

# Meet iGen



Parenting In The Digital Age.

# Meet iGen

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The current generation born between 1995 and 2010 have been called the iGeneration. They are the first generation to spend their entire adolescence in the age of the smartphone. They are the iPhone generation. They've never known life without the kind of immersive technology that is present in almost every aspect of modern life.

This is leading to some dramatic shifts. Every generation has its differences and iGen's are starting to emerge. They spend their time differently; social media and messaging taking up a significant proportion of their time, they are delaying sex and trying alcohol later, and are experiencing unprecedented levels of anxiety, depression and loneliness. These are just a few of the shifts we are noticing.

This has implications for parenting, education, the workplaces of the future, relationships and so much more.

So what are these shifts? How are the iGen different from the generations before? How much impact has the smartphone really had? How can we help? What can we learn from iGen?

## What is Meet\_iGen?

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An entertaining, and informative seminar to tackle key issues facing iGen. Meet\_iGen is full of straight-talking, and the latest research is presented in useable ways. You will hear our top tips you can use straight away and plenty of opportunities to interact with others on the night.

## Why are we doing it?

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**We want to help young people.** Each of us only see them for a maximum of a few hours per week, but parents & carers see them far more. If we can equip parents, then we can change the environment at home.

Parents often want to help but they don't always know where to start. Some key conversations that need to be had aren't being had because starting is hard.

We aim to give parents the information they need to understand what is happening in youth culture so that they can help shape their children's lives. We can demystify the challenges parents feel and offer some suggestions for ways forward.

## Who is it for?

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- Parents & carers
- Teachers
- Youth workers
- Grandparents

# Seminars

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What are each of the evenings about?

## Digital Technology

The smartphone has changed the world and digital technology is here to stay. This is a two-hour roadshow exploring some of the ways technology is shaping the lives of young people today.

**Part 1** will take a look the first generation to grow up exclusively in the digital age. What impact is it all having on **iGen**? What trends are we noticing?

**Part 2** is more practical and focuses on how you can support healthy development, safe boundaries, and life-giving relationships for young people. We'll include lots of top tips and suggestions for identifying your own values and successfully tackling key issues.



**“This is a ‘must attend’ for any parent with teenage children.”**

Parent of a year 9 student

# Seminars

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## What are each of the evenings about?

### Emotional Health

iGen are experiencing unprecedented levels of anxiety, depression and loneliness. Pressures from social media, to achieve academic success, and to look and behave in certain ways all seem to play a role. Many will say that whilst the technology might be new, the pressures and emotions they elicit are as old as modern civilisations. So why do iGen appear to be responding differently?

Pinpointing the causes can be difficult using current research, but we can be clear about how to help iGen experience emotional health and develop greater resilience. We will examine the role of helpful coping strategies.

We will see the interplay between lifestyle factors, the impact of digital media, and some psychological factors to try to understand what is going on and what we can do to help.



Emotional  
Health 

**“The depth of information, structure of the evening and the quality of presentation were all impressive.”**

Jill Silverthorne, Headteacher at Bishop Stopford School

# Seminars

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What are each of the evenings about?

## Relationships & Sex

Nowhere is the impact of technology more obvious than in the areas of relationships and sex. What trends are we seeing in iGen's relationships? Are they having more or less sex? Is technology helping them experience deeper relationships and develop more social skills? How is pornography and sexting affecting iGen?

62% of teenagers actually want to talk to their parents about sex, and would go to them before friends, teachers, or the internet. How can we make it easier for them by becoming 'askable-adults'?

We'll explore all these questions and more!

You will get our best thinking on how to start the conversation, how to talk about and pass on your values, and how to affirm or challenge appropriately.

Relationships  
& Sex 

**“Really refreshing openness and honesty with realism and humour. It helped to know that there is hope and that there are techniques to help parents with this topic.”**

Parent of a year 9 student

# Hosting An Event

## Meet\_iGen

Souster Youth is proud to work with schools to host the Meet\_iGen seminars.

We provide:

- Souster Youth team of 2-4 people.
- The resources and topic content.
- eTicketing for your event.
- Post event follow up with guests.

## Cost

Each session costs £400.

## Timings

We allow 2 hours for Meet\_iGen. This includes time for a break as well as a Q&A session.

Suggested evening slots would be 7-9pm or 7.30-9.30pm. Alternative timings can be arranged with a member of the team.

## Promotion

We will provide you with a flyer advertising your chosen seminar/s. You will be able to circulate this around the parents of your students and others in your network.

## Equipment & Facilities

What do we need from your venue?

- A capacity of at least 80-100 people.
- PA equipment to include; microphones, video projection, VGA/HDMI set-up allowing a laptop to be positioned at the front.
- An exhibition space (min. 3m by 3m) to showcase our work and a table for items for sale.

## Other practical details

In order to make this a great event for all, we ask that you provide:

- Light refreshments including hot & cold drinks and nibbles during the break.
- A welcome team to register guests and help them find seats, toilets, and refreshments.

## Ready to book?

Simply complete our online event booking form: [sousteryouth.org/invite-us-to-speak/](https://sousteryouth.org/invite-us-to-speak/)

If you have a question not covered here, please contact us: [hello@sousteryouth.org](mailto:hello@sousteryouth.org)

# The Speaking Team

## Jason Royce

Jason has been working professionally with young people since 2000. He has spent time leading work for young people with Westminster City Council, Youthscape and Romance Academy.

His academic background is in Theology and Informal Education, and he still reads and speaks widely on these topics.

Now, breaking new ground in East Northamptonshire, Jason works in schools to support the social, emotional and spiritual development of young people.

Jason has been leading the work of Souster Youth since 2016.



# The Speaking Team

## Anna Freij

Having trained as a counsellor at the renowned Metanoia Institute, Anna worked predominantly in the charitable sector where projects included creating a service for people with learning disabilities and their families.

She was one of the first people in the UK to study wellbeing at postgraduate level (Masters in Applied Positive Psychology run by Dr. Ilona Boniwell). Grounding her consultancy practice in wellbeing (Positive Psychology) research, she also developed an evidence-based employee engagement programme for her clients.

Now Anna works to devise programmes to improve the wellbeing of young people in local schools.

Anna joined Souster Youth in 2016.





# The Speaking Team

## Tim Sandford

Tim has worked with young people in a range of different contexts since 2004. His academic background is in pedagogy, having trained and worked as a secondary school teacher in Leicestershire. He leads the Souster Youth team in their formal education work in schools (lessons and assemblies).

Tim journeyed from teaching into youth work. He has experience of working with young people in schools, churches and youth clubs. He now continues to work in local schools to support the social, emotional and spiritual development of young people, especially in the classroom.

Tim joined Souster Youth in 2018.



Book at:  
[sousteryouth.  
org/invite-us-  
to-speak/](https://sousteryouth.org/invite-us-to-speak/)