**Youth and Society**

**Youth Issues**

The main youth issues in Britain are:

1. Family trobles
2. Materialism
3. Substance abuse
4. Unemployment
5. Problematic sexualized behavior
6. Learning disabilities
7. Social isolation

The main youth issues in America are:

1. Unemployment
2. Lack of affordable housing
3. Family violence
4. Home isolation
5. Legal problems
6. Body image
7. Migrants
8. Non-literals
9. Sexual health issues

The main youth issues in Belarus:

1. Academic pressure
2. Limited academic freedom
3. Lack of student representation
4. Limited job prospects
5. Access to quality education
6. Limited freedom of association.
7. Materialism
8. Unemployment
9. Social isolation

**How to build a path problem-solving?**

I admire you for getting to the point where you are no longer willing to lie to your parents. That’s a sign of integrity and maturity.

Before youtalkto yourparents, I’dstrongly suggest that you should go to talk to a counselor, or an academic advisor, or a career counselor at your college. You’re not the first student who has lost their motivation. I’m sure that talking to a specialist will help you to get a better idea of where your true passion really is. After that conversation, you may have more of a plan for your next move.

Then you should talk to your parents and the conversation can go much more smoothly because you will show how serious you are having a plan.

**How to solve youth problems?**

1. Think about why it is a problem.
2. Identify the problem.
3. Brainstorm possible solutions to the problem.
4. Put the solution into action.
5. Evaluate the outcome of your problem-solving process.
6. Evaluate the solution to the problem.

**Materialism:**

As one way to start changing your mindset is to fill your life with activities other than shopping. Another way would be to do something to help others.

Substance abuse:

It is necessary to be medically treated. The next step is to change the environment and conditions they live in.

**Failure to succeed in education:**

If you are having troubles managing classes, working with professors or peers, or handling your programme in general, your advisor may be able to help connecting you to some resources at your college or uni. Try working hard with a friend or a group of friends and brainstorm ways to memorise and understand information.

**Offending/destructive behaviour:**

Adolescents who are regularly getting out of their heads at public places need early intervention, as do their parents and mentors. If they do not respond to warnings and offers of support, then there is a place for Parenting Orders and Anti-social Behaviour Orders.

**Racism**:

Receiving support from other people who have also experienced such a trauma, family members, and the community.

**2.Tech Addiction**

**Types of tech and Internet addiction:**

**Technology Addiction**

We can define technology addiction as a kind of impulse control disorder in which a person is exposed to the harmful effect of technology as a result of excessive use of computers, the Internet, video games, and mobile devices. It can be broadly defined as an inability to control one’s technology use due to a dependence developed through emotional, psychological, social, environmental, and biological factors. Technology is often associated with and used variously for different types of entertainment which provide an emotional and chemical reward for the brain.

**Internet Addiction**

Internet addiction differs from the large concept of technology addiction in the very specific requirement for Internet access. Internet addiction covers a range of behaviours and impulse-control problems involving the Internet, personal computers, and mobile technology usage. It can be in the form of a gambling disorder, social media addiction, screen addiction, and so on. Internet addiction has several different names, including “compulsive Internet use” (CIU), “Internet overuse” (IO), “problematic Internet use” (PIU), and “Internet addiction disorder” (IAD).

problems that can be caused by tech and Internet addictions

1. Online gambling.
2. Online shopping.
3. Trading stocks.
4. Video gaming.
5. Excessive phone using.
6. Taking photos.
7. Cyber relationships.
8. Watching TV hard.

**Reasons for becoming tech and Internet addicted**

***Randomised rewards***

Our apps and devices operate on the same principle as slot machines, delivering rewards on a randomschedule. They keep us hoping, for instance, that the next scan of the email inbox or Facebook feed could reveal an interesting message or headline — a digital jackpot. It rarely occurs, but we’re hooked by smaller rewards: a validating tweet or a Facebook like.

***Endless sources of information***

Most of us require some kind of cue to stop consuming, but our devices provide no such thing. Scrolling has no breaks. Instagram and other apps might show only one like at a time, which keeps us checking back. Snapchat capitalises on users’ loyalty to their friends by turning their conversations into streaks they don’t want to break, guaranteeing traffic.

***A sense of connection***

We all want to belongsomewhere, to find community, to share and connect. This belonging is what technology promises. As human beings, we have this primal fear of isolation and not being part of the group, which is the way to extinction. Technology is craftily being marketed to elicit this fear of “*Oh my god, if I don’t have this app or device, I won’t be part of the group*.”

**Positive sides of the Internet and technology:**

1. **Access to information:**

The Internet provides easy access to a vast amount of information, allowing people to learn and stay informed on a wide range of topics.

1. **Communication and connectivity:**

Technology enables instant communication and connectivity with people around the world, fostering global connections and facilitating collaboration.

1. **Convenience and efficiency:**

Technology has made tasks more convenient and efficient, simplifying daily activities such as online shopping, banking, and communication.

1. **Educational opportunities:**

Technology has revolutionized education, offering online courses, virtual classrooms, and educational resources accessible to people of all ages and backgrounds.

1. **Economic opportunities:**

The Internet and technology have created new job opportunities and platforms for entrepreneurship, stimulating economic growth and innovation.

1. **Entertainment and leisure**:

Technology provides various forms of entertainment, such as streaming services, social media, and gaming, offering relaxation and enjoyment**.**

**Negative sides of the Internet and technology:**

1. **Addiction and excessive use:**

The addictive nature of technology can lead to excessive screen time, neglecting real-life interactions and responsibilities.

1. **Privacy concerns:**

The Internet and technology raise privacy issues, as personal data can be collected, stored, and potentially misused.

1. **Cyberbullying and online harassment:**

The anonymity and reach of the Internet can contribute to cyberbullying and online harassment, causing emotional distress and harm to individuals.

1. **Information overload:**

The abundance of information can be overwhelming, making it challenging to filter and assess the credibility and relevance of online content.

1. **Distraction and decreased productivity**: Technology can be a source of distraction, diverting attention and reducing productivity in academic, professional, and personal settings.
2. **Negative social impact:**

Excessive reliance on technology can lead to social isolation, reduced face-to-face interactions, and a decline in social skills.

**How to avoid tech and Internet addiction?**

1. **Do an assessment:**

Download an app like Moment that tracks your tech use and helps you understand how much time you spend on your devices. Acknowledge your current usage patterns and set a goal for cutting back.

1. **Institute tech breaks:**

Schedule specific periods of time for tech use. Start with short intervals, such as one minute of tech use followed by 15 minutes of tech-free time. Gradually increase the tech-free time as you become more focused. Consider using apps like SelfControl to block tempting websites during your tech breaks.

1. **Establish tech-free zones and times**:

Create designated areas or times in your day when you don't use technology. For example, institute a no-tech policy during meal times or designate the two hours before bed as tech-free time. Designate specific areas, like the kitchen table or the couch, as device-free zones. Consider practicing a "tech Sabbath" where you have a day without devices each week.

1. **Take a broader view:**

Develop self-awareness about your tech use and its impact on your life. Before reaching for your phone, pause and ask yourself if capturing a photo or video is truly valuable or if it detracts from being fully present in the moment. Observe how your tech usage affects your ability to savor and engage with your surroundings.

**Reduce the number of devices.**

Ifyouhavefewertechnologydevicesyouwilllesslikelytodevelopatechnologyaddiction

**Digital detox**

Sometimes disconnecting is the best way to connect. Here are ten easy steps on how to do it: 1) turn off notifications; 2) remember nothing is black and white; 3) put awayyour phone during meals; 4) designate free hours; 5) make your bedroom a no-tech zone; 6) rediscover paper; 7) limit yourself to one screen a time; 8) spring clean your social media accounts; 9) download the time management apps; 10) work out. Try to follow these rules for 30 days!

**Keep track**

You can use apps that will help you to track time and raise self-awareness of your technology addiction

**Restain yourself**

Both the Internet and technology cause compulsive urges to shop, play games or log in to your computer. Set limitations for yourself and stick to them! Try to play computer games only on specific days or shop online only at specific hours and gradually decrease the amount of time you allocate for these activities

**Assigned points**

The portable nature of devices makes it easier for you to develop a technology addiction. Assign places for your devices and forbid using them in other places. Bedrooms, study rooms, and dining areas must be off-limits

**Turn off notifications**

When you have fewer reminders on your phone or computer, you have less desire to go online

Connect with others

Technology addiction ruins your relationships. Instead of wasting your time and energy on gadgets and the Internet, it’s better to focus on repairing your poor relations

**Generation Gap**

**Types of generations and their characteristics**

1**. Traditionalists:**

Value workplaces that are conservative, hierarchical, and have a clear chain of command and top-down management.

2. **Baby Boomers:**

Value workplaces that have flat hierarchies, democratic cultures, human values, equal opportunities, and a warm and friendly environment.

3. **Generation X:**

Motivated by security, may be more competitive, wants independence, can multi-task, is more entrepreneurial, wants to communicate face-to-face, is truly digital-native, and wants to be catered for.

4. **Millennials:**

Value workplaces that are collaborative, achievement-oriented, highly creative, positive, diverse, fun, flexible, and continuously providing feedback.

5. **Generation Z:**

Value workplaces that are positive, fun, efficient, fast-paced, flexible, informal, and have access to leadership and information.

**How we can prevent generation gap?**

1. **Communicate openly:**

Encourage respectful conversations between generations. Create opportunities for dialogue through activities, mentorship programs, or joint projects. This helps break stereotypes and build empathy.

2. **Embrace diversity:**

Value the unique perspectives and experiences of each generation. Create inclusive environments that appreciate differences in age, background, and ideas.

3. **Share knowledge:**

Promote the sharing of wisdom and skills between older and younger generations. Provide platforms where older individuals can share their experiences, while younger ones can contribute their fresh ideas and technological expertise.

4. **Learn from each other:**

Encourage mutual learning and respect. Older generations can learn from the energy and innovation of younger ones, while younger generations can benefit from the wisdom and guidance of older individuals.

5. **Offer development opportunities:**

Provide training programs that address the needs of different generations. This helps everyone stay relevant and grow in their careers.

6. **Foster collaboration:**

Create a work environment that promotes collaboration across generations. Breaking down barriers and fostering teamwork helps create a sense of unity and shared purpose.

7. **Challenge stereotypes**:

Reject age-related stereotypes and biases. Recognize that individuals within each generation are diverse, with unique strengths and perspectives.

8. **Support work-life balance:**

Implement policies that support work-life balance for all generations. This helps alleviate tensions arising from different priorities and expectations regarding work and personal life.

**What each generation can bring to the workplace?**

1. **Gulf between:** difference and lack of understanding between two groups of people

2**. Anticipate:** to expect that something will happen and be ready for it

3. **Pattern:** the regular way in which something happens, develops, or is done

4. **Sacrifice:** to visit informally and spontaneously

5. **Recognition:** public respect and thanks for someone's work or achievements

6. **Emphasis:** special attention or importance

7. **Top-down:** controlled, directed, or organized from the top; having one leader

8. **Drop in:** when you decided not to have something so you can get something else

9. **Time off:** a time period when you are not required to work

**How we can manage different generations at the workplace**

***Provide a variety of communication channels***

Include face-to-face meetings and phone calls in

your normal routines, as well as texting and emails. Older workers grew up in a generation before cell phones and email and may prefer to communicate via in-person

conversation or phone calls. In general, the younger the worker,the more comfortable they’re likely to be with texting, emailing, or social media posting. An open-source collaboration tool can bring better relationships between the generations at the workplace.

***Establish a two-way mentorship programme***

When trying to bridge the generation gap,

always remember that each generation has something uniquely valuable to offer the others. Employment engagement specialist Tim Eisenhauer points out that baby boomers have valuable real-world experience about how the business world works, while millennials bring insights on how technology can transform many aspects of running a company. He writes, “A great way to manage a generation gap at the workplace... is to develop a mentorship programme within your organisation. This creates a fair and balanced platform, so each party can benefit, and it can also help to build stronger interpersonal relationships between colleagues.” The two-way mentorship approach is especially useful when younger workers are in leadership roles because it encourages respect to flow in both directions.

***Put respect front and centre***

break down the motivational factors that build employee alignment in each generational sector, but one common theme throughout her entire analysis is respect. People of each age group will be more open to listening to input from those who are different from themselves if they feel that their own knowledge and contributions are respected. Monych points out that baby boomers have an intense work ethic, and appreciate being respected for their maturity. Gen X-ers want to be respected for their self-reliance and independent skillsets. Millennials seek respect for their ability to multi-task, collaborate, and be flexible.

***Don’t make assumptions***

Yup, now that we’ve handed you a bunch of generalisations, we’re telling you not to stereotype. The key is to let individual people surprise you. While there’s a good reason to acquire an overall understanding of generational characteristics, it’s important to avoid making assumptions about the skills of any particular person. Assuming that people have certain preferences based on their age isa form of profiling, and it can give rise to deep feelings of being misunderstood. Let each team member tell you their preferred style of working that would make them happiest. Your understanding of age-related tendencies can inform the array of choices you express to your team, but don’t underestimate individual variation.

***Guard against age segregation***

You may very well find that your workers tend to clump up together in little groups of their age peers. It’s just human nature. Conversations come more easily when everyone has a similar frame of reference. However, employees can hang out with age-mates while they’re not at work. The fact is that your staff will be more innovative and productive if you make sure there’s plenty of cross-pollination between the generations and a bridge between the generation gap. The executive director of Generations United, Donna Butts, has this to say: “When the generations don’t mix, they’re less likely to care and invest in each other.”