

**Hillsboro-Deering Middle
School**



HDMS Journalism



Volume 1 Issue 1

Written by Seanna - Grade 8

Published Monthly

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Gen Z: The Generation that is Slowly Falling Apart! How can we help?!



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It's Sad!

Gen Z has to be the saddest and has been considered the worst generation because most kids now rely on social media way too much for a lot of things and Gen Z is barely happy. Most of us also seem to struggle with depression and anxiety. We deal with physical and mental issues and most of us don't know the path that lies ahead of us.

Also, according to sources, most Gen Z's have a lack of understanding and don't know the outside world without their "technology" and some just struggle with mental health, insecurities and cyberbullying. It's a problem that persists throughout the nation.

The saddest thing about Gen Z is we are considered one of the worst generations, from our fashion choices, questionable memes and how we spend way more time on our phones than most people. We are criticized by adults of how we are lazy and don't have a life ahead of us, but we can prove them wrong.



We Can Solve it!

If only our generation could come out of it's rut, especially since some of us have to deal with being labeled as the "lazy generation". Additionally, there's the cyberbullying. We either get hacked, blackmailed, or even leaked photos, and we are seen as self-centered and lazy. So, if we want to make a difference for all of Gen Z, we need to fix this generation and break free from the chains of criticism.

The solutions are right in front of us, but sometimes we can be too blind to see it. It sounds stupid, but we really just need to put our phones down and do a take on reality and to face the real world. We could actually shape the future and we could shape the future with activism and entrepreneurship so society can hear us not behind the screen for the first time. What I believe is Gen Z can have futures too and a life that isn't exposed on social media.



Reading



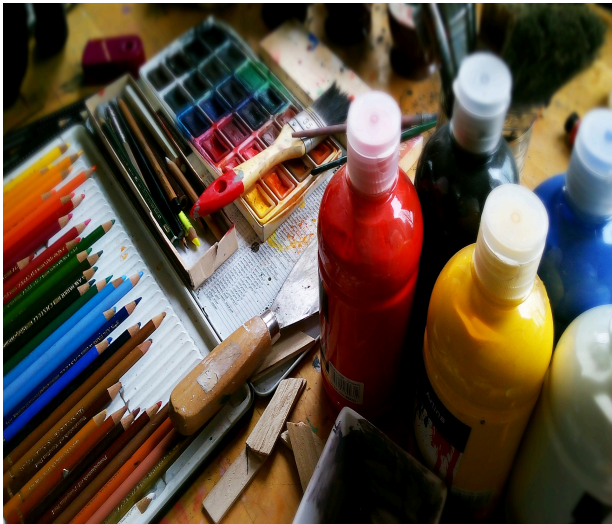
Hiking



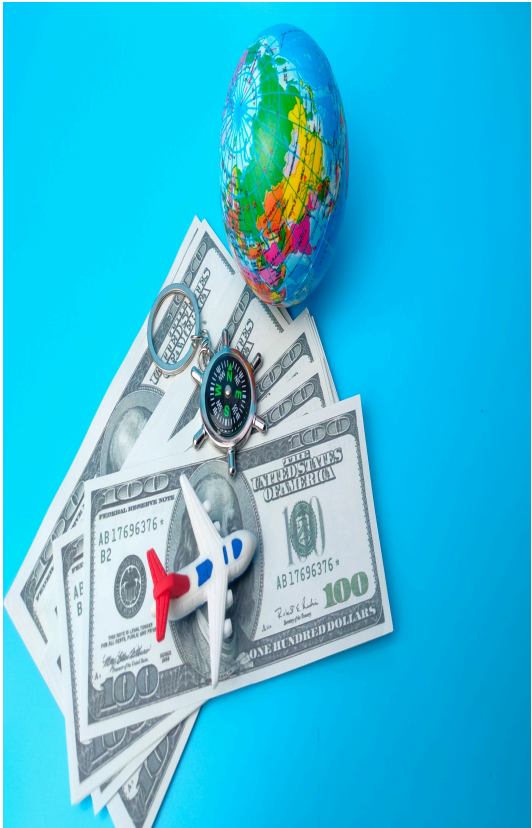
Art of Conversation



Theatre



Painting



Traveling



Sports



Snowboarding/Skiing

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