

## Finding Subtext - Season 1 Episode 11 “Why Gen Z is Hopeless”

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### Trigger Warnings:

- **Minor / brief references to the following topics:**
  - Suicide, abortion, misogyny, cults, terrorism, drug use, drug addiction
- **Moderately-detailed descriptions or depictions of the following:**
  - Economic hardship, depressive episodes, bullying, cyberbullying, body dysmorphia, sex work, divorce, animal neglect

**Note on trigger warnings:** Due to YouTube censorship & restrictions, video content is almost always heavily redacted and shouldn't be highly distressing in most situations. However, if you have a high sensitivity to the above topics I encourage you to practice careful viewership.

**If I missed any triggers that seem like they should be noted for a general audience, please reach out and let me know at the following link: <https://findingsubtext.com/Contact.html>**

**Please take care of yourself!** Below are some resources should they prove useful. I *highly* encourage seeking assistance if you find your symptoms difficult to manage, it's been life-saving for me and many others.

- [US] CDC Mental Health Tools & Resources List: <https://www.cdc.gov/mentalhealth/tools-resources/index.htm>
- [US] Department of Health & Human Services - National Substance Abuse & Mental Health Hotline: <https://www.samhsa.gov/find-help/national-helpline>
- **International** Suicide Hotline List: <http://www.suicide.org/international-suicide-hotlines.html>
- **International** Free Online Chat & Paid Psychotherapy: <https://www.7cups.com/>
- **International** Find an In-Person or Remote Therapist Online: <https://www.psychologytoday.com>

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### Video Credits & Required Attributions:

- Writing, Filming, Editing: Seth Smyth / Finding Subtext
  - Voiceovers & corrections made with Descript AI voice cloning
  - Source-Engine maps were created by ConicalG, warman!, Maxdragonn, ShadyMilkman
  - 3D scenes were created by Seth Smyth / Finding Subtext using graphics from PNGWing.com and textures from architextures.org
  - Graphics upscaled using Topaz Gigapixel AI & Video Enhance AI
  - Face alterations made in EbSynth, keyframes from FaceApp
  - AI-generated images & textures made in Stable Diffusion 2.0 WebUI
  - AI-generated music made with Google LLM
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### On-Screen sources used during editing:

- **Smartphone use as a possible risk factor for myopia**
  - <https://pubmed.ncbi.nlm.nih.gov/32452059/>
- **Bedtime screen time may reduce sleep quality**
  - <https://www.health.harvard.edu/staying-healthy/bedtime-screen-time-may-reduce-sleep-quality>
- **Gen Z is rapidly losing interest in college**
  - <https://www.questionthequo.org/media/3954/qtq-survey-5-digital-report.pdf>

### General sources in order of appearance:

- <https://www.advisorperspectives.com/articles/2023/01/17/are-millennials-lazy-and-self-entitled>
- <https://youthsense.com.au/youth-insights/why-gen-z-humour-is-so-weird-and-unhinged/>
- <https://www.indy100.com/viral/feral-girl-summer-meaning>
- <https://lovinmalta.com/lifestyle/health/mental-health/maltese-avoid-talking-about-it-42-of-gen-z-diagnosed-with-a-mental-health-issue/>
- [https://img.ifunny.co/images/bc9ad1aa33031ebaa13a46f9c8b3b8f632a7c704cec5135f2e5dfa3aa2c2fc5e\\_1.webp](https://img.ifunny.co/images/bc9ad1aa33031ebaa13a46f9c8b3b8f632a7c704cec5135f2e5dfa3aa2c2fc5e_1.webp)
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- <https://www.theverge.com/2018/12/5/18126154/screen-time-smartphones-bad-health-risk-science-study-wrong-depression-anxiety>
- <https://www.buzzfeed.com/daniellaemanuel/ear-fungus-airpod-tiktok>
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- <https://techjury.net/blog/time-spent-on-social-media/>
- <https://www.uswitch.com/mobiles/screentime-report/>
- [https://pbs.twimg.com/media/D\\_UYPBuWkAAJTtf.jpg](https://pbs.twimg.com/media/D_UYPBuWkAAJTtf.jpg)
- <https://www.highervisibility.com/ppc/learn/gen-z-and-the-rise-of-influencer-culture/>
- <https://www.forbes.com/sites/garydrenik/2022/12/22/why-gen-z-is-our-next-wave-of-business-owners/?sh=9ef4bc3789cd>
- <https://imgur.com/QhUMP9B>
- <https://www.zillow.com/rental-manager/market-trends/burlington-vt/>

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- <https://www.feedingamerica.org/hunger-in-america#:~:text=Facts%20about%20hunger%20in%20America,United%20States%20are%20food%20insecure>
- <http://www.cnn.com/TECH/computing/9810/30/sysadmin.idg/index.html>
- [https://www.glassdoor.com/Salaries/systems-administrator-salary-SRCH\\_KO0,21.htm](https://www.glassdoor.com/Salaries/systems-administrator-salary-SRCH_KO0,21.htm)
- <https://fred.stlouisfed.org/series/MSPUS>
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- <https://www.spokesman.com/stories/1998/feb/26/average-new-vehicle-cost-22400-in-1997/>
- <https://educationdata.org/average-cost-of-college-by-year>
- <https://www.cbsnews.com/news/money-happiness-study-daniel-kahneman-500000-versus-75000/>
- <https://www.fastcompany.com/90755962/why-gen-z-cares-less-about-getting-a-4-year-college-degree>
- <https://external-preview.redd.it/J5iLm3sV55JC2UO1ZG-AtBKoPYBg5W26OvoN5Mel2yI.png?auto=webp&s=945d455631442ab4f2292c5245b07a6229075fca>
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- <https://www.care.com/c/how-much-does-child-care-cost/>
- <https://www.youtube.com/watch?v=3WMB11CRsX8>
- <https://www.cnbc.com/2022/10/24/more-americans-live-paycheck-to-paycheck-as-inflation-outpaces-income.html>
- [https://www.washingtonpost.com/business/palm-oil-labor-abuses-linked-to-worlds-top-brands-banks/2020/09/24/2bdbfbac-fed8-11ea-b0e4-350e4e60cc91\\_story.html](https://www.washingtonpost.com/business/palm-oil-labor-abuses-linked-to-worlds-top-brands-banks/2020/09/24/2bdbfbac-fed8-11ea-b0e4-350e4e60cc91_story.html)
- <https://civicscience.com/over-half-of-americans-regularly-socialize-with-friends-in-person-amid-growing-sense-of-belonging/>
- <https://www.mckinsey.com/industries/consumer-packaged-goods/our-insights/feeling-good-the-future-of-the-1-5-trillion-wellness-market>
- [https://www.harmonyhit.com/state-of-gen-z-mental-health/#:~:text=Nine%20out%20of%20ten%20Gen.%2C%20and%20OCD%20\(17%25\)](https://www.harmonyhit.com/state-of-gen-z-mental-health/#:~:text=Nine%20out%20of%20ten%20Gen.%2C%20and%20OCD%20(17%25))
- <https://www.mckinsey.com/industries/healthcare/our-insights/addressing-the-unprecedented-behavioral-health-challenges-facing-generation-z>
- <https://www.the74million.org/article/a-slow-motion-crisis-gen-zs-battle-against-depression-addiction-hopelessness/>