

WHAT YOUTH WANT YOU TO KNOW ABOUT THEIR GENERATION



We have a lot going on and are overwhelmed. Our stressors are more than school – many youth have jobs, have social stressors, and deal with comparison. We should have more time for fun and learning instead of being so stressed.



We use **social media** for things that matter to us — as a form of self-expression, entertainment, and how we keep up with politics and friends.



Adults think we are **technology driven**, but we went through COVID where we had to be online for school and other activities, and then we had to quickly transition to being in-person and offline.



We worry about the economy and climate change, and that isn't good for our mental health.



Our struggles with mental health are real. It would help us if more adults were willing to be **trained to help teens** with their mental health.



There is a **lack of role models** for young people.



Older generations label us as lazy, which isn't fair. The world we are stepping into is very different from the world our parents and grandparents stepped into.

OCMH's [Youth Mental Wellness Champions](#) is a cohort of 15 youth leaders from across the state meeting in a 9-month cohort to explore youth mental wellness and provide youth voice to OCMH. They shared their thoughts on youth mental wellness topics in January 2026.



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