

Youth Culture Watch - July, 2007

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Timely information helping parents stay current with the ebb and flow of today's youth culture. The following information is provided to help parents gain a better understanding of today's youth culture. The following articles, interpretations of research, surveys and the host websites are not specifically endorsed by HomeWord. Readers should use discretion when accessing hyperlinks and advertisements embedded within the online article pages listed below.

- **Kids Who Are Involved in Sports Need Plenty of Time Off.** Doctors should urge children involved in competitive sports to take plenty of time off to avoid physical injuries and mental strain, the American Academy of Pediatrics said recently. Overtraining, burnout and injuries caused by overuse of muscles “are a growing problem in the United States,” the group said in a report published in its monthly journal “Pediatrics.” The report said pediatricians should “encourage athletes to strive to have at least one to two days off per week from competitive athletics, sport-specific training and competitive practice (scrimmage) to allow them to recover both physically and psychologically.” *Source: MSNBC.* To read more, [click here](#).

- **Teens Who Sleep In on Weekends Risk Monday “Jetlag”.** Teenagers should be encouraged to get up on weekends at roughly the same time they get up for school during the week, experts advise based on new research that suggests that sleeping late on weekends may lead to poor academic performance. In an ongoing study, Crowley of Brown University in East Providence, Rhode Island is examining the impact of this typical teenage sleep pattern on a group of high school students. Preliminary results, show that staying up late and sleeping in over the weekend resets the body's internal clock to a later time, Crowley said, making them foggy on Monday morning. *Source: Reuters.* To read more, [click here](#).

Study: TV Sex Has Cooled Off Since the 1970s. Apparently the era of “Charlie’s Angels” and “Three’s Company” was raunchier than television today. A new study of American primetime network programming between 1975 and 2004 says sexual content of nearly every kind has decreased sharply and consistently over those three decades, leaving viewers with one-third the sexual content they’d have seen in the 1970s. This may come as a surprise considering the outcry over broadcast indecency the past few years. Amir Hetsroni, a professor of communications at Yezreel Valley College in Israel, found that kisses have become less passionate, suggestions of sexual intercourse have gone missing, and there’s been less talk about sex, including safe sex. The study also finds less content about what it calls “illegal sexual interactions.” Content related to homosexual sex is the exception, having increased markedly in the past two decades. *Source: MediaLife.*

- **Report Claims Sex Doesn’t Harm Older Teens.** Research published in the June *American Journal of Sociology*, suggests having sex doesn't harm the mental health of teens, except for those ages 15 or younger whose relationships tend to be less committed. The report by Ann Meier, an assistant professor of sociology at the University of Minnesota, claims “Among those who had sex, only about 14% experienced increases in depression or decreases in self-esteem. In terms of depression, these are relatively modest increases. For 86%, it had no big effect.” *Source: USA Today.* To read more, [click here](#).

- **1,600 ER Visits and One Death From Roller Shoes.** Accidents from trendy roller shoes are far more numerous than previously thought, contributing to roughly 1,600 emergency room visits last year, the U.S. Consumer Product Safety Commission said recently. Those injuries were mostly in children, the target market for the wheeled shoes that send kids cruising down sidewalks, across playgrounds and through shopping mall crowds. *Source: MSNBC.* To read more, [click here](#).
- **Deadly \$2 Heroin Targets Teens.** A cheap, highly addictive drug known as "cheese heroin" has killed 21 teenagers in the Dallas area over the past two years, and authorities say they are hoping they can stop the fad before it spreads across the nation. "Cheese heroin" is a blend of so-called black tar Mexican heroin and crushed over-the-counter medications that contain the antihistamine diphenhydramine, found in products such as Tylenol PM, police say. The sedative effects of the heroin and the nighttime sleep aids make for a deadly brew. "Cheese" is not only dangerous. It's cheap, costing about \$2 for a single hit and as little as \$10 per gram. *Source: CNN.* To read more, [click here](#).
- **New Study on Cyberbullying.** About one third (32%) of all teenagers who use the internet say they have been targets of a range of annoying and potentially menacing online activities – such as receiving threatening messages; having their private emails or text messages forwarded without consent; having an embarrassing picture posted without permission; or having rumors about them spread online. Other findings: Girls are more likely to be cyberbullied than boys, and most teens say they are more likely to be bullied offline rather than online. *Source: Pew Internet & American Life Project.* To read more, [click here](#).
- **Almost All Teens and Tweens Involved in Social Networking.** 96% of online tweens and teens have used social networking technologies such as MySpace, and 71% of online tweens and teens connect to a social network at least once a week, according to a study and white paper being released today from Alloy Media & Marketing, a youth-oriented marketing firm. *Source: Adage.* To read more, [click here](#).
- **Latest Dangerous Teen Gag: Soda Bottle Chlorine Mailbox Bombs.** Homemade liquid bombs are being placed in mailboxes by teens, and are left there waiting to explode. The pressure that results from the household chemical combination causes a massive explosion, but instead of seeing the danger in the prank, teens simply find it funny. "Mailboxes have been projected up to 60 feet from the post," Berkeley Township, New Jersey Detective Sgt. Jim Smith said. In neighboring Lacey Township, N.J., one man was seriously injured from the explosion. The teens may look like they're having a blast, but police fear it's only a matter of time before somebody's children are killed by their own creation. *Source: WCBSTV.com.* To read more, [click here](#).
- **Crystal Meth Use in U.S. Twice Higher Than Estimated.** Crystal methamphetamine use among young American adults is twice higher than previously estimated, according to National Institutes of Health (NIH) research published recently. Also known as "ice," "crystal," "glass," and "tina," crystal meth is a highly addictive, inexpensive, colorless stimulant that affects the central nervous system. Typically smoked, it is used by 2.8 percent of young adults aged 18-26, according to the revised results of a 2001-2002 study conducted by the National Institute on Drug Abuse, part of the NIH. The initial research had found crystal use at 1.4 percent among adults aged 19-28. *Source: Breitbart.* To read more, [click here](#).
- **Huge Growth in Online Video Use.** The results of a national online Magid Media Futures survey conducted the last week in March of 2007 have just been released, documenting the huge growth in popularity for Americans to view video online over the Internet. Daily usage of online video rose by 56 percent over the last year. In 2006, 9 percent of 12- to 64-year-old Americans who used the Internet reported using online video daily -- every day. Today, in 2007, this number has risen to 14 percent of Americans 12 to 64 years old. *Source: PR Newswire.* To read more, [click here](#).

• **AMA to Vote on "Internet/Video-game Addiction" as Medical Condition.** So you think your teenager is addicted to his Xbox? You may be right — and if the American Medical Association has its way, video game addiction could become a legitimate medical condition. It may sound like a bunch of hooey to a nation of Wii, Xbox and PlayStation enthusiasts, but at the AMA's national meeting in Chicago, delegates will vote on a recommendation that "Internet/video-game addiction" be classified as a formal diagnosis. *Source: Sun-Sentinel.com.* To read more, [click here](#).

• **Top 10 Lycos Web Searches for the Week ending 6/23/07.** 1) Paris Hilton; 2) Britney Spears; 3) Pokemon; 4) WWE; 5) Naruto; 6) MySpace; 7) YouTube; 8) Disney; 9) RuneScape; 10) Clay Aiken. To View the Lycos Top 50 Searches, [click here](#).

• **Google's Top 10 "Hot Trends" for 6/28/07.** 1) Beverly Hills; 2) Joey Boots; 3) Clitoridectomy; 4) US Women's Open; 5) Lady Oracle; 6) Mount of Moses; 7) Dexter Johnson; 8) October Russell; 9) Transgendered 7 Year Old; 10) Female Circumcision. To view other Google search statistics, [click here](#).

• **iTunes – Top 10 Downloaded Songs, 6/28/07.** 1) *Umbrella (Radio Edit)* – Rihanna featuring Jay-Z; 2) *Hey There Delilah* – Plain White T's; 3) *Big Girls Don't Cry (Personal)* – Fergie 4) *Party Like a Rock Star* – Shop Boyz; 5) *Makes Me Wonder* – Maroon 5; 6) *The Way I Are* – Timbaland featuring Hilson; 7) *Thnks fr th Mmrs* – Fall Out Boy; 8) *Lip Gloss* – Lil Mama; 9) *Buy U a Drank (Shawty Snappin')* – T Pain; 10) *Rehab* – Amy Winehouse. To view more top downloaded iTunes songs, [click here](#).

• **Top 10 TV Shows in Prime Time – Week ending 6/24/07**

1) Dateline NBC – Mon.; 2) America's Got Talent.; 3) Deal or No Deal – Mon.; 4) NCIS; 5) CSI; 6) Law And Order: SVU; 7) CSI: Miami; 8) 60 Minutes; 9) So You Think You Can Dance; 10) Two and a Half Men. *Source: Nielsen Media Research.*