

Thank you for purchasing *The State of Gen Z: On-Demand Presentation!*

We are honored to have you utilize this multifaceted resource as you work to create belonging, build trust, and discover research-proven ways to improve young people's well-being. You'll dig into our data and hear directly from Springtide experts, including researchers, writers, and leaders.

Your 365-day access to this rich training includes the 75-minute video presentation, a downloadable discussion guide, and presentation slides with space for note-taking. We invite you and your team to use these for increased learning and further application of the research-backed insights.

The State of Gen Z will help you gain a deeper understanding of what makes Gen Z unique and will inspire you and your colleagues to consider new ways of supporting the young people around you.

We'd love to hear your feedback on this resource—what resonated with you, what challenged you, what inspired you to have a greater impact on the young people you serve. Drop us a note at care@springtideresearch.org.

Thank you for your shared commitment to listening to, caring for, and thoughtfully engaging Gen Z.

Sincerely,
The Springtide Research Institute Team

This 75-minute video can be viewed from beginning to end, or you can use specific sections to break up the content for your group. Here are the section start times, signifying the introduction, the three main chapters, and the final takeaways:

Introduction

00:00

Profile of Gen Z

05:06

Gen Z's Religious / Spiritual Lives

12:54

Gen Z & Mental Health

51:44

Final Takeaways

01:10:48

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