

# ALL THINGS GEN Z



**The Evolution of Music Consumption**

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**Growing in a World on Fire: An overview of the Gen Z experience**

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**Media, Multitasking & our Minds:**  
A deep dive into Gen Z's attention span

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# SIMPSON COLLEGE ID MAGAZINE

Read 1:15pm

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Read 3:28am

## **SPECIAL THANKS TO:**

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Read 7:54am



## Letter from the Editor

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*Liv Allen*  
Editor-In-Chief  
Class of '22

*Katie Burns*  
Layout Editor  
Class of '23



# 13 Iconic Gen Z Terms

By: Riley Fletcher  
Layout: Katie Burns



It seems like every day there is a new word appearing all over your social media feed. Gen Z is known for its creativity when it comes to slang, thanks to the likes of apps like Tik Tok and Twitter. Here are some of our favorites:

🔍 Search



**Bet: Another way to say yes or agree to something**

9:11 AM

"We should go to Tyler's later." "Bet."



**Sus: Short for suspicious; when something is questionable**

11:20 AM

"I don't know, they seem kinda sus."



**Low-key/High-key: Low intensity, secretly. High-key is the opposite**

1:29 PM

"I high-key wanna be healthy but low-key don't wanna exercise."



**Cap: Another word of lying. No cap, on the other hand, means someone is telling the truth.**

Yesterday

1. "I like Pfeffer, no cap." 2. "Central is better than Simpson." "That's cap."



**Vibe: 1. To hang out, relax chill. 2. How something feels**

Yesterday

1. "We're just gonna vibe later." 2. "Holy Grounds has a great vibe."



**Bussin: When something is really good; typically used when talking about food.**

2/25/2022

"The roasted red pepper gouda soup is bussin."





**Drip: Clothing that is extremely fashionable**

2/22/2022

"Did you see Professor Mark Siebert's scarf? Bro got the drip."



**Hits different: Something that feels different than it does when usually experienced, often in a good way**

2/19/2022

"This week's 'Marg Monday' hit different."



**IYKYK: Acronym for 'if you know you know'**

2/10/2022

"Last night was crazy. #IYKYK"



**Periodt: Used to emphasize a point or signal the end of a discussion**

1/28/2022

"Millie's has the best cinnamon rolls and that's on periodt."



**Simp: Typically used for men (by men) who show women basic respect and decency. Or, someone who goes above and beyond for the person they like**

1/23/2022

"He bought her flowers. What a simp."



**Living rent-free: When someone can't stop thinking about someone, especially someone they like or someone who isn't thinking about them in return**

1/15/2022

"She's really living in his head rent-free."



**Ratio: When a reply on Twitter gets more likes than the original tweet it replied to, which often implies that the original post is bad.**

1/2/2022

"What a bad take. Ratio."



# Get in the know about WEED

By: Paul Hyatt

Layout: Katie Burns

According to the National Institutes of Health, students are passing the joint at the highest recorded rate since the 1980s—with approximately 44% of college students smoking, compared to 38% in 2015.

It should be clear by now that no amount of D.A.R.E programs or corny ads featuring deflated humans sinking into couches are going to prevent people from smoking. Young adults can — and will — make the choice to smoke. If college students are going to smoke, it is important to know the safest ways to do so.

Avoiding the conversation of drug use, in any sense, creates more harm than good. Not only that, it causes a lot of confusion over how to use as safely as possible.

While marijuana is often viewed as a “safe” drug to use, it is important to realize that there are still health risks commonly associated with it.

I won't go into too much detail here, as many have heard the risks before, but a quick Google search will tell you about possible lung, heart and brain development complications linked with marijuana use. Regardless, marijuana is a relatively safe drug, with the majority of cannabis-related hospital visits stemming from two things: laced weed and greening out.

## Laced Weed

Now, this is not a scare campaign — the chances of coming across laced marijuana is very rare.

Since marijuana is a (relatively) cheap drug, it is not financially worth it for a dealer to lace product with something deadly, such as fentanyl or heroin. If marijuana is bought in bud form, chances are it is not laced.

With that being said, it is a good idea to never buy bud that has been pre-ground, and to always inspect marijuana bought from a new source for traces of debris such as glass



or laundry detergent.

However, vaping marijuana in the form of cartridges or “carts” creates a larger chance of ingesting laced product.

Counterfeit carts are everywhere. Some are cut with vitamin E -acetate as a diluent thickener, which happens to be very toxic in the lungs. These laced carts are known to send people to hospitals, causing severe lung injuries and even death in some circumstances.

The only way to ensure the safety of a cart is to buy from a licensed dispensary. Unfortunately, this is not possible in Iowa. My recommendation would be to stick with bud for complete safety.

If carts are the only way you wish to consume cannabis and will buy them regardless of the risk, stick to dealers with a large clientele base and a positive reputation. If you notice abnormal breathing or chest pain after using, stop use immediately. If you continue to have trouble breathing, do not hesitate to seek medical attention. Doctors often won't care that you were high, they care about your health.

A good alternative for street carts are HHC carts. Because these carts are not derived from Delta-9 THC (the chemical makeup of regular marijuana), they are currently legal for distribution in Iowa, and contain many of the same psychoactive effects of Delta-9. These can be purchased at some smoke shops across Iowa.

# Edibles Dosing Chart

THC per dose

1-2.5 mg

2.5-15 mg

15-30 mg

30-50 mg

50-100 mg

What to expect

Mild relief of pain, stress, anxiety, and other symptoms  
Improved focus and creativity

Stronger symptom relief  
Euphoria  
May impair coordination and alter perception

Strong euphoria  
Unaccustomed consumers may experience negative effects  
May impair coordination and alter perception

Very strong euphoria in unaccustomed customers  
Likely to impair coordination and alter perception

Highly likely to impair coordination and alter perception  
Can cause negative side effects such as rapid heart rate, nausea, and pain

Who's it for?

First-time consumers  
Microdosers

Patients with persistent problems  
Restless sleepers  
Social butterflies

Well-seasoned consumers  
Medical patients with developed tolerances  
Experienced consumers seeking to sustain sleep

Consumers who have poor GI absorption of cannabinoids  
People with significant tolerance to THC

For experienced THC individuals only  
Patients with cancer, inflammatory disorders, or conditions that necessitate high doses

Please note everybody processes cannabis differently and could have a different edibles experience. Always start low and slow and follow packaging guidance. Visit [Leafly.com](https://www.leafly.com) for more resources.

## Greening Out

Greening out refers to an “overdose” of marijuana. While it is virtually impossible to lethally overdose from weed, a green out can result in incredibly unpleasant side effects, like nausea, vomiting, paranoia, panic attacks and psychosis.

If you happen to green out, remind yourself that everything will be okay. Make sure to drink water, eat a little food and get some sleep. The effects will go away.

While this can happen from smoking too much, the easiest way to green out happens from ingesting an edible with too large of a dosage. Because you will get progressively high as you smoke, you can stop intake when you are feeling too high. With an edible, the high hits at once and cannot be tapered off. This is why it is important to know the dosage of edible you are taking, and recognize your tolerance level to have the best time possible.

## Safest Methods of Consumption

If health is a concern for you, deciding on the healthiest and safest consumption method is important.

Generally, inhaling cannabis vapor is considered safer than smoking. However, the butane inhaled from torching a dab (a form of marijuana that comes in a concentrate form) rig lowers oxygen levels in the blood and can lead to long-term health effects. A safer alternative to a torch is a stovetop. If you set the heat to high and hold the nail on the burner, it should get hot enough to take dabs as if you heated it with a torch.

Edibles and capsules are some more great alternatives to smoking if lung health is important to you. As long as the dosage is considered, edibles will keep your lungs healthy and give you a longer-lasting high.

Overall, marijuana has been used for thousands of years and does not appear to be fading out of style anytime soon. With the development of safer methods of consumption and the dissipating stigma surrounding the drug, the future of healthy marijuana consumption is looking brighter. If you have further questions, check out this list of cannabis rights organizations.



# GROWING UP IN A WORLD ON FIRE



Generation Z was born between 1997 and 2012 (that's right, if you're of the college age right now, you're a Gen Z). And between these years, they were born into a vastly changing and tumultuous world.

By: Abby Ludwig and Jenna Prather  
Layout: Katie Burns

Generation Z was born between 1997 and 2012 (that's right, if you're of the college age right now, you're a Gen Z). And between these years, they were born into a vastly changing and tumultuous world.

They came into a world where the internet became mainstream, and the cell phone has steadily upgraded itself from landlines to Nokias and later the iPhone and its many iterations.

While all of this sounds great and older generations may gripe about how easy Gen Z has it, it's important to remember that Gen Z has lived and grown through some shit.

While Millennials were raised in the boom and relative peace of the 1990s and lived to watch the world start to burn, Generation Z was born and raised in what many consider to be a "world on fire."

Between an increase in mass shootings, devastating natural disasters, racial tensions, a global pandemic and frequent political turmoil, it's no wonder Gen Z-ers are more likely to struggle with mental health or hold strong political opinions.

## **Global Terror, Economic Turmoil**

When the Sept. 11 World Trade Center attacks happened in 2001, the oldest members of Generation Z were only four years old. By the time they were old enough to understand what had happened, the day was being taught as history. "I learned about it in school at a young age. However, I realized that I was only the age of one during 9/11. It was a tragic event, and the number of people who lost their lives that day is tragic. But on a personal level, I didn't experience the level of tragedy or fear like my parents or those older than me because I couldn't remember that time," Frank Cruz, a junior at Simpson College, said.

Every year for the past twenty years, the day has been observed and remarked as a tragedy. Many people can say exactly where they were and what they were doing when the towers fell. Young people learn about it from family conversations and educational documentaries. The event is commonly compared to the likes of national tragedies such as Pearl Harbor and the JFK assassination.

"I was born exactly two months after 9/11 so it is something that my mom always talked about. She was on bed rest and my siblings were both in school," Sophomore Kylie Robinson said.

"I didn't really feel the weight of 9/11 growing up, but it is a topic that is talked about in my house a lot. I do think it's a very unfortunate event that happened, and I felt sad when visiting the 9/11 Memorial," she said.

Many Gen Z-ers mourn loved ones, family friends or relatives who did not survive. But it is hard to understand the weight of the event that you didn't experience.

"The only way I feel like I was affected directly is by the TSA or the restrictions on what you can bring for a flight," Ladaysha Robinson, a junior at Simpson said.

The 9/11 attacks led directly into the Global War on Terror. This was a comprehensive plan announced by former U.S. President George W. Bush to seek out and stop terrorists around the world.

"Our war on terror begins with al Qaeda, but it does not end there. It will not end until every terrorist group of global reach has been found, stopped and defeated," Bush said during this time.

On October 7, 2001, Bush announced that the U.S. had begun military action in Afghanistan. This began the U.S.'s 20 year long occupation that caused many Gen Z-ers parents, siblings, cousins and other family members to fight overseas.

With parental consent, the minimum enlistment age in all four services is 17. To put this further into perspective, the eldest Gen Z members are 25—older than most people think when looking at Gen Z.

After 9/11 came the Great Recession. From 2007 to mid-2009, the U.S. was hit with the longest and deepest economic downturn since the Great Depression. This caused many people to lose their homes, jobs and savings. The poverty rate in the U.S. increased from 12.5% in 2007 to over 15 % in 2010.

## **Safety at the Schoolgate**

On April 20th, 1999, two teens went on a shooting spree at Columbine High School in Littleton, Colorado—killing 15 people including themselves and wounding over 20 others. The shooting was - at the time - the worst high school shooting in U.S. history and prompted a national debate on gun control and school safety, which remains a hot-button issue today.

Columbine is taught in schools all nationwide—often re

hashing the event's horror and trauma, prompting discussions on how it sparked an anxiety-ridden generation with a fear of dying at school.

"I remember learning about Columbine in school. That time of life was terrifying. My mom was a teacher, and my sibling was either above or below my grade level. So this situation made me think about them and what I would do if I lost one of them if a school shooting occurred at my school," Frank Cruz said.

Cruz - like many of his generation - has had to prepare himself for the possibility of a school shooting.

"However, I would also think about what I should do next or where I should go if a school shooting happened. This process helped me understand what I needed to do to prepare for any possible situation. However, the scary part about school shootings is knowing that you would never know when it's about to occur. Another thing I do remember is that my school always had a moment of silence when a school shooting happened in the U.S.," he said.

Unfortunately, Columbine was not an isolated large-scale incident. According to security.org, there have been 229 more shootings in the U.S. since. This statistic does not include misfires or instances in which a shooter was stopped before inflicting deaths or injuries.

### **In terms of fatalities, the worst school shootings in America are:**

- Virginia Tech massacre (2007): 33 deaths
- Sandy Hook Elementary School shooting (2012): 27 deaths—20 of the victims were between six and seven years old
- Parkland, Florida shooting (2018): 17 deaths; this case sparked a nationwide movement advocating for better gun control legislation.
- Red Lake shooting (2005): 10 deaths
- Sante Fe High School shooting (2018): 10 deaths
- Umpqua Community College shooting (2015): 10

deaths

Comparatively, school shootings are relatively rare, counting for less than 1% of the over 40,000 annual gun deaths. Still, they instill a large amount of fear in communities and often prompt schools to take measures that prepare students, teachers and staff for an instant campus gun violence.

**"I do feel like, despite many social movements or [social media] posts, there is still not enough awareness of mental health. In my opinion, I feel like we all should be required to make monthly visits to a therapist or receive counseling, especially since it's free on our campus," Ladaysha Robinson said.**

Over 95% of American K-12 schools now implement active shooter drills, and most of them have participated. How do they help?

While there is limited proof of the effectiveness of these drills, evidence suggests

active shooter drills may negatively impact mental health.

Everytown, partnered with Georgia Institute of Technology's Social Dynamics and Wellbeing Lab (Georgia Tech), found that active shooter drills in schools are associated with increases in depression (39%), stress and anxiety (42%) and physiological health problems (23%) over time. Literally, on fire.

From droughts, floods and tornado outbreaks to hurricanes, winter storms and wildfires—communities across the U.S. have weathered significant natural damage over the past decade. The impact of these disasters spread throughout the whole country.

While Gen Z remembers the name from a vine ("Hurricane Katrina? More like Hurricane Tortilla."), Hurricane Katrina was a devastating U.S. natural disaster in late August 2005. The destructive, Category 5 Atlantic hurricane caused over 1,800 deaths and \$125 billion in damage, particularly in New Orleans and the surrounding area. Shifting closer to our timeline, a plethora of disaster things happened in 2020. Here is a short list, in no particular order:

The COVID-19 global pandemic, the California wildfire season, Hurricanes Laura and Delta, the Midwest derecho, Hurricane Isaias, Hurricane Sally, the Tennessee tornado outbreaks, the Oregon wildfires, Hurricane Eta and the 2020 Washington state wildfire season.

“We went through Hurricane Katrina, Hurricane Maria, Covid-19, Hurricane Harvey, The Deepwater Horizon Oil Spill, and many other climate-related disasters. So looking at some of the tragedies that occurred, we could easily compete with different generations,” Cruz said.

Not all Gen Z students agree that this generation has had to deal with the most significant climate-related natural disasters.

“Generations before us have lived through a lot worse things and gone through harder times as well. Yes, there are a lot of things going on in the world today, but there were more hardships faced by older generations. For example, a dustbowl is something we do not have to worry about as much as the other generations had to,” Kylie Robinson said.

## **Polarization, Psychology & a Pandemic**

American Gen Z-ers have grown up in a politically polarized nation, which seems to worsen as years go on. These factors put together have likely resulted in a collective feeling of stress among Gen Z. However, research shows they’re a generation more apt to do something about it.

According to the American Psychological Association, Gen Z-ers are more likely than older generations to be more open about and seek out help for their mental health.

“I think it is because of the world that we live in today. Technology is a major issue in the world today and I think this is the cause of poor mental health. I also think there is an increase of burnout and bullying which does not help,” Kylie Robinson said.

Some feel that there’s still a significant stigma surrounding mental health.

“I do feel like, despite many social movements or [social media] posts, there is still not enough awareness of mental health. In my opinion, I feel like we all should be required to make monthly visits to a therapist or receive counseling, especially since it’s free on our campus,” Ladaysha Robinson said. “Individuals aren’t using these resources enough. But if people want to participate, the hours are limited and they also have busy schedules. If people want or need to take a mental day off, then that’s what they should do on that day.”

Others feel society has come a long way in how it address-

es mental health.

“I believe that mental health has always been a thing, even in the past. However, they never acknowledged the issue as something important. For example, if you had mental health issues in previous generations, you would have been considered crazy. It’s great to know how my age and generation acknowledges this issue to ourselves and the public,” Cruz said.

As if Gen Z hadn’t gone through enough of a whirlwind before most of us were in our 20s, COVID-19 was the cherry on top. “[COVID-19] has changed how everyone views the world. Many of us turned to social media, and the rest noticed how horrible our mental health was,” Ladaysha Robinson said.

Cruz said the pandemic has definitely changed his world view, but not particularly in a bad way.

“COVID has shown me how the world can try its best to adapt to new procedures. Looking at it, we went online through the pandemic, so this established a way of still getting some education. But online learning teaches us how mental health is something we need to acknowledge more,” he said.

Others, like Kylie Robinson, feel the pandemic permanently disrupted their lives in some way.

“COVID has changed so many things in my life and how I see the world. I was a senior in high school when COVID first happened, and my life really has not been normal since,” Robinson said. “I worked in a nursing home when it hit and I went online for school. It was truly heartbreaking, and I feel for those who could not see their friends and family.”

Despite losing her sense of normalcy, Kylie Robinson thinks her generation responded to the pandemic well.

“I feel like Gen Z coped with it as well as we could, given we didn’t know much about this new virus. In general, I think COVID made people take a step back and appreciate all the things in life,” she said.

Life for Gen Z may seem hard in retrospect, and it’s valid if you’re a Gen Z-er who has struggled to grapple and grow within such a hectic environment. However, every generation has had their struggles and have come out on the other side—so it’s only natural that we will as well.



campuscatgeorge



6

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624

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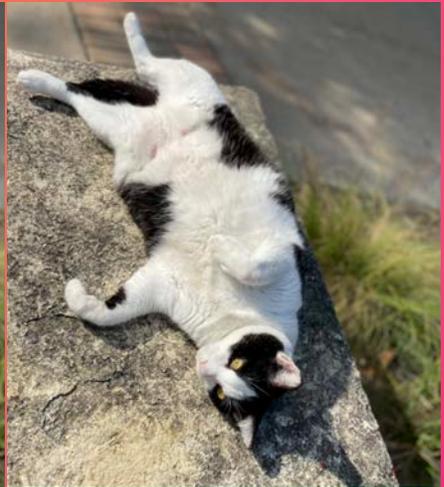
## George the Cat

WELCOM 2 mine Instagram,,, u r my frind now !!  
Protector of @SimpsonCollege... will take ur fries :)

Edit Profile



We all love and know George the Cat. Though he's active on Twitter (@georgecampuscat), here's what we think his Instagram account would look like.



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## Social Media: Does the Good Outweigh the Bad?

By: Reagan Hoffman  
Layout: Katie Burns

Social media is at the heart of Gen Z. We all use some form of it daily and it impacts everyone's mental health in some way, according to various research studies.

But does the good of social media outweigh the bad?

For me I would say no. Growing up in the time of social media I have come to realize that it really takes a toll on my mental health.

It's ironic given I'm a marketing communications major and will be going into a field where social media is very important.

Social media has its benefits, like advertising for marketing. However, as a college student and in a world where social media is all anybody knows, you see what it does to individuals.

I spend almost all of my free time on social media platforms; typically, I use Instagram, Facebook and TikTok. In fact according to Pew Research 72 percent of Americans say they use social media sites. I could be on my phone scrolling for hours before I realize that my day has flashed before my eyes.

Social media has become like an addiction for me. At home and bored? Social media. Hanging with friends and no one's talking? Social media. In a high anxiety environment? Social media.

Being able to pick up my phone and go into another world has taken what should really matter

out of my life--like being able to socialize in real life and having real, substantive conversations.

Sure, you can have conversations on any social media app, but you are still hiding behind a screen.

Scrolling on apps all day where people must look their best takes a toll on your mental health, too. Seeing what society labels as "perfect" constantly recycled through your social media feeds makes you start to hate the body you're in.

**According to Boys & Girls Club of America, teens who struggle with mental health say that Instagram makes it worse, but that they are compelled to spend time on the app for fear of missing out on cultural and social trends.**

Everytime I am on social media I critique myself and the way I look. I will look at any girl who I think has a feature better than mine and I wonder: "Why do I not look like that? Why aren't my boobs and butt bigger? Why is my face not clear? Why isn't my stomach flatter?"

This has reached a point where I really do not love myself anymore. There is always someone who looks way better. But it's not just me who does this. Social media has embedded these sentiments into many users' heads. It has also made

# Opinion

being or appearing as the “perfect” person a goal. But in reality, there is no “perfect” person.

## Dangers of Editing

Editing has bullied us into hating ourselves. Just look at the photo of that “perfect” person, in most cases, they really don’t look like that. Celebrities like the Kardashians or Tana Mongeau do it all the time and it hurts the rest of us.

**According to Boys & Girls Club of America 80% of girls say they’ve downloaded a filter or used an app to change the way they look in photos by the time they’re 13 years old.**

I feel like social media has become a competition of who can look the fakest. No one posting on social media is really real anymore and it’s sad. We can no longer accept ourselves for the way we are.

I personally hardly ever post on social media anymore because I am not that “perfect” person. Anytime I take a photo, I inspect myself so much that I end up hating the photo and deleting it. I look at my eyebrows, eyes, hair, nose, mouth and body and if the smallest detail looks ugly to me the photo is gone.

One of my eyes could be more squinted than the other and the photo is deleted. That’s how much social media has gotten into my head.

Stepping back and reducing screen time from social media can help our mental health. Un-

following accounts that make you think about yourself in a negative way is also a great place to start. The majority of the time those accounts are not a real depiction of life.

But we all need to realize that nobody is perfect and that’s okay. We are all “perfect” in our own way and we need to stop comparing ourselves to others.

## Instagram vs. Reality:



Post

Reality



Post

Reality



Post

Reality



# BEST MEMES TO SHARE WITH FRIENDS

By: Chris Miller  
Layout: Chris Miller

12



Using the bathroom after that one roommate blew it up

11



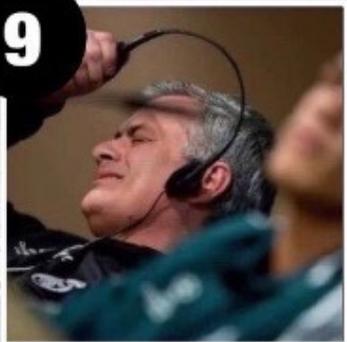
When you already fake laughed twice and they keep talking

10



When it's April 2nd and she is still pregnant

9



The CIA after hearing all the sus conversations between the homies on party chat

8



When the whole squad is roasting you and you just have to sit there and take it

7



When you have to cough but don't want people to think you have COVID-19

6



When you're in a slapping competition and your opponent is Will Smith

5



Her: Let's just be friends  
"That's cool, let's just be friends"

4



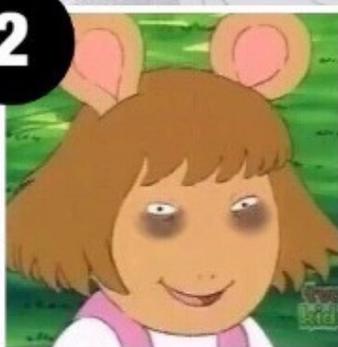
When someone says pineapple belongs on pizza

3



When your friend says they're going to stop drinking

2



Waking up the next morning after watching TikTok's til 2 A.M.

1



When you have to type in another One-Login code

# Zooming Minds

A deep dive into the attention span of Gen Z

By: Paige O'Connor  
Layout: Katie Burns

Zoomers, or Gen Z, have a significantly shorter attention span than previous generations have. Past research shows the changes from mental attentiveness of how it could be measured with time, scaling previously from more than twelve seconds, decreasing to eight, now being a few seconds less. The following information includes young adults born between 1997 and 2012, the full age of Zoomers being 9 through 24 years old.

While Gen Zs display such a short attention span, upcoming research provides evidence for how this generation is more capable of multitasking and understanding new and innovative technology faster than older individuals. They are unable to keep a full attention span partly because of how fast-paced the digital world has become. Social media encourages and enables Gen Zs to have a lower attention span by keeping content current, quick, and relevant.

This, to many, may seem like a bad trait. However, upcoming research provides evidence showing that Gen Z may be more capable of multitasking and understand new technology faster than older individuals.

Every person is born into a named generation that now commonly correlates with the technology to which they have access postpartum. There are constant jokes or 'memes' being created online that mock other generations for setbacks and their lack of certain qualities. Zoomers currently stand as the second-newest generation of people, the newest being Generation Alpha. Behind the Gen Zs are Millennials, Generation X, and Boomers, who all circulate frequently online due to their ability to be connected to the internet with their own devices.

Since Gen Z-ers have spent most of their life with full access to the internet and technological innovations, it should come as no surprise that these young adults consume digital media and use technology in a way distinct from other generations.

While Gen Z thrives in a fast-paced digital world, older generations struggle to grasp this new virtual environment.

**According to T. V. Reed, Professor of English and American Studies at Washington State University, "the gap between those who do and those who do not enjoy the benefits of digital communication technologies matters because every aspect of the current social life- business, education, government, family life, social change movements- has been reshaped along digital lines".**

Perhaps the most significant reason for Gen Z's overarching digital media habits and large-scale presence on social media platforms lies within a single 20th-century technological advancement: The smartphone.

Having a high tech, multipurpose super-engine that fits into the palm of a hand and gives people endless access to information and fast-paced communication. Gen Z-ers depend on mobile smart-devices for nearly every social factor in their lives.

Because of this dependency, Gen Z are able to understand and adapt to new technologies naturally, almost matching our subconscious ability to blink or breathe. There is the idea that Gen Zs don't see technology as an add-on, but central to their lives as a whole.

Despite these widely-held generational critiques, research shows that an increase of digital speed slowly develops a mentality that allows a person, namely Gen Z-ers, to multitask more efficiently, but it does decrease their ability to stay attentive.

Subconscious ability to blink or breathe. Clark concluded that Gen Zs don't see technology as an add-on or innovation, but central to their day-to-day lives.

Though the notion of technological dependency may seem negative, various research studies show that there are many benefits to Gen Z's large-scale digital presence.

Seeing how Gen Z has access to everything they need to know, Pew Research Survey Center studied that Gen Zs are on track to be the most well-educated generation yet.

The way people, specifically Gen Z, consume media has evolved to depend on social media platforms while traditional sources are losing popularity. This can be seen as

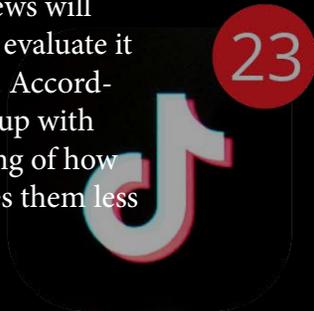
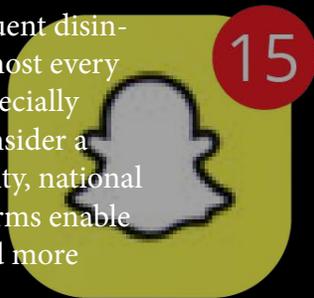
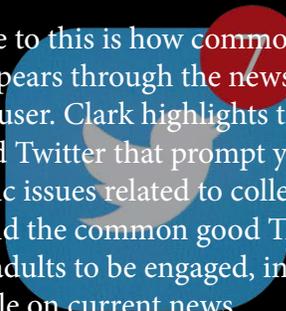
a positive or negative thing depending on one's views on media literacy. It's good because people are able to get the news faster, but the downfall is that there is a decline of having sources that are reliable and factual.

According to T. V. Reed, Professor of English and American Studies at Washington State University, "the gap between those who do and those who do not enjoy the benefits of digital communication technologies matters because every aspect of the current social life- business, education, government, family life, social change movements- has been reshaped along digital lines".

Author Lynn Clark concluded that while these Gen Zs are informed, they are commonly not physically engaged with the news and "cannot be viewed as 'dutiful citizens.'" While they are updated about the latest trends and social events, many do not engage in a way that supports their opinions.

The downside to this is how common and frequent disinformation appears through the newsfeed of almost every social media user. Clark highlights that it is especially Facebook and Twitter that prompt youth to consider a variety of civic issues related to collective identity, national belonging, and the common good. These platforms enable these young adults to be engaged, involved, and more knowledgeable on current news.

Gen Zs are able to counter and fight against disinformation because of their ability to better recognize the difference between fake and real news. While fake news will forever be unavoidable, Zoomers consume and evaluate it fast enough to beat people of older generations. According to [axio.com](https://www.axios.com), as the first generation to grow up with social media, Gen Z has an innate understanding of how to create and move online content, which makes them less susceptible to misinformation.



# How does Gen Z consume media?

By: Jake Brend  
Layout: Katie Burns

Research shows that Generation Z lag-behind in reading newspapers, listening to the radio and watching local TV stations. But don't let that fool you---they still consume news a daily basis.

A study from statista.com shows that 43% of Gen Z get news from social media daily and that 72% will consume news on social media on a weekly basis. Despite social media being the most popular medium for news, 33% of Gen Z still read news articles online weekly.

On the contrary, 57% of Gen Z claim to never read newspapers and 42% claim to never watch network news.

Simpson sophomore Maggie Hall falls into the demographic of getting information from social media.

"The only media I really use to get news is just Twitter, scrolling through my feed," she said.

According to the PressGazette, the news sites with the most followers on Twitter are CNN, The New York Times, BBC and Sportscenter.

Hall also added that she uses Instagram to see what her friends are posting and

uses Snapchat to communicate with people within her circle.

Senior Jeremiah Dilliner goes against the grain of Gen Z, saying that he consumes most of his news via alerts on his Google phone.

"My phone will automatically send me notifications and recommend news articles to me. So I just pull it up on my phone and I read it like that," Dilliner said.

## NewsOutlet.com

Dilliner added that he doesn't use any other media to consume news, but that he will use Snapchat to share breaking news on his story for his friends to see.

Along with using Instagram and Snapchat, Sophomore Brendan Bayeur is a part of the 8% of Gen Z that still watches network news daily.

**"I watch a lot of news and will follow different news outlets on social media along with watching it on TV," Bayeur said. "I like to watch everything from the far left to the far right when it comes to the media. I believe you have to watch everything from side to side in the middle to really pull out what's going on."**

Brian Steffen, Chair of the Multimedia Communications Department, is a part of the Boomer generation. His daily media consumption starts with watching CNN in the morning, listening to a podcast on his drive to and from work, watching network news clips on YouTube in between classes and finishes with watching CNN at night.

Working with Gen Z on a daily basis, Steffen says that Gen Zers don't realize how much media they consume on a day-to-day basis.

"They usually way underestimate it because there's so many things in media that they don't consider media usage," Steffen said. "For example, if they're reading a textbook, 'that's not media usage, that something a professor assigned,' well, it is media."

Paywalls, which are news websites that require consumers to pay in order to subscribe, are another area that differ between generations.

According to www.weforum.org, the five most popular sites in America that utilize a paywall method are The New York Times, The Washington Post, The Wallstreet Journal, Game Informer and The Athletic.

Hall, Dilliner and Bayeur all said they'd never pay to consume news. Meanwhile, Steffen pays if he finds the content worth the money.

"I make a determination as to whether or not the paywall is worth it," Steffen said. "I am in a position in my life in my career where I can afford paywalls and therefore I pay it."

Bayeur cited clickbait as a reason for not using paywalls.

"Some things are just clickbait to get you to click on whatever they want you to do, just to make themselves money instead of just telling us the news," Bayeur said.

Dilliner doesn't subscribe to paywalls because of the accessibility of other outlets.

"I encountered paywalls several times within the past 12 hours, and I responded to that by immediately tabbing out, finding a new, different publisher, different outlet and then just ignoring it."

# GEN Z FASHION



**By: Sophie Reese**  
**Layout: Katie Burns**

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# Foxx Harrington '22

Foxx Harrington is a senior political science major and philosophy minor who is involved in many activities and clubs.

Harrington would describe his own style as “loose and laid back but yet clean.”

He would describe his choice in clothing as something that he is comfortable in. “I’d say that my style is mostly just comfortable, anything that’s like fitted bottoms and like a loose overshirt generally,” Harrington said.

“I’m pretty minimalist, but I just like to be com-



fortable,” Harrington said.

In describing Gen Z fashion, Harrington explains it as its more based on activities you’re involved in. “Athletes have joggers and sneakers on all the time, people who skate you know, they’re wearing vans,” Harrington said.

“I’d say there’s such a wide variety of different ways you can be fashionable with this generation. So, I just, I guess, I would say it’s functional,” Harrington said.

Another way that Harrington likes to enhance his style is through accessorizing. “I think earrings are a great way to make an outfit. unique without having to like change or like what you’re doing in the clothing department too much.”

“ I figure that you know, you look best in what you’re comfortable in. ”



# Naryah Moore '22

Naryah Moore is a senior, Elementary Education major who never repeats an outfit.

She has many styles when it comes to going to class, going to her student teaching position and going on a night out.

When describing Gen Z fashion Moore explains it as a “chill vibe.”

“I feel like there’s a lot of like the older trends coming back like mom jeans for an example, crop tops, high rise pants. I also feel like it’s kind of unique,” Moore said.

Moore describes her own style as comfortable with darker colors such as blues, grays, and black tones. Outside of her college life, Moore has a different side to her. She is a student teacher. “I have two different



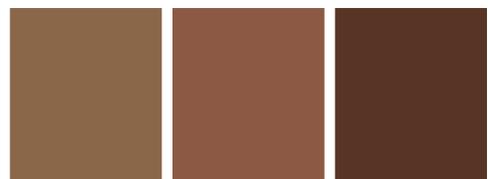
styles. So, I have more of the teacher style. But then also I’m a 22-year-old in college,” Moore said.

Something that Moore enjoys to wear that makes her feel confident are jeans because it defines her shape.

When it comes to accessories, Moore always has some. “It’s usually like I usually transition between the same like five pieces of jewelry but always necklace earrings and rings,” she said.

Moore explains what her style means to her.

“ I feel like it kind of shows who you are without saying something like it can show how confident you are and not caring what other people think. ”



# Tajen Ross '23

Tajen Ross is a Junior graphic design major who is able to express himself through his style.

To describe Gen Z fashion, Ross would say it is more of a plain and basic style with an added flash to it. "Everyone has their own little kick to it," Ross said.

If Ross has a normal day, he would be seen wearing sweatpants and a hoodie. However, if Ross is seen on a night out, he would be seen in jeans or khakis with a graphic t-shirt.

Ross does not look to social media for outfit in-



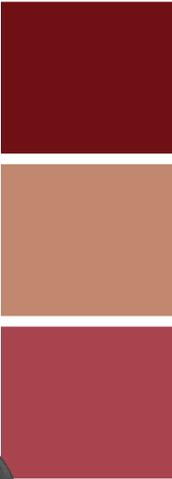
spiration and instead likes to come up with his outfits on his own using his own style. "I just get the stuff that I like and then throw it together," Ross said.

Something that Ross can wear to feel confident is his basketball jersey or a plain white or black t-shirt with some nice shoes to look "clean."

When explaining Gen Z fashion Ross would describe it as similar from the past such as the Gen Z parents era.

Ross feels that his style is good at representing himself and believes everyone's style is how they are able to express themselves.

“  
My style represents who I  
am in a way. I feel like  
everyone's style does.  
”





# Maxie Saceda-Hurts '22

Maxie Saceda-Hurt is a senior health and exercise science major with minors in psychology and biology.

Hurt would describe Gen Z fashion as a mix of 90's grunge as well as 70's and 80's disco style.

Hurt would normally wear comfortable athletic type clothing on a normal basis. "But when I do like to dress up I like to go for that early 2000s grunge to the 90s grunge look or something that

is super trendy today like a crop top and jeans," Hurt said.

To add flare to an outfit Hurt likes to have a staple piece such as printed pants with a black top.

"I think our fashion trend is always changing and we kind of incorporate different generations into our fashion." Hurt said.

"I also think that we're just figuring out new ways to express ourselves. And so those are just portrayed by what we wear and so I think Gen Z is very different and we're incorporating everything yet trying to figure out and move forward how to express ourselves in the upcoming years," Hurt said.

" I think our fashion trend is always changing and we kind of incorporate different generations into our fashion. "



# Seth Larson '22

Seth Larson is a fifth year Interactive Media major who finds a way to express himself through his style in clothing and accessories.

“I think Gen Z’s a really interesting generation because we are growing up in a time where self-expression and personal identity is bigger than ever,” Larson said.

Something that doesn’t fail to make Larson feel confident in what he is wearing is an all-black outfit. “No matter what your background and fashion is and stuff, the all black outfit looks clean every single time,” Larson said.



One thing that is unique about Larson’s style is his painted nails, which he started doing about a year and a half ago due to hair dye staining his nails. “I still do it because I like how it looks and it’s just another way for me to stand out, I guess or make myself feel set apart from regular everyday people,” Larson said.

Larson believes that someone can really express their personality through their style. “So, I think that’s really what it comes down to is just like, the freedom to be who you are. And that’s like, the outward image that you show people.”

“ I think Gen Z’s a really interesting generation because we are growing up in a time where self-expression and personal identity is bigger than ever. ”

# Four foods that Gen Z has obsessed over



**By: Amelia Schafer**  
**Layout: Katie Burns**

The Millennial generation is often associated with their food habits, most notably avocado toast and Everything But the Bagel seasoning. However, millennials aren't the only generation with notable eating habits.

At the height of lockdown during the early days of the COVID-19 pandemic, TikTok viral foods and drinks were everywhere. Here's a rundown of five of the most noteworthy dishes that Gen Z's TikTok 'For You' pages couldn't get enough of:

## Whipped Coffee



Anyone on TikTok in April 2020 will remember the whipped coffee days. Dalgona coffee has been popular in South Korea for years but exploded online in the United States during the lockdown. It's a pretty easy drink to make. All you need is a mixer, instant coffee, milk and sugar.

### Ingredients:

- 2 tablespoons of instant coffee
- 2 tablespoons of sugar
- 2 tablespoons of cold water
- Milk (to taste)
- Ice
- Blender or hand mixer

In a bowl, combine sugar, coffee and water. Once you've done that, it's time to whisk. You can either use a whisk or a hand mixer and blend until it's smooth and silky. Continue whisking until it's thick and foamy. This may take 5-10 minutes. Once the consistency is foamy, combine with your other ingredients. Fill a glass with ice and milk then top it off with your coffee mixture.

## Sushi Bowl



This is a cheap and easy way to satisfy your sushi craving. Of course, this is a college student food, so it won't appease a food critic, but your wallet will thank you for this one. Popularized by Tik Tokker Emily Mariko, this is a delicious and filling meal that only takes five minutes.

### Ingredients:

- 1 cup of rice
- 1 and a fourth cup of water
- 1 snack package of imitation crab (or meat of choice)
- Sriracha mayo
- Seaweed snackers

First, cook your rice or use leftovers. I have a rice cooker that works wonders, but you can get the same results with the good ol' stovetop method. Next, chop up your meat and add it to the bowl. Mix together. Next, add your toppings. This can be avocado, carrots or any veggie of choice. Finally, add sriracha mayo and soy sauce to taste. This is a super easy and inexpensive meal. A 2lb bag of rice is less than five dollars and imitation crab snack packs are usually around a dollar.

## Focaccia Bread



Bread-making became another pandemic pass time. Focaccia bread appeared on many Gen Z Tik Tok users' For You pages. This homemade bread is highly customizable and surprisingly easy to create.

### Ingredients:

- One packet of active yeast
- 1 and 1/3 cup of lukewarm water
- 3 and 1/2 cups of all-purpose flour
- 2 teaspoons of sugar
- 1/4 cup of olive oil.
- 2 teaspoons of sea salt.
- Green, red and yellow peppers (decorative)
- 2 sprigs of rosemary

First, you'll need to proof the yeast. Add the yeast and sugar to a bowl with water on top. Let the yeast sit and activate. It'll start to rise when it's ready. Next, begin adding in the water, olive oil and salt. Knead your dough ball for five minutes. Place the dough ball into a bowl and cover with a cloth or paper towel then let it sit in the fridge for 45-60 minutes or until it's double the size that it was when you began. This would be a great time to start preheating your oven to 400 degrees. Once your dough ball is ready, place it either on a baking sheet or in a 9x13 pan. This is the fun part, use your fingers or a chopstick to poke deep holes into the bread and poke until you hit the base of the pan. Take your olive oil and drizzle 1-2 tablespoons into the holes and sprinkle sea salt on top. Once you've done that you can start decorating. Get creative and fun with your designs! You can add sliced peppers or tomatoes to the top to imitate flowers or add rosemary for decoration as well. Once you're done decorating, place that beautiful bread baby into the oven and let it sit for 20 minutes or until golden brown. Once you remove it from the oven you can drizzle it with more olive oil.

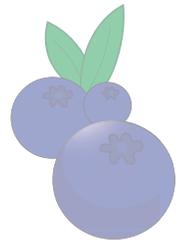
## Acai Bowls



Gen Z tends to engage in healthy eating habits more than older generations. According to FoodDive, due to the current health and wellness culture that boomed especially in 2020, Gen Z tend to prefer organic and natural additive-free foods. Acai bowls are a super healthy option for a Gen Z'er looking for a sweet, yet healthy fix.

### Ingredients:

- Acai puree
- Frozen fruit (strawberries and blueberries are best)
- Banana
- Yogurt
- Granola
- Milk
- Honey (optional)
- Nutella (optional)



This is the most simple recipe out of the list. You'll just need to combine your milk and acai puree in a blender then let that 'er rip. Blend until it's a smooth mixture and pour into a bowl. My favorite acai bowls include Nutella, so you can throw a heaping spoonful on top. Next, slice up your fruit and add to the top. You can drizzle honey, chia seeds and granola on top to taste. After you've crafted your desired bowl with toppings, you're done! This is a super simple and healthy food option.





Various studies have shown that Gen Z spends the most time on social media. According to the Harris Poll, most Gen Z-ers have had some kind of social media presence for the majority (over half) of their lives.

But some spend considerably more time on social media than others.

The term “chronically online” has become increasingly used to describe these kinds of habitual social-media dwellers. Gen Z and younger Millennials are the groups primarily wielding this term, which surfaced through platforms like TikTok, Twitter, Tumblr and Reddit.

Here is the (harsher) Urban Dictionary definition:

## chronically online

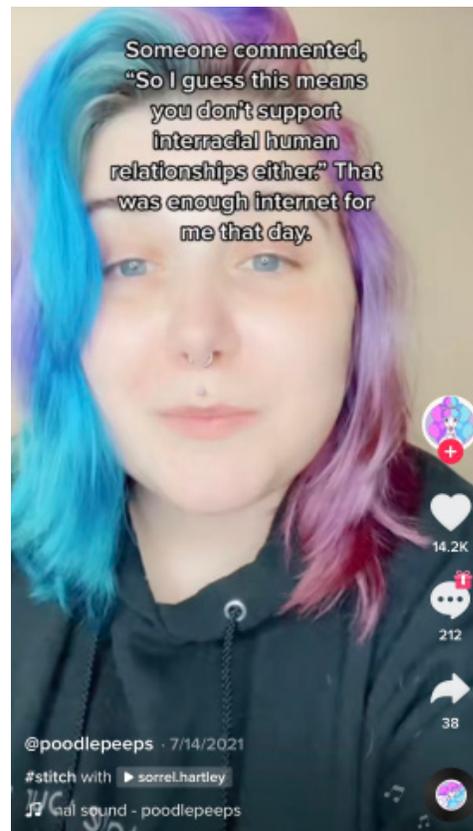


Someone who is basically **always on** the internet and their entire existence revolves around being on the internet. People who are chronically online typically have no **real friends IRL**, and stay online starting useless debates that literally achieve nothing outside of a screen.

According to CNET, the term ‘chronically online’ describes those who spend so much time online that it skews their sense of reality, often hindering their ability to effectively communicate about topics -- namely politics or social justice -- because they lack real-world experience.

Chronically online users tend to excessively condemn or call out people and behavior as problematic, often in a nonsensical way. A lot of these chronically online takes are rooted in logical fallacies, and can be disproven with simple reasoning or critical thinking.

In some of these cases, people draw parallels between two situations that are, in reality, incomparable. For example, TikTok user @poodlepeeps posted a video (which the user has since deleted) expressing her disdain for irresponsible dog breeding. Another user commented, “So I guess this means you don’t support interracial human relationships either,” in response.



This response is an example of the “false equivalence” fallacy---it ignores the key differences between the two topics themselves, as well as the differences in the magnitude or impact of what’s being equated.

There are several significant physiological and genetic factors at play with dog breeding, factors that -- if not taken seriously -- can have serious negative health implications for the dogs themselves.

Comparing dog breeding to an interpersonal, romantic relationship between humans of different ethnic or racial backgrounds is illogical due to the sheer fundamental differences and potential impact between the two situations.

In another instance, TikTok user @moth876 posted a video stating: “Why is it so normalized to cease consuming when pregnant? Is not wanting your child to have disabilities kinda ableist?” The video was later deleted, and the user’s account no longer exists, at least under the same username. However, screenshots of the post still circulate on TikTok and other platforms for discussion, particularly Reddit.



“Ableism” is discrimination or prejudice against individuals with disabilities, and is often expressed by individuals through verbal remarks or discriminatory, harmful actions or by institutions or businesses that fail to make their services accessible to all.

Consuming alcohol while pregnant gives rise to a several serious health risks, namely premature labor, stillbirth, miscarriage, heart defects and foetal alcohol spectrum disorder (FADS). FADS are a group of developmental, physical and neurological conditions that occur when a baby is exposed to alcohol before birth. These symptoms can range from mild to severe and last a lifetime.

Labeling a pregnant person as an ableist for adhering to basic medical advice on behalf of their child is another example of unwarranted call-out behavior.

One narrative surrounding this growing term is that these so-called chronically online behaviors are a by-product of cancel culture. Simpson senior Ava Shannon doesn't think that's necessarily true, and that the topic is more complex.

“It depends how you define cancel culture. I doubt people using the internet as a tool to project their voice rightfully calling out their abusers did this, but I think blogs like @yourfaveisproblematic on Twitter or Tumblr during our youth probably didn't help,” Shannon said. “It was a blog that would pick a famous person and give a list of all the problematic things they've ever done. I think people, especially young people, are scared to be mocked online as they've seen happen to others on Twitter daily, like with #whoeverisoverparty. So, some kids are hypersensitive. I think had I spent my middle school or high school years alone with just some people on a discord server, I would probably be hypersensitive too.”

Fellow Simpson Senior Noah Trujillo thinks everyone is chronically online in a way, based on what he's experienced between himself and his peers.

“I've noticed that even in classes where nothing is online, I've seen people just be on Facebook during class. I feel like that's the worst example, because then you're just wasting time,” Trujillo I've seen it in myself and my friends, too, by just staying up on your phone until 2 a.m.”

Trujillo seconds the notion that this issue is more complex than what many may think. He cites a few different reasons, like the sheer nature of technology within our generation.

“Every culture is different, even with different generations,” Trujillo said. “This might just be a sort of shift in the way that we communicate as a generation of younger people. So it's important to not just write this off as something that's weird or antisocial behavior, but work to change it or make it more healthy. It's not bad to be online, or to use social media as a way of socializing---it is bad if you're doing it in a toxic way.”

Shannon also feels like everyone, in a way, is chronically online.

“I don't know how anyone isn't chronically online today. My entire life was completely online for two years, work and any social life I wanted to have. I don't have any problem with the label itself, as long as it is not used in condescension. I would love to not be chronically online, I am sure it has messed up my brain chemistry somehow to constantly be connected to everyone and everything, but it's not like I had a ton of choice in the matter.

Another supposed chronically online trait is seen as a disconnect between users and real-life, novelty experiences and interactions.

Here are a couple of widely-circulated examples:



**M4NNY** ツ  
@ezmannyyy



normalize people hanging out and going to eat as friends.



**M4NNY** ツ  
@ezmannyyy



normalize people hanging out and going to eat as friends.

“So many people spend so much time online interacting with others online that it has just become a replacement for the real world. In my opinion, it's detrimental to real-world interactions, because then you're used to seeing things through the lens of the internet instead of what happens in real-world interactions, which are complex,” Trujillo said.

Shannon first became familiar with the term chronically online on TikTok and Twitter. She feels the label has different forms, with different implications.

“I think there are two types of chronically online, one being the sort of ‘liberal snowflake hyper-sensitive’ kind, or the kind people tell to go touch grass,” Shannon said. “Then there are the ‘so chronically online and in their own echo-chambers’ that they no longer have empathy. One is cringey while the other is dangerous, so I think when talking about being chronically online we shouldn’t only be looking at the cringe tumblr kids, but the alt-right Facebook meme parents.”

The term chronically online itself has faced its share of critiques, namely because of the language of the term. The word “chronic” refers to an illness persisting for a long time, or one that is constantly recurring. It can also refer to a problem that is long-lasting and difficult to eradicate.

Some feel that chronic is an inappropriate word to attach to a label about people who spend too much time on the internet or on social media. These critics believe the term itself minimizes the issues that those with chronic conditions deal with, and that there are better ways to describe constant internet-dwellers.

Other critiques highlight the fact that many younger, and therefore, newer, internet users had no choice but to navigate and interact with the world online for the last two years amidst the COVID-19 pandemic. Due to these users’ youth and fewer years of regular, offline experience and interactions, they’re likely more used to the online conduct and discourses which they participate in.

It’s also important to consider that people with certain mental health conditions, like social anxiety disorders, feel far more safe and comfortable interacting with the world around them online than in social settings.

Trujillo believes there’s a degree of truth to these criticisms, especially regarding COVID-19 and its large-scale social impacts.

“COVID definitely made a sort of replacement for what we traditionally think of social interactions,” Trujillo said. “What you see on the internet are just snapshots of people’s lives. It’s very visual without a lot of context, so it’s a lot easier to form a more extreme opinion of people and feel more comfortable communicating that extreme opinion online than in person. I feel like those things are playing a big role in this phenomenon.”

Like the cancel culture, the chronically online phenomenon proves to be more multifaceted than what some throwing the term around may think, and has prompted many questions worth asking.

Regarding the notion of chronically online users lacking experience with real-world situations, it may be worth noting the critiques listed above.

When examining the persistent -- sometimes unwarranted -- call-out behavior associated with chronically online behavior, it raises the question of where and if a line should be drawn with online accountability.

“As a society we’ve always made distinctions between what’s acceptable behavior and what isn’t, and I think the line should be drawn when it’s just gratuitous or when intentions aren’t really there,” Trujillo said. “I think when people are getting mad just to get mad, then they don’t really care about an issue. That’s when it gets toxic.”

Due to the sheer nature of online spaces and discourse, Trujillo feels it’s harder to make the distinction between genuine and disingenuous call-outs, adding to the complexity of the issue.

“It’s so easy to post things. There are fewer barriers than in real life,” he said. “The issue is also that when you’re online, it’s very easy to be silent when you agree with someone, but it’s also very easy to be vocal when you don’t like what someone is doing. I think there’s a small minority of people with unreasonable goals, but that also does cut into real accountability.”

Shannon echoes these sentiments, and also isn’t quite sure how the line should be drawn. She thinks that the true determinant of this issue lies within the willingness of those who have been called out to change or re-consider their behavior.

“I don’t know, honestly, and it’s something I think about a lot,” Shannon said. “I personally look to see if the person seems like they have genuinely changed. Saying a slur when you are a kid is one thing, but are you still throwing it around today? There are some people who have been canceled who I don’t think I can ever forgive, but I think the best policy is to be willing to accept the apologies of people who mean them.”

# NEGATIVE STEREOTYPES OF GEN Z

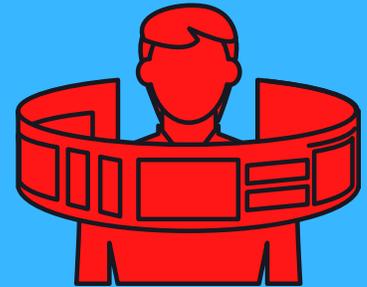
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As we highlight in this magazine, it's fair to say Gen Z has a lot of positive features. Gen Z-ers may believe they are the best generation, whereas older generations may believe the opposite. Here are some negative attributes that others commonly associated with Gen Z:

## ADDICTED TO TECHNOLOGY

Many members of older generations believe that Gen Z can't last without technology. Friends will gather then just sit on their phones. They're on their phones during meals, while watching TV or simply when completing normal, day-to-day tasks.



## ENTITLED

Older generations also believe that Gen Z is entitled. Everything they have is handed to them and they don't work for anything. If they have to work for something, they complain about it. When things don't go their way, they throw a big fit until they get what they want

## NARCISSISTIC

Previous generations often think Gen Z exhibits narcissistic behavior. They believe they're the best. If they get called narcissistic, they take that as a compliment because everything about them is positive. They don't believe they do anything wrong and think that the world revolves around them



## LAZY



A lot of people in older generations believe Gen Z, collectively, are lazy. They don't go outside and play like kids used to. Instead of going to the gym or riding a bike, they stay inside and play on their video game consoles. If they want food, they just go on their phones and order it instead of going to the store and buying groceries and actually making something. A lot of their shopping is done online so they don't even have to leave their house to buy things.

## BAD SOCIAL INTERACTIONS

Another negative attribute associated with Gen Z by older generations is the inability to interact in person. They don't know how to talk to someone face to face. Due to the technology constantly at their fingertips, they're used to communicating online. But when it comes to having an actual interaction in person, they can't hold a conversation. Talking face to face has become awkward for them and they don't know how to socialize.



## SHORT ATTENTION SPAN



They can't focus on anything for longer than 8 seconds according to older generations. With so much information coming at them, they've learned to tune it out. They can't watch videos that are too long without getting distracted by other things. If a video on a social media site is too long, they simply scroll past it. Social media's character limits and one-line captions also contribute to this – the shorter, the better

