Places for Struggling Teens™

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"It is more important to get it right, than to get it first."

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What the Year Might Hold for our Young People

by Lon Woodbury



Last January was the time for resolutions and predictions for the upcoming year. So, I gave it a try, but instead of peering into a crystal ball, I worked from some intriguing scientific research as it relates to young people.

Mark J. Penn wrote a book published in 2007 titled: "micro trends: the small forces behind tomorrow's big changes." Using polling data, Penn looks for micro trends that are bubbling in our society which might become very influential in the near future. He looked at 82 groups that are starting to exert an influence on our society, basically groups with at least one percent of the population that might be increasing to become more influential. I picked out those surprising trends he discussed that relate to young people. This might indicate some characteristics we might be seeing more in the future.

Old New Dads: Fathers are becoming increasingly older at the birth of their children, with "the proportion of dads over 40 skyrocketing." This will mean that any gathering of parents will become more multi-generational and any generational gap between children and their parents will be even more extreme, at least so far as the difference in age between father and child.

Pampering Parents: Parents have come to believe that while they are strict with their children, most other parents are too permissive. The author concludes that on a strict/permissive scale the whole society has moved drastically to the permissive side and is more "child-centered." Unless there is a reversal of this trend, this suggests children's rights will only increase, with parents blaming "other" parents for not being strict enough.

The Mildly Disordered: The percentage of children with diagnosed disorders is skyrocketing, the author seeing this as partly being driven by affluent parents wanting proof as to why their child is under-performing. A child who 25 years ago might have been seen and treated as "irritable" is now likely to be diagnosed with Sensory Integration Dysfunction. One result will be an increasing number of children who feel they need outside, and perhaps professional and medication, help in order to be "normal." If this trend expands, we will see in the future a decreasing sense of personal independence and responsibility, and an increasing sense of group dependence and responsibility.

High School Moguls: We have talked of the tendency to extend childhood during the last century. During the twentieth century, a child's opportunities to work and make money had been limited to paper routes, baby sitting, lawn care and other low paying, low responsibility jobs. However, largely through the Internet, this is all changing with many teens and even pre-teens creating very successful businesses online. The author estimates about 8 percent of all teens, about 1.6 million young people in the US, were making money on the internet. Contrary to mainstream trends of children remaining dependent for long years, there is this contrary trend of young entrepreneurs coming onto the scene that could change childhood back to where children again have the opportunity to realize their potential as did young people before the 20th century.

Aspiring Snipers: Starting in 2006, polls indicated a small but increasing number of young people with career

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There are no secrets to success. It is the result of preparation, hard work and learning from failure.
~ Colin Powell

[Essays and articles appearing in this publication are the opinions of the authors, and do not necessarily reflect the policy of Woodbury Reports, Inc.,™ or StrugglingTeens.com.™ We urge our readers to conduct their own investigation of the products and services identified herein.]

families. Katie Asmus, MA, LPC, Clinical Supervisor, is a faculty member of the Wilderness Therapy program at Naropa University. Jody Radtke, MA, LPC, Clinical Director, has directed the programs of the Women's Wilderness Institute in Boulder, CO, for five years. Amy Winchester, MA, LPC-I, Grief and Loss Specialist, is a counselor with HospiceCare of Boulder & Broomfield Counties. Andrew Rose, MA, LPC-I, Program Director, Trauma Specialist, is a certificated EMDR practitioner with a private practice in Boulder, and leads Ski and Wilderness EMDR intensives.

The year-round Ski Therapy program includes mindfulness practice, breakfast, family therapy, skiing and ski therapy, down time, dinner, and a second therapy session. During the program the family learns about emotional regulation, nonviolent communication, and dynamics of family systems. The family also practices healthy 'family time'.

[This information came from HealingQuest.]

Zero means none or nothing.
Tolerance gestures toward
understanding, generosity, kindness,
benevolence, justice, forgiveness.
~ William Ayers



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Mickey Troxell, MS, CATC, CEAT-II, is the Executive Director and founder of Pegasus, National Association of Certified Professionals of Equine Therapy (NACPET), Certified Therapy Horse Association (CTHA) and Centaur University. Mickey has worked in the field of addictions

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