence is a time of rapid change. Only 16% of teens have had sex by age 15, compared with one-third of those aged 16, nearly half (48%) of those aged 17, 61% of 18-year-olds and 71% of 19-year-olds. There is little difference by gender in the timing of first sex.

- Teens are waiting longer to have sex than they did in the recent past. In 2006–2008, some 11% of never-married females aged 15–19 and 14% of never-married males in that age-group had had sex before age 15, compared with 19% and 21%, respectively, in 1995.

- Among sexually experienced teens, 70% of females and 56% of males report that their first sexual experience was with a steady partner, while 16% of females and 28% of males report first
having sex with someone they had just met or who was just a friend, compared with 19% and 21%, respectively, in 1995.

• Three percent of males and 8% of females aged 18–19 in 2006–2008 reported their sexual orientation as homosexual or bisexual. During the same period, 12% of females aged 18–19 reported same-sex behaviors (any sexual experience, including oral sex), compared with 4% of males in the same age-group (includes any oral or anal sex).

...and drugs:
From Monitoring the Future

**Tobacco**

- Tobacco Smoking among teens in grades 8, 10 and 12 continued to decline in 2015 to the lowest level since Monitoring the Future began tracking 41 years ago. Based on annual surveys of 40,000 to 50,000 students in about 400 secondary schools, the researchers found that the percentage of students of all three grades combined who said that they smoked at all in the prior 30 days fell from 8% (2014) to 7%, a statistically significant drop.

**Alcohol**

- The use of alcohol by teens has dropped dramatically over roughly the past two decades—particularly among the youngest teens—and continues to drop in 2015. The 30-day prevalence of alcohol use declined significantly in all three grades in 2015.
- All three grades are now at the lowest point that they have been at least since the mid-1990s, and likely longer. Among 8th graders, most of whom are 13 or 14 years old, the proportion who have ever taken “more than just a few sips” of alcohol by 8th grade has fallen by half since the 1990s.
- Prevalence of recent binge drinking (having five or more drinks in a row at least once in the past two weeks) dropped significantly in 2015 to under 20 percent of high school seniors. As with 30-day prevalence, all grades are at their lowest points since at least the mid-1990s.
- The two-week prevalence rates for binge drinking are now at 5% (8th grade), 11% (10th grade), and 17% (12th grade).
- Disapproval of binge drinking continues a gradual increase in the upper grades. Perceived availability for alcohol continues longer-term declines, which are sharpest in the lower grades.

**Illicit Drugs**

- The index of any illicit drug use tends to be driven by marijuana, which is by far the most prevalent of the many illicitly used drugs.
- In 2014, the proportions of students indicating any use of an illicit drug in the prior 12 months declined slightly in the 12th grade, but remained unchanged from the prior year in the eighth and tenth grades.
The percentages indicating any use in their lifetime are 20.3 percent, 37.4 percent and 49.1 percent. In other words, half of America's high school seniors have tried an illicit drug by the time they graduate and four in 10 have used it in just the past year.

"But it should also be noted that fully half of today's seniors have not tried an illicit drug by the end of high school," said Lloyd Johnston, the principal investigator of the study.

Marijuana

- In general, the use of marijuana among teens has been drifting higher in recent years following a decade or more of fairly steady decline.
- In 2014, use among the three grades declined slightly.
- Annual prevalence (the percent using once or more in the prior 12 months) declined from 12.7 percent to 11.7 percent among 8th graders 29.8 percent to 27.3 percent among 10th graders and from 36.4 percent to 35.1 percent among 12th graders.
- "The belief that regular marijuana use harms the user, however, continues to fall among youth, so changes in this belief do not seem to explain the change in use this year, as it has done over most of the life of the study," Johnston said.
- From 2013 to 2014, the percent of students seeing great risk from being a regular marijuana user has fallen among 8th graders from 61 percent to 58.9 percent, among 10th graders from 46.5 percent to 45.4 percent, and among 12th graders from 39.5 percent to 36.1 percent