



What Our Toxic Culture Does to the Young

有害文化对年轻人的影响

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513 Words

In the early 1960s typical Americans were eager to **get on with** adult life. As soon as they could, they married, launched careers and started **popping** out kids. In those days, half of all women married before their 20th birthday.

20 世纪 60 年代早期，美国人通常想早点过上成年人的生活。他们早早地成家立业，养育孩子。在那个年代，一半的女性在 20 岁生日前就结婚了。

Then the **boomers came of age**. Typical members of that generation wanted to enjoy their freedom, so many put off marriage and parenting until their late 20s or their 30s. They adopted what some researchers call the “slow life strategy,” **postponing** the common milestones of adulthood until later in life.

后来婴儿潮一代成年了。那一代人普遍想要享受自由，所以许多人把结婚和养育孩子推迟到 30 岁前后。他们接受了一些研究人员所谓的“慢生活策略”，推迟了常见的成年里程碑事件。

As the psychologist Jean Twenge shows in her **lavishly** informative new book, “Generations,” the members of Gen Z are now practicing the slow life strategy with a **vengeance**. “In many ways, 18-year-olds now look like 14-year-olds in previous generations.”

正如心理学家珍·特温格在其内容丰富的新书《世代》中所描述的那样，Z 世代正极力践行慢生活策略。“在很多方面，现在 18 岁的年轻人看起来就像前几代人 14 岁的样子。”

Twenge is not **rendering** a judgment here; she’s not saying that one generation is living the right way or the wrong way.

✧ 真题链接

考研英语 2020 年英语二 Text 4

#Generation Z#

- Generation Zs are looking for more certainty and stability ... they are quite risk averse.

get on with sth. 进展，进步；继续做某事 | I’m not getting on very fast with this job. 我这个工作进展不太快。

pop [pɑ:p] v. 突然出现；迅速地放置 n. 流行音乐 | The ball popped out of Smith’s hands and onto the ground. 球突然从史密斯的手中弹到了地上。

boomer ['bu:mər] n. 婴儿潮一代，指美国第二次世界大战后的 1946 年至 1964 年出生的人群

come of age 成年，达到法定年龄；成熟，发达 | Space technology didn’t really come of age until the 1950s. 空间技术直到 20 世纪 50 年代才真正趋于成熟。

postpone [pə'spəʊn] v. 延迟，延期 | The game has already been postponed three times. 这场比赛已经三度延期了。

lavishly ['lævɪʃli] adv. 丰富地，大量地

vengeance ['vendʒəns] n. 报复，

Young people today are simply **taking their time**.

特温格并非在发表意见；她并不是说某代人的生活方式是对还是错。现在的年轻人只是在慢慢来。

But something else is going on here. Gen Z-ers grew up with **hypercautious** parenting that exaggerates the dangers in life. They grew up in a media culture that generates ratings and clicks by generating division and anger. They grew up in a political culture that **magnifies** a sense of **menace** — that **presumes** that other people are toxic — in order to tell simplistic us/them stories and mobilize people's fears.

但不止如此。Z 世代是在过分谨慎的父母教养下长大的，生活中的危险被夸大了。伴随 Z 世代成长的媒体文化通过制造分裂和愤怒来获得收视率和点击量，而政治文化则放大了一种恐怖的氛围——假设其他人都有害——以此简化我们或他人的故事，激发人们的恐惧。

This culture of exaggerated distrust and presumed toxicity has influenced us all, but the younger generations most of all. On the one hand it's made them **hypervigilant** to danger. Members of Gen Z are less likely to do drugs or get into fights or car accidents than were teens in previous generations.

这种放大不信任和假定有害的文化影响了我们所有人，但受影响最大的是年轻一代。一方面，这让他们对危险高度警惕。与前几代人相比，Z 世代吸毒、打架或发生车祸的几率较小。

On the other hand this culture has **induced** — in all of us, but especially in the young — an **aversion** to risk. In 1991, 48 percent of eighth and 10th graders said they liked to take risks sometimes. By 2021, that number had **plunged** to 32 percent.

另一方面，这种文化引发了我们所有人，尤其是年轻人对风险的厌恶。1991 年，48%的八年级和十年级学生说他们有时喜欢冒险。到 2021 年，这一数字已降至 32%。

People who grow up in this culture of distrust **are bound to** adopt self-protective **codes** of behavior. I've been teaching college students **on and off** for 25 years. Over the last few

报仇 | with a vengeance 猛烈地，激烈地；极度地，过度地

render ['render] v. 正式宣布；使成为，使变得；表达，表现 | Hundreds of people were rendered homeless by the earthquake. 成百上千的人因为地震而无家可归。

take one's time 不着急，慢慢来 | He had planned to take his time over the journey. 他原来计划这一路慢慢地走。

hypercautious [ˌhaɪpəˈkɔːʃəs] adj. 极其小心的，过于小心的

magnify ['mæɡnɪfaɪ] v. 放大，扩大，增强 | The dry summer has magnified the problem of water shortages. 干燥的夏季加剧了缺水的问题。

menace ['menəs] n. 威胁，危险的人（或物）；令人恐怖的氛围，危险气氛 v. 危及，威胁到 | There was a sense of menace as the sky grew darker. 天色渐暗，有一种恐怖的氛围。

presume [priˈzu:m] v. 假设，假定 | Everyone should be presumed innocent until proven guilty. 在证明有罪之前，每个人都必须被认定是无罪的。

hypervigilant [ˌhaɪpəˈvɪdʒɪlənt] adj. 极其警觉的

induce [ɪnˈdu:s] v. 引起，导致；劝说，诱使 | Nothing would induce me to take the job. 没有什么能诱使我接受这份工作。

years, students have become much less willing to argue with one another in class. They don't want to be **viciously** judged. It's simply that the norm of non-argumentativeness in public has settled over many (but not all) parts of campus culture.

在这种不信任文化中长大的人必然会凡事力求保护自己。我断断续续地教了 25 年的大学生。在过去几年里，学生变得不太愿意在课堂上和别人争论。他们不想被恶意评判。简单地说，不要在公共场合争论已经在很大程度上成了校园文化的准则。

People who grow up in a culture of distrust are bound to be pessimistic about life. Since around 2012, the share of 12th graders who expect to earn a graduate or professional degree, get a professional job or own more than their parents has **plummeted**.

在不信任文化中长大的人必然对生活持悲观态度。大约从 2012 年以来，预计自己能获得研究生或专业学位、找到专业工作或比父母赚到更多钱的 12 年级学生比例大幅下降。

People who grow up with this mentality are also less likely to believe they can control their own destinies. In her book, Twenge has a chart showing the share of 12th graders who believe that their lives are blown about by outside forces has been **surging** since 2006. That matters, she writes, because people who go through life with this **defeatist** attitude have worse life outcomes.

带着这种心态长大的人也不太可能相信他们可以掌控自己的命运。在特温格的书中有一个图表，显示自 2006 年以来，认为自己的生活受到外部力量影响的 12 年级学生比例一直在飙升。她写道，这很重要，因为带着这种失败主义的态度生活，结果会更糟。

aversion [ə'vɜːrʒn] *n.* 厌恶，憎恶
| He had an aversion to getting up early. 他十分讨厌早起。

plunge [plʌndʒ] *v.* 暴跌，骤降；突然向前倒下（跌落）*n.* 骤降；跳水
| The temperature is expected to plunge below zero degrees overnight. 估计一夜之间气温会陡然下降到零度以下。

be bound to 肯定会 | Don't lie to her. She's bound to find out. 别骗她，她肯定会发现的。

code [kəʊd] *n.* 密码，电码；道德准则，行为规范；法典，法规；编码 *v.* 把……编码

on and off 断断续续地，不时地
| He's been smoking for ten years now, on and off. 到现在，他断断续续地吸烟有十年了。

viciously ['viʃəsli] *adv.* 恶毒地，凶狠地

plummet ['plʌmɪt] *v.* 暴跌；速降
| Share prices plummeted to an all-time low. 股票价格暴跌到历史最低点。

surge [sɜːrʒ] *v.* 急剧上升，激增；汹涌，涌动 *n.* 激增；（情感的）突发
| Share prices surged. 股价猛涨。

defeatist [dɪ'fiːtɪst] *adj.* 失败主义的 *n.* 失败主义者

► 脉络梳理