

ELCA Youth Ministry

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Evangelical Lutheran Church in America
God's work. Our hands.

What we know about Gen Z

- Most Diverse Generation
- 27% of the US Population – ages 15-21
- Progressive views
- Healthy “Foodies”
- Digital Natives – 22% still like phone calls, 37% text, 15% mobile messaging apps, 20% social media and 5% email –Their Phone is freedom vs a Drivers License
- Individualist (personalized playlists), Entrepreneurial and Self Starters (older Gen Z’s are starting new businesses)
- Able to organize themselves for a common purpose - activist
- Less religious identification
- Identity? Asking WHO AM I? Where do I belong? What is my purpose?
- Mental Illness - Lonely: 3 million teens age 12-17 have had a major depressive episode in the past year. Increase in mental illness
- Overwhelmed –schoolwork, managing a social media identity, fretting about career/their future, climate change, sexism, racism, -



and now COVID 19 Pandemic

- Feeling Stressed or overwhelmed, frustrated, angry, worried, anxious
- Restless, agitated, on “high alert” for what’s next
- Teary, sad, fatigued, tired, grief, lose interest in activities that used to be enjoyable
- Worry about going into public places, becoming sick or contracting germs,
- Constantly thinking about the situation, unable to move or think about anything else
- Experience physical symptoms, such as increased fatigue or other uncomfortable sensations (headache, stomach)
- Increased stressful home situations



How Can I HELP my teens and families?

- Encourage daily routines, sleep, activity, study and other familiar patterns
- Stay connected with others, and find moments of humor
- They are not alone -Encourage talking to people they feel comfortable with about feelings and worries, a trusted adult, parent, teacher. Give yourself permission to stop worrying.
- Eat breakfast every morning, plus snacks and meals at regular times throughout the day. Stay away from coffee and energy drinks, as these will increase feelings of anxiety and make it more difficult to relax
- Look for patterns or be aware of situations that make a person feel worried or anxious. Try relaxation techniques and prayer
- Encourage Physical Activity – walking, biking, exercise videos, yoga, Zumba,
- Limit the time spent talking about and watching or listening to news media and social media
- Encourage hobbies or activities, arts and crafts, music, journaling, reading, watching tv or movies, chatting with friends, Things that make you happy
- Be Kind to yourself and each other. Patience.
- Continuous issues – SEEK help from a mental health professional. Help them help their friends. Give them a list of Hotline numbers, peer ministry training, suicide prevention training, etc.
- Practice Gratitude – journal, open conversations on what they are thankful for, volunteer in the community (gardening, music outside of senior citizen homes)



www.elcayouthministry.com

Written by and for High School Youth
Topics include, grief, fear, racism, climate, Covid-19
New Guide and Link Every Wednesday



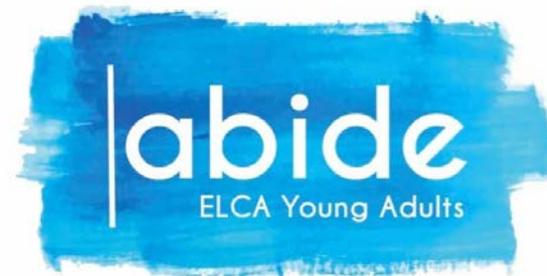
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High School Graduates

PASSAGE

ELCA Youth
and Young Adults

Sister ministry to ELCA Youth Adult Small Groups



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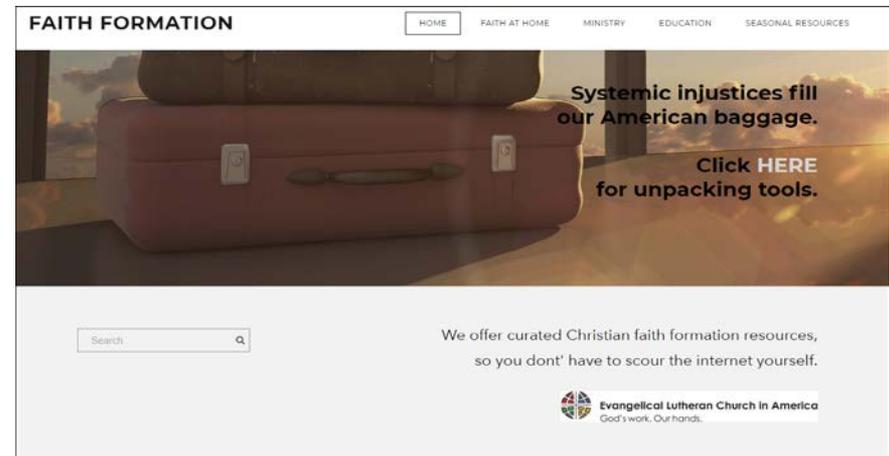


www.elcaymnet.org



www.vibrantfaith.org

www.elcafaithformation.org



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