



**Dr. Mel Tavares**

# Understanding Youth Trends

Become Equipped to Minister to Youth & Families



**Welcome**

**Writers**

I'm so glad you're here!

**This  
workshop  
will equip you  
to better  
understand  
youth  
culture.**

Body Image

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Media Consumption

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Mental Health

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School Culture

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Substance Use



A top-down view of a person sitting at a desk, working on a computer. The desk is cluttered with papers, a keyboard, a mouse, a cup, and other office supplies. The person's head and shoulders are visible in the lower center of the frame. The image is dark and has a high-contrast, almost black-and-white aesthetic.

# Body Image

Children as young as three begin forming opinions about their bodies.



80% of ten year olds are concerned about being fat



**40%**

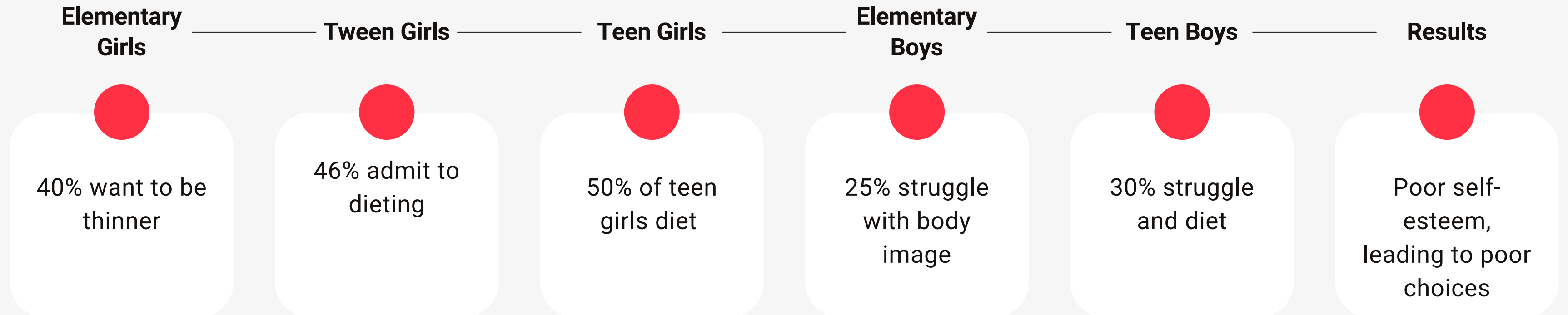
of elementary age girls want to  
be thinner



**25%**

of elementary boys struggle

# Kids listen to adults discuss body images



## Puberty, Hormones, and Identity

Someone is going to help  
emotionally charged,  
hormonal kids. Who will it be?



A high-angle, top-down photograph of a person sitting at a desk, viewed from above. The person is wearing a light-colored, long-sleeved shirt and is positioned in the lower-left quadrant of the frame. Their hands are on a black computer keyboard and a mouse. The desk is cluttered with various items: a black keyboard, a mouse, a small cup, a ruler, a calculator, a mobile phone, a pen, and several sheets of paper. The background shows more papers and a computer monitor. The overall lighting is dim, and the image has a dark, moody aesthetic. The text 'Media Consumption' is overlaid in large, white, bold letters across the center of the image. Below it, the text 'Post-pandemic numbers far exceed pre-pandemic' is written in a smaller, white font. A solid red horizontal bar is at the bottom of the image.

# Media Consumption

Post-pandemic numbers far exceed pre-pandemic

How many hours a day?



**11 hours**

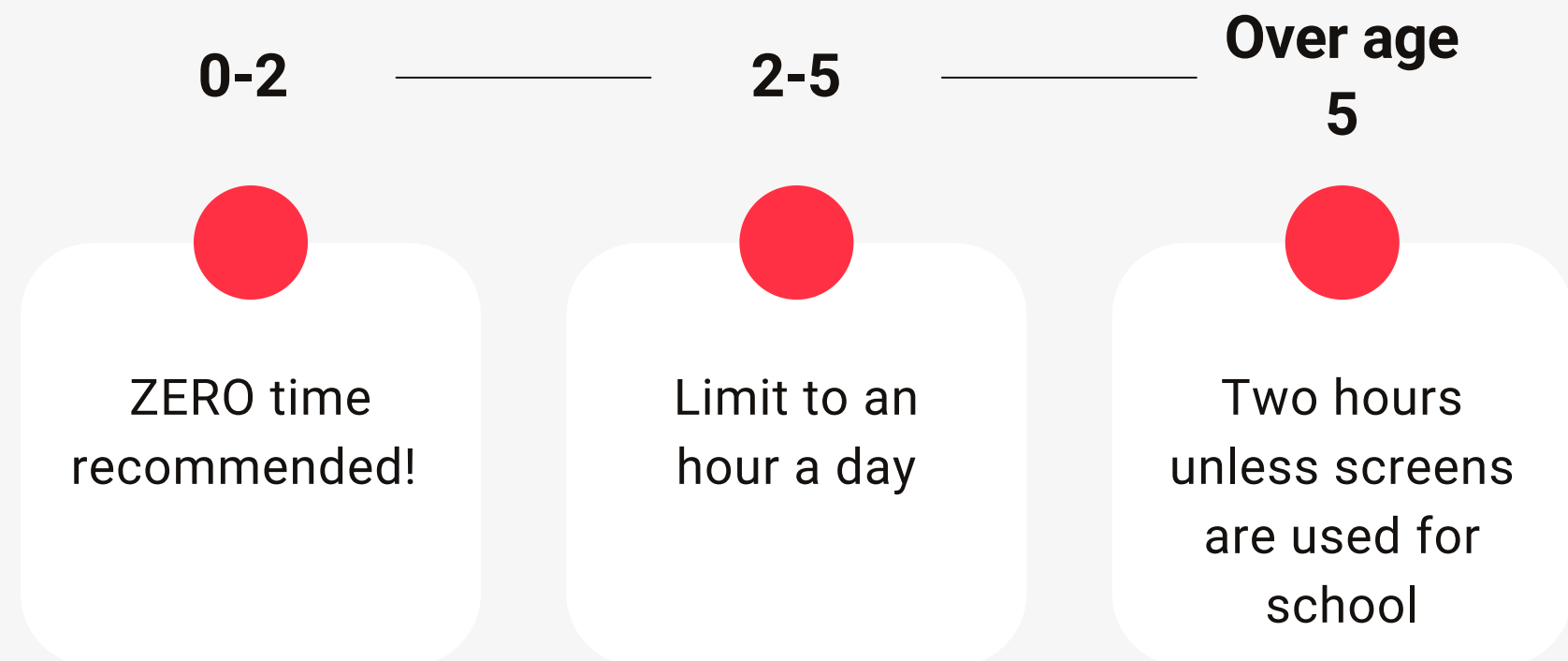
Pre-pandemic



**14 hours**

Pandemic/Post-Pandemic

# Recommended Usage Time





# Screen Time

## Schoolwork

Virtual Classes

Research

Projects

## Recreation

TV Shows

Movies

Gaming

## Social

Watching Videos

Video Chats

Posting &  
Commenting

# Online Risk Factors

1

**Desensitization to violence found in movies and video games.**

2

**Increased sensual behaviors and pornography, risk of being vulnerable to predators.**

3

**Change in belief in family value systems as cultural trends permeate and begin to shift thinking.**

Technology is Here to Stay

**Be proactive in making youth  
aware of risks and monitor  
their online activity.**



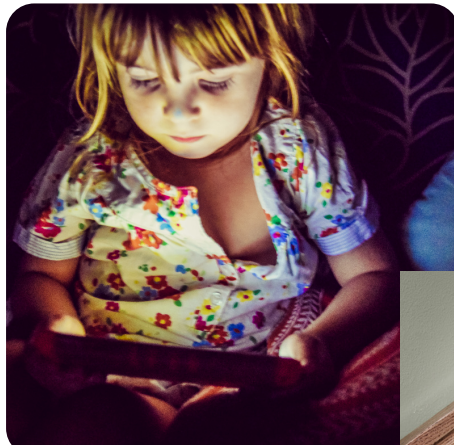
A top-down view of a person sitting at a desk, working. The desk is cluttered with various items: a computer monitor, keyboard, mouse, a cup of coffee, a ruler, a calculator, a mobile phone, and several sheets of paper. The person's hands are visible, typing on the keyboard and using the mouse. The background is dark and out of focus.

# Mental Health

We are a company with the mission of empowering people  
to give beautiful and impressive presentations.  
Presenting is for everyone and for anyone in the world.



Smiles often  
evade those  
struggling  
with mental  
health issues





# Pandemic Impact

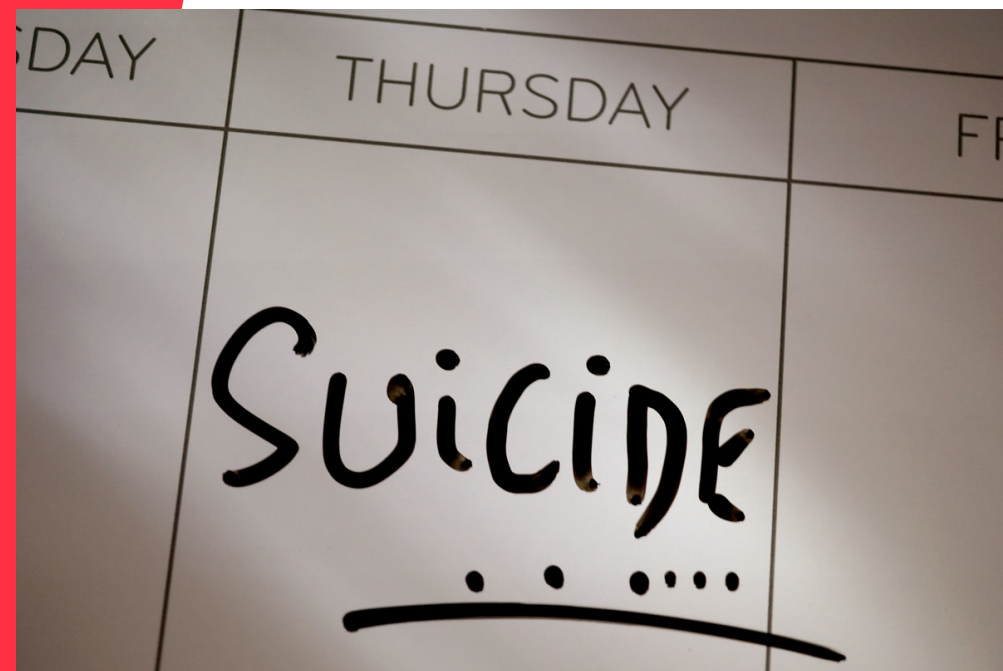
Anxiety and depression in youth have doubled since the beginning of 2020.

## Suicide

Suicides and attempts have risen slightly amongst tweens but teen suicides are tragically the fastest-growing segment of the population as they lose hope of life ever returning to 'normal'.







# 2017-Suicide Rate

15-24 year olds had a rate of 14.46%

The second leading cause of adolescent and teen deaths in the U.S.

# Substance Use

Often, mental health struggles and substance use are found together



Canabis & CBD

Alcohol

Opioids

Nicotine



# School Culture







# Teachers are not the enemy

They are constricted and restricted by mandates and culture



Remember  
they have a  
passion to  
teach. They  
love kids!

Younger  
teachers  
know what  
they are  
taught in  
college.

Individual  
teachers make  
specific  
changes that  
work. Support  
them!



# Bullying is an epidemic



Only 4 out of 10 are reported

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Private school incidents are much lower

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Cyberbullying is on the rise

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Parents of bullies often defend their child's actions.

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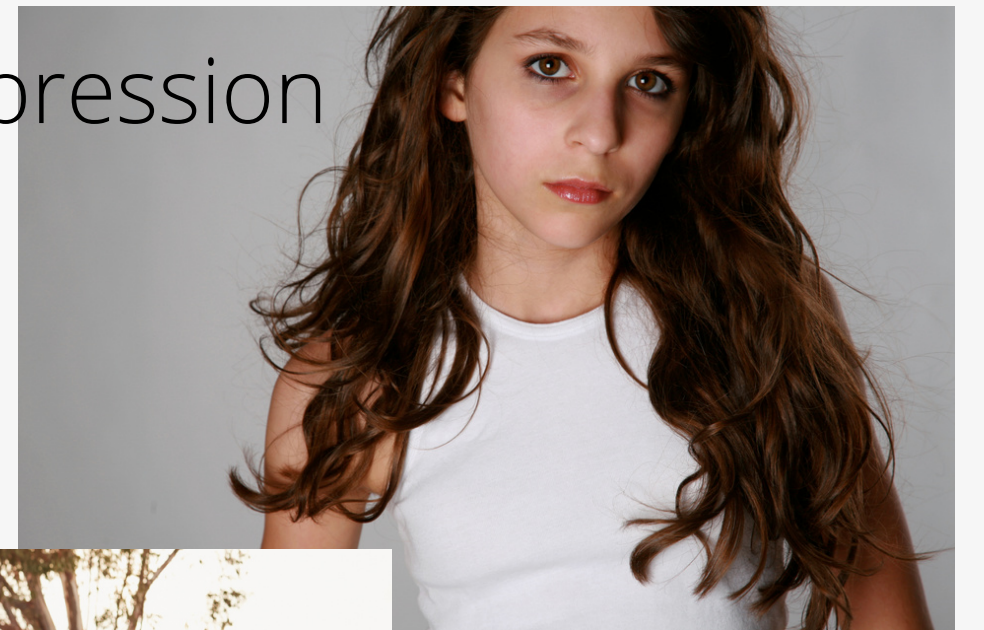
Anti-bullying campaigns are effective in reducing bullying



Sexually active



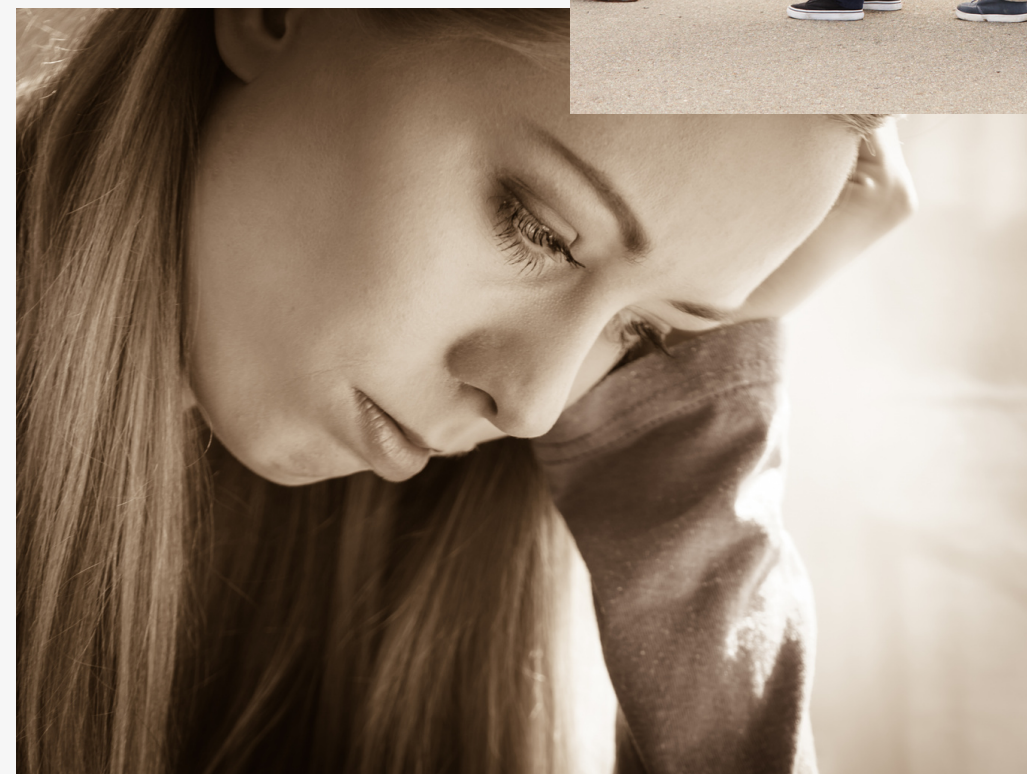
Depression



Drugs



Cutting



Parents-Do  
frequent  
backpack  
checks



Teen Pregnancy





# Academics

Not all schools are created equal



Common Core

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Remote Learning

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Reduced Teaching Time

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More than the 3 R's

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Lack of Parental Involvement



A background image of three young women sitting at a table, smiling and engaged in a collaborative activity. The woman on the left is holding a pen over a notebook. The woman in the middle is also smiling. The woman on the right is holding a pen and looking towards the others. There are tulips on the table and a mug with the text 'Do it your way.' visible. The entire image has a red overlay.

Youth Need You to be Involved

# Take Action

# Where Do Youth Hang Out on Social?

## Messaging

SnapChat

WhatsAp

Facebook  
Messenger

## Short Videos

Instagram Reels

TikTok

YouTube Shorts

## Memes

SnapChat

Facebook

Reddit



# What Can You Do?

1

**Engage. Face-to-face, text, social comments. Talk to the youth. Talk to parents. Raise awareness.**

2

**Post short videos and memes that encourage and affirm, addressing and acknowledging their challenges**

3

**If the Lord leads you to write articles and books-those are needed too! Youth still read!**