The 1970s were a time of massive change, socially, economically, and politically, both liberally and conservatively. The time period was characterized by radical social change, a continuation of the Civil Rights movement, and a clash of conservative and liberal values. Although the 1970s were somewhat an extension of the 1960s, the time period was a very pivotal transition period between the 60s and 80s.

The 1970s were very much a continuation of the decade prior. In terms of Civil Rights and society, the fight for equality continued on all fronts. In terms of women's suffrage and equality, Title IX was passed. This law prohibited discrimination by sex in education and in federally funded programs and was a continuation of the 1964 Civil Rights Act. This means that the 1970s were still about the fight for equality, just like the decade prior, making it seem like nothing had changed. There was also the American Indian Movement, which advocated for more quality in employment, better living conditions, and wanted to reclaim tribal land. In order to achieve these goals, they marched on Washington during the Trail of Broken Treaties marched and occupied the Bureau of Indian Affairs to make reforms. This illustrates how the protest tactics of the Civil Rights movement in the 60s continued to be used into the 70s, creating the illusion that things had not changed.

Still, the 1970s were a time of mass social, political, and economic change. Socially, there was a new age in religion. This new age in religion was characterized by the growth of different types of religion. One example of this is the Hare Krishnas, who were people that believed that Krishna was the Supreme Lord and believed in a cycle of reincarnation. This religion grew due to the fact that hippies were drawn to the counterculture spirituality of the religion. This illustrates how society was undergoing a massive change in terms of religion, which stands in stark contrast to the 60s before it. Politically, the War on Drugs caused massive change as well. The War on Drugs was an effort by the federal government to control the manufacture and distribution of drugs. This was fueled by the Controlled Substances Act, and this was enforced by the Drug Enforcement Agency to stop drug trafficking organizations. This reveals how the United States was changing politically, and how the government was clamping down on drug use through the use of force to stop drug trafficking organizations. Economically, the United States was changing drastically as well. Prop 13, a law in California, reduced property taxes in California to less than half of what it was before. Homeowners had been losing their houses due to taxes, and this helped fixed that. The nation took note and followed suit, helping to cause a change in the way people thought about taxes in America. This shows that the United States' economic ideology was changing and that the peoples' stance on taxes was changing as well.

The 1970s were only a forgettable decade to the extent that the movements of the previous decade continued into this decade as well. By all other metrics, however, the 1970s was a pivotal transition period that transformed the country socially, politically, and economically.