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GENERATION Z
ABOUT OUR THEME

Each year, the Snapper staff organizes a themed magazine to release in the spring, displaying our hard work and projects of interest and passion. For this special issue, we selected “Gen Z,” a term used to describe many of those of the same age group, background and experiences as us.

While the exact qualifications for being part of Gen Z vary, it is often agreed upon that individuals born between 1995 and 2005 fit into the category. Each generation has a variety of distinctive events, styles, and cultures that defines them as they come of age in time, and Gen Z surely is one for the books. Growing up in technology, we have all the world’s information at our fingertips. We seek to find resilience and novelty in everything, and to make the world better not only for us, but also the people of tomorrow. Each article discusses a topic that we feel resonates with our generation, something that we can relate to as teens and twenty-somethings in today’s world. We are not only college students, workers, and young adults — we are Generation Z.

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A note from our editors

Shaun Lucas, editor-in-chief

As I wrap up my final year at The Snapper, I think of everything that I have been able to accomplish over the past four years, as well as all the wonderful memories I’ve made. Going from a staff writer, to the opinion editor, and then finally editor-in-chief reflected not only changes in my skillset as a professional, but my changes as a person. I want to give a huge “thank you” to everyone I have had the pleasure of leading, collaborating with, and/or sharing content with during my time at The Snapper. I also wish to give a special “thank you” to our faculty advisor Dr. Robert Spicer, who took me under his wing and helped prepare me for a career in media and writing. This magazine project is a labor of love, and I hope everyone who gets a copy can appreciate the work the talented team put forth to make it come out as great as it did. Thank you, and enjoy the magazine!

-Morgan

Morgan Huber, managing editor

It honestly doesn’t feel real that I finished a year as Managing Editor of The Snapper. Hours of layout, gorging on Sugar Bowl pizza, and laughing along in the office surely make time fly by. Although my term is coming to an end, my appreciation for The Snapper, its staff, and all the opportunities given to me will never cease. We all worked tirelessly on this passion project of ours, ensuring we made the best content possible. Consider this as our love letter to our readers, as we poured our hearts into this magazine. We hope you enjoy reading every single page!

~Morgan~
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SOCIETY & ADVOCACY

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Identity is a defining element to Generation Z. As the world becomes more diverse in terms of public and media representation, many feel more comfortable in expressing themselves. This mindset expands to people of all ages, ranging from little girls of color dressing up as newly-featured Disney princesses to adolescents playing the same video game character they have played since their youth simply because they look like themselves.

The fighting game video game genre is particularly notable in terms of diverse representation. The genre spotlights a variety of characters, with newer releases paying special attention to trends as well as desires of players.

“The reason diversity is so important for fighting games is the genre itself,” Millersville student and Lancaster Fighting Game Community (FGC) member Nick Hughes says. “There’s so many characters in just one fighting game and the designers need diversity in their characters, in the sense that variation compels players to try other characters.”

“LET’S ROCK!”

Guilty Gear, a fighting game franchise famous for its fast-paced gameplay and rock-and-roll, continues to adapt its memorable casts of fighters to modern trends. On August 9, 2022, fan-favorite fighter Briget came to Guilty Gear Strive, the latest installment of the franchise.

Briget’s released gained media attention because, after being a boy dressing feminine in the franchise’s story for over a decade, the game’s developer confirmed Briget now self-identified as a girl. Her connections to the trans community furthered her popularity even more than previously seen.

Fighting game players tend to appreciate deeper elements to a character, along with their appearance, forming a deep connection to the fighters upon selection.
“They [players] try them out, and at that point, they view the characters as an extension of themselves. Extensions of who they are as a person, their playstyles, their creativity,” Lancaster tournament organizer Daniel Silva says. “That’s why when there’s a new fighting game being released, people are always excited about who the returning characters are.” Silva mentions that the loss of “their” character from sequel to sequel makes players feel they lost a part of themselves.

**GET READY!**

So how diverse are fighting games in particular? In a research project featured in the “Made in Millersville” 2023 journal, I wrote the following to explain my data collection measures:

Data can track the genre’s diversity by compiling the rosters of current popular fighting games - for the purpose of the study, “Street Fighter V,” “Guilty Gear Strive,” “Mortal Kombat 11,” “Tekken 7,” and “King of Fighters 15” - and measuring the characters’ genders, races, and nationalities.

Through the analysis of Fandom website databases, as well as game developer interviews, I found the gender, race, and nationality of 182 characters. Since the research started in February 2022 and ended in April 2022, Briget is not included in the data featured. However, non-traditional genders are still represented through Guilty Gear’s own Testament, a non-binary fighter who gained their own swarm of media attention after their release in early 2022.

1. This chart displays the gender ratios present within the combined roster

2. This chart displays all races present within the combined roster, featuring both fictional and real life races

3. This chart displays all nationalities present within the combined roster, featuring both fictional and real life races
TOTAL COUNTS OF ALL THREE CATEGORIES

(NOTE: Includes races and nationalities solely with real world counterparts. Goes beyond categories mentioned by the Bureau)

<table>
<thead>
<tr>
<th>GENDER</th>
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THE RESULTS ARE IN!

As someone who touts the genre’s diversity, this research affirmed my beliefs of fighting games’ high level of diversity. In my aforementioned “Made in Millersville” piece, I feature the following discussion:

Some classifications lack the quantity in representation that others have. For example, the only Indian character represented both in race and nationality is Dhalsim, debuting in the influential “Street Fighter II.” Middle Eastern representation even beats Indian representation by one character. In fact, both Rashid (“Street Fighter V”) and Shaheen (“Tekken 7”) had their debut within their series’ latest installments, showing a progression towards more representation in terms of spread. No representation for Hawaiian or Pacific Islander characters is also notable.

Adding diverse characters like Briget ensures even more players can appreciate their games and fighters.

“If you have a roster of mostly white characters, it’s going to be a little harder for people from a Hispanic background [or] Black background to be able to relate more to them. They’re going to have a harder time seeing themselves in those characters,” Silva says. “That’s why game companies have been shifting towards characters that have some kind of ethnic background for a way for players to see themselves and become more attached to that character...it creates a lifetime bond [with the character].”

YOU WIN!

Symbolic anihilation relates to the concept that if a group is not represented within media and communication as a whole, said group may not be recognized by others.

The more characters like Briget appear in media, the more exposure people gain to groups beyond themselves. In other words, inclusion starts small, with fighting game tournaments and arcades being prime candidates.
On June 30, 2021, the NCAA approved the Name, Image, and Likeness (NIL) policy allowing student-athletes to legally be paid. For years prior, it had been a hot topic of discussion in the athletic community. Was it ethical to pay student-athletes? With the recent emergence of so many star-studded players across the different collegiate sports, the NCAA decided it was time to allow players to be paid according to their NIL rights.

For those unfamiliar with the term, NIL stands for name, image, and likeness, and it is how an individual athlete is paid. While a school cannot directly pay an athlete, NIL deals make it so players can sell their own merchandise, partner with corporations, sign autographs, host camps, and many other functions. All of these give the individual athletes a chance to profit off of their name, something that was forbidden for many years prior. Since the passing of the bill in 2021, many athletes across the collegiate, and now even high school, levels have the ability to cash in from their own NIL rights.

One of the many questions people are asking is why the NCAA decided now was the time to legalize NIL rights. The discussion of paying college athletes is nothing new, it has been debated for the last few decades. But why now? As mentioned above, there have been a number of different polarizing collegiate athletes over the last few years that have transformed how people view college sports. Just to name a few, players such as Zion Williamson, Caitlin Clark, Jalen Hurts, and Joe Burrow have captured the eyes of fans and the administration of the NCAA, making people begin to question the longstanding ban on NIL usage rights.

“I feel that the NCAA changed their rules because many opportunities for athletes are only available while they are in school because they don’t continue on to the professional level after,” says Emma Padros. Padros is a student at Rowan University in Glassboro, New Jersey, who recently signed her own NIL deal with Playa Bowls, a popular Acai chain on the East Coast Emma has amassed over 1,200 followers on her Instagram page, making her an ideal student-athlete for Playa Bowls to partner up with.

One of the main perks Padros has now that she is sponsored by the company is that she has a coupon that she can use any time she goes to the store.

“My first three bowls were free, and from there I got a 20% coupon that I can use if I went to the store. Whenever I use the coupon, one of the agreements is that I post it to my Instagram story to promote Playa Bowls” says Padros.

Prior to the legalization of NIL deals, it was suspected that big schools such as Alabama, Kentucky, Duke, Ohio State, and many others would pay top dollar to influence athletes to come to their respective programs, stacking up most of the top recruits at these powerhouse schools. Now that NIL deals are legal across the country, it gives smaller programs a better chance of recruiting against the top schools. Just this past season we saw five-star recruit Emoni Bates transfer to Eastern Michigan, making him the highest-rated player to ever play in the Mid-American Conference (MAC). With all schools having access to pay their athletes through NIL, it gives smaller schools such as Eastern Michigan a chance of get-
The Business End of NIL Deals

While athletes now have access to partnering with different brands, it has also started a race against companies competing to build up their own NIL portfolio with star-studded athletes. In the past few weeks, York County-based company Inch & Co. has been partnering with top athletes from around the York and Lancaster region, being one of the early companies to develop an established NIL portfolio.

A few notable athletes that have partnered with Inch & Co. include Eli Brooks (Michigan Basketball), as well as both Beau Pribula and Drew Allar (Penn State Football). As a part of their new NIL deal, the company provided their athletes with Inch and Co.-branded Teslas that the students would get to drive around campus for the next year. The company, which started as a small landscaping firm, has quickly grown to one of the largest sports companies in the region. Recently, they just started their own podcast and are in the works of building a 250,000-square-foot facility for athletes in the Central Pennsylvania region.

Overall, it will be interesting to see how this entire process plays out. The legalization of NIL deals proves to be a significant development in the world of collegiate sports but could be subject to further reforms in the future. As of right now, though, collegiate athletes are finally able to cash in on their name, image, and likeness.
NEURODIVERGENT AWARENESS CROSSWORD

Down:
2. a neurodevelopmental condition of variable severity with lifelong effects that can be recognized from early childhood, chiefly characterized by difficulties with social interaction and communication and by restricted or repetitive patterns of thought and behavior.
3. people whose brain differences affect how their brain works.
5. women of sub-Saharan African and Afro-diasporic descent, as well as women of Australian Aboriginal and Melanesian descent.
10. attention deficit hyperactivity disorder.

Across:
1. knowledge or perception of a situation or fact.
3. people whose brain differences affect how their brain works.
4. a social or religious custom prohibiting or forbidding discussion of a particular practice or forbidding association with a particular person, place, or thing.
6. An individual’s ability to effectively communicate, convey, negotiate or assert his or her own interests, desires, needs and rights.
7. prejudice, stereotyping, or discrimination, typically against women, on the basis of sex.
8. the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.
9. a condition of neurodevelopmental origin that mainly affects the ease with which a person reads, writes, and spells, typically recognized as a specific learning disorder in children.

WORD ART COURTESY OF
TYRESHA VAUGHAN-BLANDING / SNAPPER
Intersects between Race, Gender, and Neurodivergency

Black Women struggle to get Mental Health Care

Dyslexia, ADHD, Autism are all Neurodivergency

There are two different types of Stimming. One is kinect and echolalia

Lack of Research

Stimming is self-regulating behaviors undertaken by Neurodivergent people in order to regulate their feelings

Cultural Stereotypes make it dangerous for Black Women to be Neurodivergent

Medical professionals should take into account intersectionality when treating patients

Symptoms show up differently based on gender

Self diagnosing is dangerous

Black Women with ADHD often remain undiagnosed because their symptoms are mis-characterized

Hard to find when no one knows what to look for
The foundation of Millersville University’s mission lies in its core, or “EPIIC” values - Exploration, Professionalism, Public mission, Inclusion, Integrity, and Compassion. By adhering to these values, the Millersville community seeks to make learning and progress genuine, meaningful, and accessible. One of the unique ways the university does this is by making education inclusive to all through an initiative known as Integrated Studies.

Many hear of this program, but few know about its function and purpose. They see students they perceive as having special needs, but may not understand why they are on campus or what their goals are. Because of this lack of understanding, a variety of misconceptions, rumors, and discrimination run abound within the community. However, this small but powerful program seeks to do more than just be “Special Ed goes to college”.

**What is Integrated Studies?**

Integrated Studies is an inclusive initiative for young adults with intellectual disabilities. Enrolled as full-time, non-degree-seeking students, the 28 current participants in the program attend classes and practice independent living by residing on campus and navigating life on their own. With the help of the staff team and their support coaches, students in Integrated Studies create individualized plans in order to take classes and pursue opportunities that fit their interests and career goals.

Integrated studies students have access to the same facilities, resources, and privileges as the majority student population. They may use the library, dining halls, and labs, and are encouraged to participate in clubs and activities outside of class. Upon completion of the program, graduates receive a certificate and can enter the workforce or, if they choose, may apply to enroll at Millersville or another school as a degree-seeking student.

In addition to academics, the university holds students in Integrated Studies to the same academic, financial, and behavioral standards. Participants in the program pay the same amount for tuition, housing, and technology fees. On top of that, however, students also pay an Educational Support fee each semester, which covers the additional services and support they receive through faculty, staff, and student success coaches.

Finances can be daunting for anyone considering college, but that should not discourage anyone from pursuing their goals. Students can apply for financial aid and scholarships such as Ruby’s Rainbow and the National Down Syndrome Society’s O’Neill Tabani Enrichment Fund, both of which support college students with Down Syndrome.
Another source of aid, the EPIIC Scholarship, exclusively serves Millersville students participating in the Integrated Studies program.

Integrated Studies is not unique to Millersville. Similar programs already exist in 49 of the 50 U.S. states at more than 300 colleges and universities.

**Inclusion in Action**

Initiatives like Integrated Studies strive to fight exclusion in post-secondary education. Aided by the Comprehensive Training Program (CPT), initiatives such as those at Millersville seek to empower students with intellectual disabilities by holding the same standards and valuing them as equal to any other college student.

Professors, as well as students not enrolled in Integrated Studies - referred to as “matriculating students” - may find it difficult to accommodate students with disabilities, whether that be conversing with students with disabilities or changing the structure of their curriculum. However, this is not the case. Students in Integrated Studies attend classes, study for tests and homework, and participate in clubs and organizations like anyone else. The only difference is they receive personalized support and coaching to supplement the standard college experience.

In addition to Dr. Thomas Neuville - a special education professor and the faculty advisor who spearheaded the program - Integrated Studies comprises three staff members - interim Director Courtney Wagner, Head Success Coach Jess Orcutt, and Administrative Assistant, Andie Petrillo - in addition to three graduate assistants. The team works together to keep the intuitive running smoothly while maintaining that Millersville remains 100% inclusive, which is something they take great pride in.

As temporary Director of the program, Courtney Wagner works diligently to ensure that all students are supported and their needs are met. Although only employed at Millersville for a semester, she made astounding strides as a facilitator of inclusion and opportunity on campus. As she explains, Integrated Studies lays out the goals for students on four pillars - academic knowledge, social skills, independent living, and vocational experience. Based on these pillars, Integrated Studies also works with students to organize a plan based on their personal goals.

“We work with students to identify two areas of growth per semester,” says Wagner. “Together our students and staff figure out how to relate their individualized goals to skills they want or need to learn for the future.”

**The Role of Coaches in Integrated Studies**

Most Integrated Studies students also receive help from an Educational Support Coach - a matriculating student who supports them through their college experiences. Although the support coach position receives high interest from education and social work students, they can be of any major. Coaches may attend classes and club meetings with an assigned student, help them with homework, or provide advice or encouragement when navigating personal issues.

Currently, Integrated Studies employs 74 support coaches, with more being hired every day. With all students involved having their own schedules and goals regarding their relationship with their coaches, they may have as few or as many as they need.
“We find so much value in diversity and coaches from different backgrounds who all provide support and highlight their strengths in different ways,” says Andie Petrillo, administrative assistant for the team.

“Above all, we value commitment to inclusion, flexibility, and being able to communicate well with students,” explains Jess Orcutt, Head Success Coach of Integrated Studies.

With the help of Orcutt and their support coaches, students finalize their curriculum to suit their personal interests and career goals. Originally a 96-credit program, Integrated Studies extends to 120 credits, the same as any other program. Modeled after the Multidisciplinary Studies curriculum, students have the same general education requirements as their matriculating peers, in addition to three internships to gain vocational experience. Their primary focus of study - what matriculating students may refer to as their “major” - comprises two 18-credit core programs, formed by combining two existing minors. With inclusion in mind, Neuville designed the curriculum to give students the optimal academic experience.

The Student Perspective

Integrated Studies, formerly known as Career & Life Studies, has come a long way since forming a decade earlier with its first student, Daniel Castellanos. Castellanos entered Millersville in the fledgling program with a focus on theatre and entrepreneurship, hoping to pursue his dream of operating a dinner theater. Not only did he succeed in earning his certificate in 2016, but he also gave a powerful commencement speech. Through the connections and resources available to him at Millersville, Castellanos was able to work toward his goals and be prepared to live and work independently as an adult. Today, he works as a chef at Lancaster General Hospital. Without the Integrated Studies program, he likely would not have acquired the support he needed in order to reach his personal and career goals.

One of the Integrated Studies initiative’s most substantial contributions to the campus community is the Disability Pride festival. Organized by ADAPT, a student-run club focusing on inclusion and advocacy for people with disabilities, Disability Pride intends to spread awareness and promote acceptance toward people with disabilities and learning differences through films, lectures, and activities. Many of those who attend and help organize the event are enrolled as Integrated Studies students, making the festival authentically inclusive of their unique identities.

Although intellectual disabilities vary in how they impact young people, they also make each individual unique and capable of contributing to their community in their own way.

Before hearing about Integrated Studies at Millersville, Faith Berney thought she would never have the opportunity to go to college because of her disability. She has epilepsy, a disability that disturbs brain cell activity, making her vulnerable to seizures. Because of this condition, Berney struggles in some areas with her learning and has to be mindful of sleep, as lack of rest could cause seizure episodes. However, this obstacle in Berney’s life did not stop her from wanting to become a teacher.
“It was nerve-racking at first [applying to MU] because I didn’t know much about it,” says Berney. “I heard from a friend who went to Millersville that there was a program for students with disabilities. I love school and I wanted to become a teacher, and also make new friends, be educated and independent.”

Now a senior, Berney studies Early Childhood Education at Millersville and intends to work at a preschool or daycare after graduation. She claims that Integrated Studies helped her not only to work toward her career goals, but also to adapt to living on her own, managing her epilepsy symptoms, and improving her social relationships.

Admittedly an energetic and outgoing person, Berney loves to get involved and make new friends on campus, which she did through Expressions, a dance performance group at Millersville. As a sophomore, she successfully auditioned for the group and, through the support of her instructors and fellow dancers, made immense progress in her dance abilities. Above all, Berney enjoys helping out with fundraisers and attending social events, such as formal, with her fellow dancers. Starting out in Beginner Hip Hop, Berney looks forward to improving her skills in a new type of dance - Jazz!

“At first I was nervous performing on stage, but all the girls are nice and the coaches are extremely helpful,” says Berney. “When I started dancing, I realized this is what I really love.”

Berney is ecstatic about acquiring an internship at her dream job, a daycare at her local YWCA. She hopes to keep this position after graduation in May, as she would like to stay in the Lancaster area and remain close to her family in Leola.

“It’s going to be a lot of hard work, but I am really excited to work with the kids,” says Berney. “I want to be with my family and take care of my mental health, but also still be independent ... Integrated Studies helped me become more organized and self-sufficient, make progress in my life so I could do this job and be an independent adult.”

Berney reminds readers that in order to be successful while navigating challenges, “you will have to work hard, and it’s going to take time. Before anything else, you have to focus on yourself and not let others bother you.”
Luke Davis is a sophomore at Millersville. Originally from Horsham, he studies Early Childhood and Special Education. After hearing about the program through a family friend, Davis applied to Integrated Studies at Millersville because of the opportunities the school offered and the reasonable distance from home.

Davis is quite the busy bee - he participates in a large number of clubs and organizations on campus, including CHAARG, Her Campus, Best Buddies, the Color of Teaching Mentoring Program, the Early Childhood Organization (ECHO), Fellowship of Christian Athletes (FCA), Navigators, and the Conestoga Outdoor Club.

On the topic of his favorite aspects of getting involved, he says, “I especially like CHAARG and Her Campus, for example, because they give me the opportunity to support women’s empowerment."

Davis began his field placement this semester, which he especially enjoys. Although only in his first semester of teaching in a classroom, he is ecstatic about applying the skills he learned through his classes and education-oriented clubs, while also being closer to home.

“Field placement is so much fun,” says Davis, “I like interacting with students and being there for kids when they need help and support.”

Although Luke Davis enjoys the experiences Integrated Studies and Millersville gave him, he also experienced some challenges while attending college. Davis speaks openly about his experience with ableism and discrimination on campus.

“People will look away or shut their doors or windows when I am in the dorms, and students last semester bullied me for the smallest things, like being barefoot outside during a fire drill,” Davis explains. “Some are rude and disrespectful just because I do things differently.”

Although Luke Davis had negative experiences, he focused mostly on the positive memories and lessons he gained through his time in college. He claims that Integrated Studies most of all helped him become more organized and prepared, while also learning to grow and be independent as an adult. Davis’ goal in college is to either complete or leave the Integrated Studies program in order to pursue an Education degree, so he can help children grow and succeed. His words of wisdom to his students - “Make the most out of life and be yourself.”
Antonia Little is a Sophomore studying Media Arts and Music Production. Before coming to Millersville as an Integrated Studies student, Little attended a community college near her hometown in the Washington D.C. area. The school had a similar program to Integrated Studies, except it was segregated, meaning that students with disabilities attended classes and participated in activities separately from most students.

Attending “high school-level” courses and the lack of inclusion disenchanted Little.

“I always wanted to attend college and go back to school,” says Little. “It would’ve been harder because I have a disability, meaning I would need accommodations and support. Most schools do not have that.”

Sometime after leaving the program at her community college, a friend informed her about Integrated Studies at Millersville. She jumped at the opportunity to attend inclusive classes and pursue her personal and career goals.

Antonia Little started volunteering as a disc jockey for the campus radio station, WIXQ, this past Fall. She hosts her own show at the station, which airs Thursdays from 10 a.m. to 12 p.m. on 91.7FM. In addition, Little helps out with the station by organizing the studio’s massive record and CD collection as part of her first on-campus internship for Integrated Studies.

“I like the fact it gives me the chance to explore new music and media,” says Little about working for WIXQ. “I can play my own music, from 2000s to today’s hits. I also like working behind the scenes by helping with archives, where I spend time with other DJs. I knew nobody in the radio station before, so it is great to meet new people and make friends doing something I love.”

Although only in her second year at Millersville, Little accomplished much so far through her internship, classes, and support from her coaches and the team at Integrated Studies.

“For me, it helps me become independent, so I am able to do things on my own,” explains Little.

As Antonia Little navigates her classes and internship, she anticipates one day becoming a successful DJ at a local radio station.
Pascal Muganyizi is on the Autism spectrum, meaning his brain functions differently from most people. This, however, is his greatest strength. Muganyizi, a sophomore studying Communications, is very idealistic and passionate about what he does. His parents, who immigrated to the United States from Tanzania, value success and stability, which Muganyizi wants to achieve to make them proud. When one of his high school teachers told him about Integrated Studies at Millersville, he decided to use this program to help him pursue his dreams of being an independent adult and working in the film industry.

On campus, Muganyizi is involved in MUTV, the campus television station. He works behind the scenes with four of the station’s five shows, where he often helps operate the cameras and write stories. His proudest and most significant contribution to MUTV is his “What If?” segments for “Plugged In”, where he asks viewers about potential scenarios where popular media get a reboot, remake, or adaptation.

Muganyizi’s hard work never goes unnoticed. He is dedicated, passionate, and outgoing. He is always excited to make friends but finds himself distraught when others do not reciprocate due to prejudice.

“I wanted to do a project with another kid for a class, but he didn’t want to work with me because I am autistic and have special needs,” Muganyizi recalls, downtrodden. “I just wanted to get to know him.”

Muganyizi expresses that students should be more accepting of those with special needs, as their being different and needing support does not make them bad people.

After graduating from Integrated Studies, Muganyizi hopes to live on his own and work at a television station in his hometown near Philadelphia. Through the support of the inclusive initiative, the staff, and his coaches and friends, he feels he can accomplish just that.

“I came [to Millersville] to make my family proud of me and get a good career and future,” explains Muganyizi. “When I got here, I was happy to make friends. Millersville is like a second family to me. Integrated Studies helped me with everything - living on my own, teaching me how to get a job, managing time, and working on my goals and things I never did before.”

In terms of how Integrated Studies and Millersville University could improve, he suggested offering culinary classes so students could learn how to cook.

“I want to live on my own, and knowing how to cook would definitely help me with that,” he says.
Integrated Studies succeeds in providing opportunities to students, but all initiatives come with their own challenges. Figuring out how to support students in a fully immersive environment where they are on their own, while simultaneously ensuring that the environment is accepting and accommodating of them, can be a daunting obstacle.

“One of the biggest challenges is the self-determination of our students and coaches and ensuring their families have the same shared vision as our team,” explains Wagner. “We want students to be here for the right reasons and for everyone involved to be passionate about pursuing their goals. College is not for everyone, but everyone has the choice to be there and use the resources available to them to reach their goals.”

Because ableism and discrimination persist everywhere, students and staff also attempt to combat this by promoting acceptance and informing the community. Instead of making assumptions, people can educate themselves and be more open-minded when meeting new people. After all, inclusion and compassion are integral parts of the university’s EPIIC values.

“The more we can do to put people with disabilities in more valued roles on and off campus, the more we can dispel those negative stereotypes everywhere,” says Petrillo.

Another goal for Integrated Studies' future include seeking national accreditation for the Integrated Studies initiative. Currently, no agency exists to accredit college-level programs for people with disabilities. By forming such an agency, inclusive education programs gain recognition and put opportunities for students at the forefront.

As Integrated Studies looks into the future, they see growth, compassion, and equality for all students. Although someone may have an intellectual or learning disability, that certainly should not stop them from pursuing their dreams. Through extra support and becoming independent, they transcend the expectations of those who came before them and set the standard for those who come after. Previously denied independence and agency, now is the time to give all the opportunity to become, as Neuville states, “agents of their own destiny.”

### Integrated Studies By the Numbers

- **28** Students enrolled in Integrated Studies (2022-23)
- **6** New students enrolled for the Fall 2022 semester
- **7** Members on the Support Staff team
- **74** Support Coaches
- **45** Students enrolled in Integrated Studies since the program was established in 2016
- **47%** Graduation Rate
- **65%** Retention Rate
Self-Care

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Mental Health in Generation Z

By Abigail Manbeck

Generation Z, or Gen Z, is considered to be the most stressed-out generation of all other generations. The American Psychological Association, via the website healthmatch.io, states that 90% of people in Generation Z have or are currently experiencing psychological and physical symptoms due to excess stress just in the last year.

According to harmonyhit.com, 42% of Gen Zers have a diagnosed mental health condition. A large number of these Gen Zers were diagnosed with a mental health condition during the COVID-19 pandemic. The most popular diagnosed mental health conditions for Gen Zers are anxiety at 90%, depression at 78%, ADHD at 27%, PTSD at 20%, OCD at 17%, eating disorders at 14%, insomnia at 12%, Bipolar Disorder at 8%, Borderline Personality Disorder at 7%, and lastly addiction and substance abuse at 6%.

What is unfortunate is that only 39% of those diagnosed with a mental health disorder seek help at a therapist’s office once a week or more. Unfortunately, it is partly because therapy is expensive without, and sometimes even with, insurance. On average, without insurance, Gen Zers pay $528 every year to see a therapist. That can be a lot for someone who might be going through college, or someone that has to pay for that themselves in addition to other expenses. The good news is that of the people who do go to therapy, 87% find that it is helpful.

Some more striking news is that in 2022, 31% of people in Gen Z have stated that their mental health is bad. They described that they were experiencing more bad days than good. Some would even state that they had a span of 10 really bad days in just one month.

Another detail is that 57% are actually taking medication for their disorder. 63% of individuals feel comfortable talking to others about their mental health, feeling the most comfortable talking with their friends, parents, and siblings and least comfortable talking with their boss, strangers, and their grandparents. A lot of people, though, don’t have the support system like others their age might.

There is still so much stigma around mental health. People in the older generations may not be as accepting as people in some of the newer generations. A lot of Gen Zers, 82% to be exact, believe, for example, that baby boomers are the worst at talking and accepting mental health. They believe that their own generation and millennials are the best at understanding, talking about, and accepting mental health.

Mental health is also widely unacceptable in some workplaces, so many employees decide not to mention it to their boss or even other co-workers for fear that they will not be accepted, or even fired from their job.

To help their mental health, Gen Zers have decided to get off of social media for long periods of time, some even deciding to delete it altogether.

Another factor that plays into extreme stress and causes the development of mental health disorders is concerns about the future. Many Gen Zers want to know that they will be successful in the future. Some know it will be a struggle, and a lot are trying to prevent that. They are preoccupied with worrying about financial expenses, the economy, the environment, politics, the workforce, and even violence and the pandemic as well.

I interviewed one of our psychology professors here at Millersville University, Dr. Behun, and he shared his thoughts. He believes that Gen Z is no different than other generations prior when it comes to being stressed out. He feels that Gen Z is just more open to talking about mental health. Gen Z is working on lessening the stigma around mental health. He sees people being more open about mental health in commercials and on social media. When it comes to generations prior, however, when dealing with mental health, they were told to suck it up and deal with it. Dr. Behun also mentioned that anxiety is most common in Gen Z. There is a possibility, however, that sometimes the anxiety can be misdiagnosed. He explained that a lot of people experience situational anxiety. In his generation, people with anxiety are told to do what they have to do and not really mention it. He says that is ok and very normal to feel anxious. Mostly everyone gets anxious at some time in their life. It is just part of being a human being.

In all, the realization is that Generation Z is really struggling a lot and we all see it in our day-to-day life. If you or someone you know is in need of help, don’t be afraid to reach out. There are plenty of sources that you can look into and there are plenty of people to talk to that will understand you. All you need to do is reach out and ask.
Gone are the days of milkshake dates and calling your crush's landline. At least you won't have to convince Mr. Smith to let you speak to his daughter. Consider being ‘courted’ by a man your mother chose for you while the family supervised. Today's technology has made communication and dating easily accessible, private, and fast. Still, modern American dating comes with its own slew of problems.

**Gen Z**

Generation Z, or Gen Z for short, is the first generation to be born into an electronic technology-centered world. We are called Digital Natives. It can be argued that the shift in our generation is unlike any other. There is a gap that separates us from all previous generations because of technology. It is not just a change in style, slang, or pastimes, but an entirely new way of living.

I interviewed Professor Richard Behun of the Millersville Psychology Department to get a second opinion. His book with Eric Owens, “Youth and Internet Pornography”, which I will also refer to as “YIP”, provided useful insight into this piece as well.

“Youth and Internet Pornography” uses the term ‘digital native’ to describe members of Generation Z.

“The terms digital native and digital immigrant refer to how one consumes and considers technology in day-to-day life,” says “YIP”. “The notion of the digital native resulted from observation that the dissimilarities between these newer generations and those that preceded them are fundamentally different.”

According to the Pew Research Center, members of Gen Z were born between 1997 and 2012. They succeed Gen Y, better known as Millennials, and precede Generation Alpha. The exact years are different depending on your source, but the birth year is less important than the social environment when it comes to grouping generations.

Technology and social media have taken the reigns of cultural influence while wrestling with cultural tradition. Generation Z has been presented with opportunities and issues unavailable to any other generation in history.

There can be no assessment of Gen Z without acknowledging technological influence. Modern electronics are part of our daily lives, so why wouldn't we use dating apps? Of course, we would incorporate tech into the dating scene. Since our childhood, technology has been essential to our daily lives. We don't know a world without technology.

Gen Z was raised in a society post-sexual revolution. In the 1960s, western social culture opened up about the topic of sex. Social norms changed towards a more liberated view.

The generation before the Baby Boomers, known as the Silent or Traditional Generation, would have seen this revolution as progressive, shocking, and even sinful. Now, older generations look at Generation Z in the same light.

Our generation is changing the narrative and shifting American culture. Stereotypes don't have as much power; Generation Z is the most diverse generation. Heteroromantic, white, and majority cultures are beginning to be less overpowering as more minority cultures regain their voices. Our generation is changing the narrative and shifting American culture. Stereotypes don't have as much power; Generation Z is the most diverse generation. Heteroromantic, white, and majority cultures are beginning to be less overpowering as more minority cultures regain their voices.

One main reason dating culture has shifted is due to women's rights. Generation Z in America was also raised after many victories in women's suffrage. Prior to independence, women relied on men to get by. Marriage was hardly a choice, but a requirement. Most women in Generation Z finally have the freedom to remain single, focus on their careers, and choose whether to have children.

Dr. Behun shared that women’s independence decreased their reliance on men.
“If we were to go back 50 years in terms of heterosexual relationships, what did a woman need from a man? Women needed a man to go to work and be their supporter. How does that look today? If you look at any college, there are more women than men. Women are educating themselves at a greater rate now than they ever have; they don’t need men. Women can support themselves. They want to put the time and effort into their education because they know that they can take care of themselves. So they think, ‘What’s the point of having the drama of a relationship interfere with their studies when I can still have my sexual needs met without that relationship drama?’

Our generation is asking questions and considering breaking traditions. What’s the benefit of being married? What if I don’t want kids? Why would I stay with someone I don’t like? Can I find fulfillment and happiness without a partner?

Gen Z is breaking stigmas and having conversations that previous generations were afraid of. Sexuality no longer has to be taboo or shameful, as people are becoming more comfortable sharing their thoughts and experiences online.

“Sexuality is a more commonly accepted topic of discussion among Generation Z, and there are more Generation Z members of the lesbian, gay, bisexual, transgender, queer, or questioning (LGBTQ) community than among previous generations,” “Youth and Internet Pornography” says. “Generation Z is a more urban generation, with greater exposure to diversity than those who came before them.”

The internet provides a global platform for people to share thoughts and have open discussions. Information is spread globally over the course of a few minutes to millions of viewers, who comment and share. Cultural movements are started, and new conversations are opened up. The internet greatly influences modern culture, including dating and relationship expectations.

**Our Media**

Imagine the reaction of viewers in the 1950s going to the theater and watching Fifty Shades of Grey. It wouldn’t go over well. Sex has become so desensitizing for our generation because of its constant appearance and praise. The media has taken sexuality beyond acceptance; it is now exploited for profit. This is nothing new, but hyper-sexual content is more prevalent now than before.

Dr. Behun explains that the media creates unrealistic expectations: “Sex sells, so that’s become very popular. It’s all about turning a profit. On TV, they’re thinking, ‘How far can we push the limit?’”

“If people compare themselves to what they see online, they’re not performing the same and they are not shaped the same. If we’re making a comparison, no one’s ever going to be good enough. Your generation is doing a better job than any generation by being able to look at something and say, Well, that’s not really how it is,” said Dr. Behun.

We often experience culture through the media and mirror the expressions or behaviors of popular figures we see. In the past, “YIP” says, “there was a clear distinction between pornographic material and popular culture. However, over time, the mainstreaming of sexuality has pushed media boundaries and presented itself in a much more overt fashion. As today’s youth are part of a highly sexualized, less judgmental, and more open and accepting society, sexuality in popular culture has been marketed accordingly. For example, adolescents are the primary audience for music videos. It is not uncommon to see increasing sexual references made for audiences of all ages in music, television, and news.”

With sexual content present in almost all forms of popular media, it’s impossible to avoid. What can this uncensored content do to impressionable young eyes?

“YIP” mentions social learning theory. “Children and adolescents learn about sexuality, in part, from observing how sexuality is depicted around them. This vicarious learning is especially true when we consider how sexual content is positively or negatively viewed through the lens of popular culture and various media. With the ubiquity of Internet availability and the increase in smartphone ownership, uncensored and unregulated media has become more accessible than ever before.”
As we grow up, we base our expectations on what we see around us in our family, friends, school, and media. Growing up in a culture post-sexual revolution, combined with the availability of technology, has significantly shaped our expectations of reality. It is so easy for this generation to become desensitized to sexual content in the media as pornographic content overlaps with popular culture and we don't question it.

“YIP” also describes the dangers of sexual media for social culture and expectations. “While the intensity of sexually explicit conduct in music and video continues to test the boundaries of censorship, youth are frequently exposed to a sexual script similar to what is being portrayed in pornography. Like most pornographic scripts, many music videos portray males in positions of power over females who are treated as sexual objects. Many sexual scripts in music videos depict risky sexual behaviors, sexual violence against females, unrealistic representations of romantic relationships, and feed stereotypes that males are driven by sex and have sex at an earlier age and with multiple partners.”

“For the most part, sexuality is portrayed on television as a positive experience,” says “YIP”. “Very rarely are television actors portrayed in a negative light, and sexual behavior depicted on television rarely has any behavioral risks or consequences. Television portrayals of sexuality may lead youth to believe that sexual intercourse is a common recreational activity among peers. However, it is rare to see television programs consider the emotional aspects of sexuality.”

What we see in the media percolates into our domestic lives. Millennials and Gen Z have transformed modern dating culture as it is perpetuated and sensationalized by technology. There is a pressure to have sex at an early age “to be like everyone else” without regards to consequences. We have coined the term ‘hook-up culture’ to describe the normalization of casual sexual relations, aka hook-ups, and sexual exploration. I think this comes from a combination of media influence and cultural revolutions, but also a fear of attachment. Sexual exploration can be a form of liberation and independence, especially for women who have been deprived of bodily autonomy for centuries. Women can do what men have been doing for so long with less opposition and judgment.

Technology has made hookup culture easy and prevalent. One of the most popular dating apps, Tinder, is known as a hookup app. According to “The Impact of Social Media in Modern Romantic Relationships,” edited by Narissa M. Punyanunt-Carter and Jason S. Wrench, Tinder produced 15 million matches per day in 2014.

Dating apps provide a convenience and safety that dating in person doesn't have. In a sense, a part of us is online. We present ourselves the best we can on the screen through pictures, audio, and text tone while under fire from the quick judgment of strangers.

“They can go on without having to go through all the awkwardness of meeting someone for the first time, asking them out in person, and meeting them in person,” says Dr. Behun. “You can look online and see that someone's political ideology is different from yours and never date them. They could be the most amazing person you’ll ever meet, but we’re checking criteria.”

“The problem with technology and dating is that we’re looking at profiles of people and thinking, ‘I could do better than that’.”

The fear of rejection can have us running behind the screen. Especially after the COVID-19 pandemic, when the world maintained relationships almost solely online,

“Covid hurt us,” said Dr. Behun. “It forced people to make their entire relationships virtual. Relationships aren't virtual.”

COVID procedures have been lifted, but the convenience of technology keeps us online. This can result in problematic patterns of isolation which worsens loneliness and complicates relationship development.

It can be difficult to form long-term and meaningful relationships online, especially when the majority of dating app participants are looking for something casual. For some, swiping on dating apps is a form of entertainment. It’s almost become a game or a pastime.
Like in Rick Astley’s famous song Never Gonna Give You Up, “We know the game and we’re gonna play it”. The only difference is that he will “give you up” and “let you down”.

I think the cultural shift can be identified through the common terminology used by older and younger generations.

**Older terms include:**

Going steady- Being in a committed, exclusive relationship.  
One-night stand- Having sex with someone for one night with no formal relationship  
Mistress- Woman who is having an affair with a married man  
Wingman- A friend who helps another friend find romance, especially attracting women

**Terms popularized just before Gen Z in the 90s:**

Booty Call- A call or message to arrange for sex  
Friends with Benefits- People who have casual sex in a non-romantic friendship  
Boo- One’s significant other; now also called ‘bae’ for ‘before anyone else’

Now we have an entire mess of terminology to describe dating in GenZ:

Situationship: a complicated and confusing relationship where expectations and boundaries are unclear; between friends and a romantic relationship  
Side Hoe: Someone you see casually besides your main lover  
Sneaky Link: Someone you have sexual relations with privately. A meet up for the primary purpose of sexual relations; different from a date.  
Ghosting: The abandonment of communication. It’s very common for people to ‘ghost’ each other or stop responding to messages as if they’ve become a ghost.  
Breadcrumbing: Someone who is breadcrumbing is maintaining very little communication and effort, essentially stringing someone along

**Reflections**

There’s no way to tell if hookup culture has peaked or if this is the new normal. Despite popular culture and the media, we cannot assume that the majority of people take part in hookup culture. The media does not portray an accurate representation of real life. Still, the term hook-up culture has come from the realization and acknowledgement that casual sexual relations are so prevalent in Gen Z. However, one can live in a culture without taking part in it. By setting boundaries and expectations and communicating them, we can set the standard for the dating life we want to have.

Dating can be stressful, confusing, and heartbreaking, especially when mixed messages are so common. Dating can also be fun, beneficial, and offer companionship. Regardless of the outcome, each experience is educational.
In less than two months, five student-athletes lost their lives. Between the months of March and April of 2022, five student-athletes from five different schools committed suicide.

Katie Meyer; a 22-year-old senior who played goalie on Stanford University’s women’s Soccer team, Jayden Hill; a 19-year-old freshman who ran track at Northern Michigan University, Robert Martin; a 23-year-old graduate student and a fifth-year goalie who played on Binghamton University men’s lacrosse team, Sarah Schulze; a 21-year-old senior who ran track at the University of Wisconsin, and Lauren Bennett; a 20-year-old junior who played softball at James Madison University. This raises the question is the NCAA really prioritizing student-athletes’ mental health?

These athletes all have something in common, their lives seem perfect. All playing sports at their dream school, some on scholarship, winning major championships, and being close to graduating and pursuing the career they have studied for. The key idea here is how everything seems. It is easy to put a smile on your face when you are in public, but behind closed doors, everything can be different.

All of these student-athletes deaths were shocking and unexpected. Were they struggling and no one knew? Were they afraid to speak up and ask for help? Did they feel like if they asked for help, there still would be no change? This was definitely a huge wake-up call to the NCAA.

At the beginning of each and every school year, NCAA athletes are required to go through a mental health screening in order to participate in their sport. The mental health screening consists of students sitting at a computer and answering questions about how they feel in their day-to-day lives. As a student-athlete that is required to partake in this screening each year, it is extremely easy to alter your answers if you do not feel comfortable sharing how you truly feel.

I talked with Jewels Hepner, a current sophomore and member of the Women’s Swimming team at Millers-
ville University about her experience and thoughts on student-athletes and how much their mental health matters. “I definitely think the NCAA can do a better job in their effort to prioritize athlete’s mental health. There needs to be more resources available and athletes shouldn’t be limited to the amount of help they can receive.” Hepner said. During her freshman year, Hepner found herself struggling with her mental health as adjusting to the crazy and hectic life as a student-athlete began.

“Being away from home and having to make new friends and adjust to a whole new team was definitely very hard,” Hepner said.

Being on a sports team in college means you are constantly surrounded by the same group of people every day, something that Hepner said can be very draining.

“When you are with the same people every single day the environment has the potential to get rough at times. It’s all about surrounding yourself with people who make you feel good.”

Hepner said that when she noticed herself struggling with her mental health she confided in her coach, who was nothing but supportive and was more than willing to get her the help she needed.

“It was definitely good to talk to someone who was so understanding and it made me hopeful that things would get better,” Hepner said.

Things did get better until Hepner was told she was only permitted a limited amount of sessions with the universities counseling center.

“After I had gone for 5 sessions I was told I wasn’t able to continue and was given other resources to reach out to,” Hepner said. She said she felt disregarded after she was no longer able to get help from the university. This can be a common problem for students who seek help from their respective universities or college. Many universities and colleges provide students with a limited amount of free counseling sessions. Once students use their free sessions, they are forced to either pay for more sessions or find other resources.

In 2020, the NCAA conducted a study that looked at student-athlete well-being. Student-athletes reported elevated levels of mental health concerns. The data collected by the NCAA indicated rates of mental exhaustion, anxiety, and depression had seen little change since the fall of 2020 and remain 1.5 to two times higher than those identified before the COVID-19 pandemic.

A big part of being a student-athlete is the amount of pressure sports can bring into one’s life. Being a student-athlete consists of balancing practice time, games, and having time to do homework and study. The amount of pressure athletes face in and out of the classroom, as well as in their sports, can have a heavy toll.

Student-athletes also deal with the pressure of performing in their sport. When an athlete is not performing as well as they want, it can be very taxing on their mental health. It can be hard to understand why an athlete may feel depressed when it seems like everything is working in their favor. Sometimes it doesn’t matter if a student-athlete is acing all their classes and winning championships at a top division one school. With all that, a student-athlete can still feel overwhelmed or be struggling with life outside of their sport. There are so many different factors that contribute to why student-athletes struggle with mental health.

Ensuring that student-athletes feel comfortable speaking up and admitting they need help is how a change will be made. The job of the NCAA should be to guarantee that student-athletes who are struggling with their mental health have access to the resources they need to get better. There is always a way to get help.

Five athletes dead in eight weeks is a crisis that unfortunately became a tragic reality. Student-athletes need to feel that they are being prioritized and should feel safe to discuss difficult issues. Suicide is a permanent solution to a temporary problem. The NCAA must prioritize the mental health of all college student-athletes. With just a few simple changes, many lives can be saved. If you or someone you know is in need of help, call the suicide hotline at 988.
Let’s Talk About Sex
Navigating Relationships & Intimacy in College

By Morgan Huber

Sex. Regardless of your age, it is one of the most controversial topics for anyone to discuss, yet it is also one of the most important. Sex is fun and the reason why we exist, as well as an integral aspect of our culture and society. Because it is a common taboo, few people, especially the younger generations, acquire the unbiased and unfiltered information they need to be responsible and have enjoyable sex lives.

According to the National Library of Medicine, the vast majority of teens and young adults get their information on sex from friends and the internet, especially when they attend schools with a mandated abstinence-only curriculum. These sources can be uninformed, inaccurate, and biased. The sensationalization of sex in the media, whether it be through gratuitous nudity on film or the fetishization of queer and interracial relationships in pornography, can also impair any person’s ability to really analyze their sexual and romantic behaviors.

As a 22-year-old college student, I am obviously no expert on sex or qualified to give professional relationship advice. Just like you, I experience and learn new things about my sexuality and my own relationships each day. Love, sex, and intimacy are important topics that rarely come up in mature conversations with the intention of informing others.

As a young queer person, I noticed the lack of inclusive resources on sex education for people like myself. To combat this, I offer six tips on sex and relationships for a young and diverse audience. These tips are supported through research, my own personal experiences, the expertise of Dr. Laura Weise Cross, a biology professor who teaches Human Sexuality, and the staff at the Elsie S. Shenk Center for Health Education and Promotion (CHEP).

Navigating sex and relationships as a young adult is a key aspect of growing up. But, without the right resources, anyone could be at a loss, risking not only a lackluster relationship but also their health and safety. These pieces of advice can be a great starting point for any sexually active or curious young adult.

1. Consent is Key

The most crucial aspect of any sexual encounter or relationship is consent. Many high schools and colleges attempt to instill the concept of consent through workshops or assemblies, but some students may not understand why it is important or how it can be utilized without making the situation awkward.

CHEP focuses on educating students on health and wellness topics so they can make informed decisions, including safer sex, healthier relationships, and consent.

“Consent is essential because both parties need to agree and be aware, safe, and comfortable while respecting boundaries,” explains Margo Thorwart, Director of CHEP. “It should not be awkward, so having conversations in advance about
what you are comfortable doing can make your experience smoother and more enjoyable.”

Consent is also not just about sex - it is the weapon we can use every day to protect our autonomy. Whether a person is offering you a drink, asking for a favor, or trying to take you somewhere, your consent and ability to say “yes” or “no” are monumental in every situation. It is your body, and therefore your choice on how you want to use it.

It is also important to note that consent can change or be withdrawn at any time. Listen to your mind, heart, and body when you want to say “no,” and respect your partner when they change their mind. At the end of the day, sex should always be enjoyable, and it certainly will not be if not everyone is having a good time.

2. Communicate with Your Partner

“There are a lot of people who struggle with communicating their needs and their fantasies, as it is a difficult thing to convey,” explains Dr. Weise Cross. “Young adults of this generation may be open to expressing themselves, especially regarding their sexual orientation and identity, but sharing what they like and being clear about boundaries can be challenging.”

Most people on social media, especially young adults, likely have seen countless videos and memes about sex, whether it be informative fun facts or teens and twenty-somethings complaining about what may be wrong or lacking in their sex lives and romantic relationships. The frustrating part is, this dilemma can easily be resolved.

Together with your partner, decide what works best for each of you. Making assumptions about what satisfies a person in bed simply will not suffice. Talk about likes, dislikes, ways you connect regarding intimacy, and things you would like to try with your partner. If you are not sure, apps and websites, such as Spicer and OneLove, provide quizzes where partners can “match” on everything on the topic of sex and intimacy, ranging from acts one is comfortable with to kinks, fetishes, and aftercare preferences. Communicating with your partner will go a long way.

3. Be Responsible & Safe

While sex can indeed be an exciting experience, it also has its risks. In addition to pregnancy and Sexually Transmitted Infections (STIs), there is also personal safety and well-being.

Social media and the digital age made meeting potential romantic and sexual partners much easier and accessible through dating apps, such as Tinder, Bumble, Hinge, and Grindr, among others. These allow everyone to expand their horizons and meet those with interests and relationship goals similar to their own. Although some of these apps may allow or require users to verify their profile, there is still the chance that those you meet may be “catfishing” - lying about who they are to attract other users - in order to lure people they meet online.

Regardless of one’s gender or sexual identity, anyone can be at risk when meeting strangers online. Look out for red flags, such as how the person behaves or interacts with you in private messages, and if needed, try to do a background check. If the person is a registered sex offender or convicted of violent crimes such as stalking, battery, or homicide, their criminal records are most likely public. When
meeting an online friend or partner in person, meet them in a public place around people first, such as a restaurant, mall, or public library. For the worst-case scenario, carry a self-defense weapon you feel comfortable and safe using.

Pregnancy and STIs are major concerns as well, which even the most sheltered sex-ed curriculums may have covered at least as a scare tactic to prevent kids from having premarital sex. These risks can have a major impact on one’s life and even be life-threatening. Protecting oneself is monumental in safe and responsible sex practices.

“When somebody is being sexually responsible, they are level-headed about making sure they are safe and those around them are also safe,” says Dr. Weise Crosse. “This can mean if you are making informed decisions about sex, such as being sober, looking out for those around you, and holding yourself and others accountable.”

Sexual responsibility is key to a safe and happy sex life. Regardless of how you engage in intercourse or who it is with, use protection and plan safe encounters. “Pulling out” is not always effective, so make sure you have a backup plan, such as birth control or Levonorgestrel - better known as Plan B. Various types of condoms exist, as do dental dams. Some contraceptives, such as IUDs and birth control, can be injected or inserted for long-term and almost foolproof protection.

Keep in mind that not all of these protect against both pregnancy and STIs, and do your own research and consult with a medical professional to see which method is best for you and your partner(s). When in doubt, both CHEP and Health Services offer free safe sex kits to help students experiment and learn what contraceptives work best for them and provide the most comfortable sexual experience.

4. It’s OK to be Curious & Experiment

As young adults, it is very common to question what you want out of a romantic or sexual relationship, or if you even want one at all. In a time and place where gender and sexuality are more fluid, open, and inclusive, it may be easier for more people to contemplate or explore their identity in regard to gender and sexuality. When you experience this yourself, it can be a very challenging but monumental step in realizing who you are and who you want to be as a person.

Discussing your identity and feelings with close friends or with a trusted resource, such as the Counseling Center, can be really helpful in answering questions you may have. It may take weeks, months, or even years to fully realize or “come out” to yourself, if you feel comfortable doing so, or you may choose not to come out at all.

“It can be challenging to navigate your gender and sexual identity, so having trusted people in your life is really important,” explains Weise Cross. “What is great about Generation Z is they have so many more resources, as well as a more inclusive atmosphere, which makes gender and sexual exploration much more accessible. They have much information at their fingertips, including social media and access to spaces and resources. Older generations had a harder time finding their true gender or sexuality due to the social stigma at the time, as most people fell into heterosexuality and the gender binary. Younger students do not have that expectation to the same level that older generations did.”
When curious about your gender or sexual orientation, seeking out help and resources can be beneficial to figure out who you are. Counseling Services and off-campus centers like The Trevor Project and Planned Parenthood can provide support if you think you may be gay, bisexual, transgender, non-binary, or any other queer identity. Immersing oneself in queer-centered spaces, such as the Gender Sexuality Alliance, Millersville’s student-run organization for the LGBTQ+ community, provides the opportunity to meet other gay and trans people or those who may also be questioning.

There may be a stigma in “experimenting” with your sexuality or gender, but there is nothing wrong with navigating one’s identity one step at a time. As college students and young adults, now is a great time to be independent and try new things to realize your true identity. However, ensure that you are comfortable and going at a pace that feels right when acting on your curiosity. Experimenting and finding your identity can be done in different ways, such as going on dates with someone of the same gender or experimenting with your pronouns or style of dress.

At the end of the day, living life to the fullest as your authentic self should be the ultimate goal, and regardless of who you are or what you identify as, you deserve just as much as anyone else.

5. Learn to Love Your Body

What makes a person beautiful is being uniquely themselves, but it can be difficult to take such a message to heart in a world where a very narrow perception of beauty is promoted both in the media and in real life. It can be tempting to compare oneself to models in magazines or influencers on social media, but it is important to note that anyone is and can be beautiful by loving and feeling confident in themselves.

“Mental health is a main focus at CHEP, and body image certainly ties into that,” says Dylan Boas, a graduate assistant and Wellness Advocate for the Center. “Social media and other people make this perception that in order to be beautiful, you have to have a certain look, which is not accurate. There is no way that defines beauty.”

Boas, alongside the rest of the CHEP team, organizes events and encourages students to reach out for support. A negative view of one’s body can be very damaging and, in extreme cases, can be deadly. To avoid this, put yourself in an environment where you are embraced for your own beauty.

Self-care and self-love are monumental for boosting your self-esteem - treat yourself to a refreshing warm bath or try an outfit or makeup routine that makes you feel confident and sexy. Even if you are working to change something about your look or lifestyle, you can celebrate what your body is doing for you. Regardless, love yourself for YOU. Your body is a work of art, so love and appreciate it.

6. Don’t be Ashamed of Your Experience (or Lack Thereof)

Growing up, it may be commonplace to see college depicted in the media as a place or stage in one’s life to experience sexual liberation and, as they say, “do as you please.” Whether this portrayal is accurate or applicable to your own life should not determine one’s own experiences and journey. At a time when young
people are thrust into independence, young people may venture into unfamiliar territory, whether or not they feel truly ready to do so.

According to reports from sources such as Newsweek and Psychology Today, those identified as part of Gen Z - typically young adults under 25 - engage in sexual intercourse less frequently than previous generations at their age, with an estimated 15-20 being sexually inactive. While socioeconomic status, isolation during and after the COVID-19 percent pandemic, and a decrease in alcohol consumption could all be attributed to factors in this situation, there are a multitude of valid reasons why someone may not be engaging in sex with one or more partners. There is no need to be ashamed of where you are in terms of your sexual experience. What truly matters at the end of the day is whether or not you empower yourself through the decisions you make with your body and your life.

Prioritizing your own goals and values over others’ judgments almost guarantees a fulfilling life and relationship with sex and intimacy. This should also go without saying, but we should be past slut shaming and body shaming in 2023. Focus on yourself, your partner, and those you care about.

While it may be tempting to succumb to the pressures of peers and social media, focusing on yourself and your own happiness will benefit you in the long term. Take my advice, as well as those of Dr. Weise Cross, the crew at CHEP, and those you love and trust - self-care, safety, and genuine enjoyment should always come first in any person’s sex life. At such a key point in personal development, Gen Z experiences varying stages in understanding identity and well-being, not just because of how times and customs have changed from past generations, but also because we are young adults. Go at a pace that feels comfortable to you, and realize your inner beauty and worth as an individual, because being “you” is sexy.

While this article intends to be as informative and comprehensive as possible, sex and relationships are such a broad topic that we cannot cover it all! To best support readers, we highly recommend checking out these resources:

**Sexual Health & Responsibility Resources**

**General Sexual Health & Education Resources**

Elsie S. Shenk Center for Health Education & Promotion
Address: Cumberland House - 2 S. George St. Millersville, PA
CHEP Email: chep@millersville.edu
Wellness Advocate Email: wellness.coaching@millersville.edu
Phone: (717)-871-4141

Health Services
Address: Witmer Building - 28 N. George St., Millersville, PA
Email: hservices@millersville.edu
Phone: (717)-871-5250
Instagram: @mu_staywell

Planned Parenthood Lancaster
Address: 902 Manor St., Lancaster, PA
Phone: (717)-299-2691
Instagram: @ppkeystone

**LGBTQ+ Resources**

Gender & Sexuality Alliance
Office: SMC 118G
Email: gsmillersvilleuniversity@gmail.com
Instagram: @gsmillersville

Dr. Rita Smith-Wade-El Intercultural Center
Office: SMC 111
Email: isce@millersville.edu
Phone: (717)-871-4300
Instagram: @mu_interculturalcenter

The Trevor Project
Hotline: 1-866-488-7386
Text Line: 678-678
Instagram: @trevorproject

**Support & Advocacy Resources**

MU Counseling Services
Address: Lyle Hall - 40 Dilworth Rd., Third Floor, Millersville, PA
Phone: (717)-871-7821
Instagram: @thevillecounselingcenter

MU Title IX Office
Office: Dilworth Building, First Floor
Email: MUTitleIXCoordinator@millersville.edu
Phone: (717)-871-4100

YWCA Lancaster
Address: 110 N. Lime St., Lancaster, PA
MU Office: Montour House
Email: wehearyou@ywcalancaster.org
Phone: (717)-393-1735
SA Hotline: (717)-392-7273
Instagram: @ywcalancaster
TRENDS & VIBES

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This photoshoot is to show the different aesthetics Generation Z has gone through from 2020-2023. Our generation has gone through different styles quicker than most due to us constantly being online and consuming media. We wanted to show that through this photoshoot, using it to pay homage to our generation and the constant craving for change.
Growing up in the Generation Z world has its pros and cons. Seeing the beginning of smartphones, social media, high-tech computers, and more has shaped our generation to be drastically different from those before. With information right at our fingertips from day one, we were exposed to a lot more than even the millennial generation at a very young age.

Now, who classifies as Generation Z? There is no exact set of years for this generation, but most people born between 1996-2005 would confidently consider themselves a part of Generation Z, sharing the same experiences of growing up surrounded by the internet.

Culture is a big part of this generation, and lots of people love to own it. From fashion trends and TikTok dances to advocacy and politics, Generation Z has something for everyone.

A popular subject of Gen Z would undoubtedly be the familiarity of classic Disney Channel, Nickelodeon, and Cartoon Network shows that ran in the early 2000’s. Shows like “That’s So Raven,” “The Suite Life of Zack and Cody,” “Hey Arnold!,” and others are also known to cover serious topics like racism, body image, family matters, and mental illness. In fact, a good amount of Gen Z’ers take pride in having watched these specific programs growing up and feel that kids shows today do not do a good enough job of covering those issues.

“I think these shows do it well, and definitely did it better than shows today doing it,” says Sanai Browning, a Millersville student. “They were overt but they made it work within the show. It made me feel seen and that I wasn’t alone.”

It could be possible that the reason kids TV shows today do not feel the need to deep dive into more serious issues is because children are so exposed to the media anyway. TV for them is more for entertainment and less about learning or relatability, because the internet checks that box now. Disney Channel’s “Bunk’d” is a current favorite among the younger kids today. However, when watching some episodes of it, the most they cover is the controlling mother of character Tiffany, a young prodigy. The writers portray it to be more of a joke, and less of something for children to see as important. While some kids may find that relatable, it is not to the extent of the older shows.

“That’s So Raven,” a Disney Channel show which ran from 2003-2007, continuously covered issues like body image, racism, and even peer pressure. One episode in particular called “True Colors” (S3.E10) is about the main character applying for a job at her favorite retail store. However, she has a vision that she did not get the job because of her race. It teaches children a valuable lesson about discrimination early on.

Morgan Huber, a student here at Millersville University, talks about how she has younger siblings and has seen some of the newer shows. She noticed that the older shows were better at covering serious topics compared to the newer shows.

“The actual clips I noticed were more in-your-face and blunt, but still only covered it on the surface level, meaning they only stated that those issues were bad or important, but not explaining why they were important or what kids could realistically do to curb that,” said Huber.

Regardless of the lack of serious topics in TV shows targeted towards the Alpha Generation (2010-2024), there is no doubt they will be exposed to these subjects in the media anyway. School shootings, threats, homicides, and more are nothing new, but they are more public than they have ever been. Unfortunately, lots of kids even experience these events firsthand. As a result of continuously scrolling through social media and seeing these things everyday, desensitization settles in and removes any emotion, something a lot of young adults have said they experience.
“We go from one sad video to a happy one for an artificial sense of dopamine, rarely allowing us to enjoy genuine small happy moments,” says Aubrey Pugh, a high school student.

Mental health is also a pretty large aspect of Gen Z, and is more often talked about and adjusted to by society than any generation before. It is more accepted than ever, and people even feel comfortable talking about it on social media to help people relate and find comfort in. Taking “mental health” days is even a thing in schools and some professions, as productivity is much lower when an individual is in an unwell mental state.

The addition of technology and the media at our fingertips may be linked to this rise in mental illness. In fact, more than half of young adults use technology like smartphones, computers, tablets, or televisions at least five to six hours per day. On top of that, 87.5% of young adults reportedly use technology at least 30 minutes before bed, which can affect sleep patterns and ultimately mental health.

While these products may be linked to an increase in mental illness, in some ways they counter it. Approximately 81.3% of individuals categorized as Generation Z have said they have experienced depression, anxiety, or other mental illnesses at some point in their lifetime. While this statistic may sound negative, it is not much different from any other generation. The only difference with our generation is the support. Millions of influencers on TikTok, Instagram, and Twitter use their platforms to promote the support of mental illness and help people relate to others who feel the same. There are also hundreds of online therapy solutions for people who may be in difficult home or financial situations and do not have access to traditional therapy. In addition to that, suicide hotlines are also available and easy to reach for emergencies. All of which are to ensure that people are not alone.

Generation Z definitely is not perfect, but it is safe to say that it will go down in history for it being one of the most influential generations of this century, because it sets the bar for future generations to improve technology, influence, and advocacy.

If you or someone you know is experiencing suicidal thoughts, please call or text 988 for immediate assistance.
How Generation Z Has Changed Emo Culture

By Emma Hazard

Generation Z's constant change of new trends also affects surviving trends from the past.

Emo culture, which has been around since the 1980s, might be one of the most well-known genres of music and fashion throughout Gen Z. It isn't the same now as it was when the subculture first came to be - especially in the music scene.

If I were to ask you to think of an “emo” band, who would you think of? My Chemical Romance? Paramore? Green Day? Well, the band you think of might not come to mind for somebody else.

I sent out a survey of 35 artists who, at one point in their careers, were considered to be a part of the emo subgenre of music. My survey asked two questions; what year were you born, and who out of the 35 artists I listed do you consider “emo?” My goal was to see if the younger half of Gen Z had a different vision of what was considered “emo” compared to the older half.

For my first question, I asked my respondents what year they were born, with their options being “before 1990,” “1990-2005,” and “after 2005.” Out of all the responses I got, which came out to a total of 34, two of them were born after 2005, and none of them were born before 2000.

Of the 34 responses, the band that received the most votes - thus making them the most emo - was My Chemical Romance with 30 total votes. The band with the least votes was Saves The Day, with only one vote.

When it comes down to analyzing the votes, we have to break down how each half of the participating age group distributed their votes. To do this, we’re going to look at the votes gathered for My Chemical Romance. As I previously stated, 30 out of my total 34 responses considered My Chemical Romance to be emo, so we’re going to look at the four responses who didn’t think the band fit into that category.

Out of the four responses that I’m highlighting, three of them were on the younger half of the age spectrum, one of them being born in 2004 and the other two being born after 2005. Our two respondents born after 2005 are the two youngest people to fill out my questionnaire, so we will be comparing their responses to the three people who answered that they were born in 2000, making them the oldest respondents.

In the chart provided, you can see the similarities and differences between the two extremes of this age group and their opinions on what they consider to be emo. The older half of this group, which is represented by the blue bars on the bar graph, is who we will be looking at first.

The older group voted that 31 of the 35 total groups and artists they could’ve picked from were considered emo, and 18 of these bands had more than one vote - meaning that our participants were all in agreement. The two groups that all three of our participants from 2000 had collectively voted on were My Chemical Romance and Paramore.

In the younger group, only eight of the 35 total bands and artists that they could’ve picked from received votes, and only three of these groups were agreed upon by our participants. The groups unanimously voted on by this group were Fall Out Boy, Green Day, and Panic! at the Disco.

A part of what might influence the results of each age group might be when each of these bands was most active, and when their most popular songs were released. Looking at the five total bands that were unanimously agreed upon by the two groups we’re highlighting, we may be able to determine why they are considered to be the most emo.

All of the information regarding these bands’ best-selling albums, singles, and release dates has been received from Wikipedia.
Starting with My Chemical Romance; the band was formed in September 2001 and was active until March 2013. In March 2013, the band announced that they would be leaving the music scene, but fans were surprised when a comeback was announced in December 2019. My Chemical Romance’s first album “I Brought My Bullets, You Brought Me Your Love” was released in 2002. However, their best-selling album, “The Black Parade,” came out in 2006. “The Black Parade” featured the band’s hit single “Welcome to the Black Parade,” which was released in 2007.

Paramore is still currently active and has been so since 2004. Their debut album, “All We Know Is Falling,” was released in 2005. Paramore’s best-selling album, “Riot!,” was released in 2007 and gained popularity from its three singles: “Crushcrushcrush,” “That’s What You Get,” and “Misery Business.”

With the dates of these bands’ most popular albums and singles being so close to the birthdate of our respondents, it would probably be safe to assume that they grew up listening to these bands or were somehow introduced to them. Also considering that the emo genre has been around since the 80s, these respondents grew up in what might be considered one of the high points of this genre in mainstream music.

Moving to our younger demographic, Fall Out Boy has been active since 2001. However, they did go on an announced hiatus from 2009 to 2013. Fall Out Boy’s first album, “Take This to Your Grave,” was released in 2003. Fall Out Boy’s best-selling album is “From Under The Cork Tree,” which was released in 2005 and featured two hit singles: “Sugar, We’re Going Down” and “Dance, Dance.”

Green Day has been active since 1987, with their first studio album, “39/Smooth,” being released in 1990. Their best-selling album is their third studio album “Dookie,” which features their single “Basket Case.”

Panic! At The Disco was active from 2004 to January 2023. Their first album, “A Fever You Can’t Sweat Out,” was released in 2005. Not only is this album their debut album, but it’s also their best-selling album, featuring their hit song “I Write Sins Not Tragedies.”

For our younger demographic, I feel that it’s important to point out that these three bands had decently successful albums released around the same time. For Fall Out Boy, their record “American Beauty/ American Psycho” was released in 2015, which included radio hits “Centuries” and “Uma Thurman.” This album also had the song “Immortals,” which was featured in the Disney animated film “Big Hero 6.”

Green Day and Panic! At The Disco both released albums in 2016 that also had great radio success. Green Day released “Revolution Radio,” with its radio single “Still Breathing.” Panic! At The Disco released their first solo project “Death of a Bachelor” with its title track of the same name and the song “Victorious” gaining radio fame.

When looking at the differences in what is considered emo between different parts of the same generation, I believe that exposure to each individual band plays a part in the opinions of our respondents. Some of our respondents may have grown up with what they consider emo, while others may have been exposed to the emo genre later in life.

Whether you view the emo subculture as music that describes emotions that you can’t describe yourself, wearing all black and packing on the eyeliner, or simply going through “a phase,” it is clear that emo culture continues to have a place in our society, and it probably won’t be leaving any time soon.
As long as communication and technology have existed, there have been swindlers attempting to unethically snatch money and status out of the hands of unwary victims. In the 21st century, scams became ever more prevalent thanks to the convenient existence of the internet. At the touch of their fingerprints, scammers and hackers are able to scheme away people's fortune from anywhere in the world, making them much more difficult to investigate and stolen funds much more challenging to track. The digital age made this phenomenon possible through social media, as well as conglomerate software like Google and Microsoft to acquire personal information.

Scams in the modern day can be very frustrating to deal with, which is why it is crucial to understand how and why they occur, what motivates individuals to pursue scamming as a source of income or enjoyment, and what the public can do to arm themselves against these encrypted thieves.

Where there is a need for income and resources, there are also individuals willing to acquire it by any means necessary. The scam industry exists everywhere in the world, from Germany to Russia, the Philippines, and even the United States. However, readers may notice a large number of them coming from Nigeria, a country in western Africa. The most populous state in the continent, Nigeria is marred with poverty and the aftermath of war. Although fraud of this kind occurs just about everywhere, many Nigerians find themselves scamming or hacking foreigners for money due to a lack of resources, career opportunities, and a culture that glorifies swindling.

One such man, who requested to remain anonymous, is a university student in his early twenties, residing near the major city of Lagos. In order to pay for college, he unsuccessfully attempted to find a job, he claims, and was allegedly coerced by a friend to pursue social media scamming for income.
“I’m doing this because of the poverty we have in Nigeria,” says the young man. “The government does not care about its citizens and I come from a poor home. My friend, who lives in the city, told me I could live with her if I joined and helped. So she gave me a hacked account and told me to pretend to be a sugar mommy to get people’s money. I am praying that one day I will leave and come [to America].”

The man also claimed that residents of the United States are frequent targets of social media scams due to their perceived wealth and gullibility. This also explains why college-aged young adults and the elderly commonly fall victim to scamming. By preying on the vulnerability of others, workers in online fraud acquire money to support themselves, whether that be through tricking individuals into sending funds or selling social media accounts they hacked.

The arrest of 77 online fraudsters, including notorious business tycoon Obinwanne “Invictus Obi” Okeke, in 2019 increased awareness of the Nigerian scamming sector. The Invictus Group, led by Okeke, reportedly stole more than $11 million from western business people, as well as young adults and the elderly, through the means of phishing scams over email and social media. Scammers from this region are often referred to as 419 due to the country’s penal code for fraud, making the number synonymous with scamming culture.

While a large number of social media scammers and hackers originate from Nigeria, this should not justify discrimination against people from the country, as swindlers can come from anywhere and may use VPNs or untraceable phone numbers to appear as if they are from somewhere else. Regardless, understanding the origins and socioeconomic issues surrounding the online fraud industry may help to gain a consensus on how to curb this terrifying dilemma.

**Masters of Disguise**

Social media allows anonymity, making it much easier for scammers to lure potential victims by creating a fake profile and scenario - commonly known as “catfishing” - in order to achieve a wide variety of goals. Based on a recent survey conducted on college-aged individuals, a wide variety of young people encounter or fall victim to online fraud on a daily basis, thanks to the various guises fraudsters use to trick vulnerable strangers online. These disguises can take a variety of forms, ranging from those that can be easily debunked as fake to thoroughly developed profiles that even
even the most nuanced of online users have difficulty catching in the act.

Scammers and hackers may prey on users’ yearning for sex and income, which leads to the “porn bots” and sugar daddies and mommies most commonly found in Snapchat and Instagram direct messages. If the DMs fail to grab your attention, these elusive fraudsters may interact with social media posts or tag random individuals, convincing them to react or retaliate.

What is especially terrifying is that once a scammer gets ahold of a victim’s personal information, such as passwords, they are then able to impersonate the victim and manipulate their public image however they see fit. This may be by posting inappropriate photos and comments, blocking friends and family, making purchases, or even reaching out to followers to scam them as well. Once the scammer takes these actions, the damage to not only one’s bank account but also their reputation can be irreparable. By taking action as users of the internet, we can empower ourselves to combat online fraud and protect our friends, followers, and neighbors.

how to fight back

Differentiating between a legitimate message and a scam can be challenging, which is why it is crucial to understand the telltale signs of online fraud. Some dead giveaways may be poor spelling and grammar or the refusal to video chat or meet in person, as the person may be hiding their true identity and intentions. A legitimate business proposal or a trusted friend asking for help logging into their account may be more diligent about checking for proper language in their messages and willing to discuss the issue face-to-face. The scammer may send images or video clips in an attempt to prove their legitimacy, but these are often pre-recorded, and with the advancements of Artificial Intelligence (AI) technology, can also be more difficult to determine.
The most obvious and easiest way to combat a scammer is to block and report them. Out of sight and out of mind, they supposedly cannot cause if they are unable to interact ... right? This, however, may not always be the case. It is highly encouraged that you report any suspicious activity for scams or fraud, and with recent updates such as those on Instagram, blocking their account also blocks all accounts they operate on that device or through the connected phone number or email address. On the other hand, many of these scammers answer to a higher power, meaning they can easily acquire a new device, phone number, or email address to create more social media accounts or hack others in order to impersonate them.

If you are in a silly goofy mood - as I often am - and wish to mess with these pesky fraudsters, there are a few ways to deter and distract them, or otherwise catch them red-handed.

One telltale sign that you are communicating with a hacker or scammer is that they hide their true identity, oftentimes refusing to video chat, meet in person, or in some way refusing to prove they are who they claim to be. If you are on Instagram, you can attempt to video chat, with the chance they may actually pick up. If you are lucky enough for them to respond with their camera on, you may find out that the 47-year-old divorced widowed Powerball-winning artist Debbie from New York City is actually just a young man in his living room.

Another way to catch a scammer in the act is by proving they are lying about their location. Oftentimes, hackers and scammers will claim to be American to gain a victim's trust. However, there are some easy tricks to debunk this claim. One way is by actually looking at their profile. Some public social media accounts may include information about the user's location, based on the country in which their most commonly-used IP address is located. If this tool is enabled, go to someone's Instagram profile, tap or click the three dots in the top right corner, then “About This Profile.” Under the “Based in” is the country where the user is contacting you from. If the account was hacked, the rightful owner’s posts and those they are tagged in might also reveal the lies of the scammer. For instance, if the person messaging you claims to be from California but their posts have a location tag for Wisconsin or Italy, there is a chance they are a hacker who is just really bad at lying.

Another way to detect a scammer is by retrieving their phone number. This can be done by going to the login page for the social media platform on which they are contacting you, such as Instagram or Facebook. Typing in their username and then tapping “Forgot Password?” will give you the option to send a password reset link to either their phone number or email address. Although most of the information is censored, Instagram for instance will give you the country code and the last two digits of their phone number. The country code for the United States is +1, for example, so an American phone will be
registered beginning with that digit. If a person claims to be American but is in fact from another country, such as Russia (+7), India (+91), or Nigeria (+234), the country code will tell you the real story. Just a disclaimer though - an American phone number does not always mean you are in the clear, as scammers exist in the United States and swindlers everywhere can steal phone numbers or create fake ones to hide their location.

A third way to catch a scammer - and my personal favorite - is by using an IP tracker. Websites such as IPlogger.org can be especially useful for tracking a predator’s location, either to make it easier to report to authorities or just to mess with them by sending a picture of their IP address with a message saying “This you?” Their reactions, especially when they start spouting slurs and threats in foreign languages, are priceless.

At the end of the day, the most effective way to fight back against online fraud is by protecting yourself. If someone suspicious contacts you, the best you can do is block and report them. Do not give money or personal information if you do not know the person, and even if you do, check with them in person if possible to ensure the communication was legitimate. Enabling two-factor authentication for your email, social media, and banking accounts is also a fantastic method for defending yourself against online fraud. This phenomenon may be frightening and frustrating to deal with, but there is little more empowering than overpowering a threat.
Almost every 20 years, there is a resurgence of a previous aesthetic trends are reinterpreted with the modern flare. With the recent resurgence of early 2000's fashion, also known as Y2K, it is unfortunate to say the trends remain unchanged, and takes millennials back in time and making the past for some a reality. Where the aesthetic goes back in time, technology continues to advance in having a prominent role in daily living. As social media plays a prominent role in Gen Z, it is easy to access the latest trend on social media apps like TikTok, where users spend about 1.5 hours each day with the fashion category sitting at roughly 27 billion views.

The resurgence for some gives some conflicting decision of do we love it, like denim on denim. In the word of fashion forecasting, the resurgence of the Y2K aesthetic appeared to be a surprise, not only with the carbon copy trends but also the time that the trend has been on the surface.

"I have mixed feelings about it. When it first started to kind of have a resurgence, I was a little skeptical, mostly because when the trend started to comeback it was very cherry picked, it was very specific elements of what was Y2K fashion and I’m going to start incorporating that” said Millersville cultural anthropology senior Amanda Balducci.

Picking out your OOTD (Outfit of the Day) for some can be challenging and is honestly the most decisive part of my day. Chanel fashion adviser Brandyn Alexandr expresses his take on how some can express themselves through fashion, even with the influence of viral social media trends.

"I believe someone who does not have their own sense of expression or is complacent about where they are might find good trends on their “for you” page a good thing to try” Alexandr explains. “The best way to figure out oneself is by trial and error. The algorithm in which social media caters content to the viewers’ interest is a great way to be influenced and minimize tedious trials. I see great opportunities in social media fashion.”

Social media can be a guide to find yourself and expressing a part of yourself. Aesthetic is a way that a fashion trend that is centered around appealing and balanced appearance through selecting clothing items that flow. Some ways that an aesthetic can be created are through a particular theme, a color design, and detailed expression of the attire. In finding an aesthetic, you find inspiration and ideas of what you like. Tyresha Vaughan-Blanding, Millersville University senior and business owner of Breadwinners Inc 97, takes inspiration, but incorporates her own flare into her streetwear.

"I follow trends to an extent like ones I know will pop back up or just using certain colors in certain seasons it impacts streetwear because although I follow trends, I am still able to set trends apart” said Vaughan-Blanding.

Trends often have a short life in the world of high fashion that comprises of a new theme and gives influencers the opportunity to stylize the new products. Interesting enough, Y2K doesn’t apply as much pressure as other trends in the past, with stronger aspects being relative to what has existed before with the pastel colors, low-rise pants, tie front shirts, and Juicy Couture. The way that Generation Z has taken the fashion of the 2000s is interesting to see. Now, people who were growing up during the trend when it originally surfaced are now grown up and can experience it themselves. Experiencing the trend now also gives the perspective and express the trend of more mature perspective and comfort.

"One of the aspects of why I think it is resurfing is the idea of nostalgia and then seeing these pop culture moments that were iconic at their time and the place that they were happening were iconic for a reason” said Balducci. Looking at the iconic styles of Y2K, there was a significant change, making shopping more complex with looking for a comfortable fit. It is more common than not to go to multiple stores to find a silhouette, and that remains the same, even though the body shape has changed, making shopping more complex with looking for a comfortable fit. What inspired me to start my own clothing brand is I got tired of looking like everyone else as well as I have always loved clothes and fashion. I developed it by doing research; understanding advertising, branding, and how people shop, and current fashion trends” said Vaughan-Blanding.

The world of fashion opens to a world of endless creativity and allows us to show a different version of ourselves. Since the prominence of social media expanded into fashion, it is interesting to view what else is out there and maybe come across a new trend.
"I think there is a lot more room for fluidity of these trends like people see as more of a different part of themselves." - Amanda Balducci
I made this playlist as an ode to my childhood, filling it with songs from my elementary school years.

I had a lot of fun putting this together and hope that it gives you nostalgia!

160 songs and more than 10 hours of music!

100+ artists that defined Gen Z, including…

Just about everyone on campus has seen or heard of Skully, but many don’t know the secrets behind our mascot. Here is everything you need to know about MU’s beloved bird!

**Fun Facts About Skully**

- **Full Name:** Skullonious D. Byrd
- **Pronouns:** They/Them
- **Birthday:** September 16, 2005
- **Zodiac Sign:** Virgo
- **Favorite Food:** Galley Cheesesteaks
- **Favorite Movie:** Pirates of the Caribbean
- **Favorite Album:** The Muppets Soundtrack
- **Role Models:** Jack Sparrow & President Wubah

Skully doesn’t have a favorite event - they go wherever the crowds are! Whether at orientation, a sporting event, or PrideFest, Skully loves to go anywhere people are having fun!

Skully describes themself as bouncy, energetic, and friendly. They always enjoy greeting anyone they see on campus, because they want everyone to feel welcome and at home!

**Colleague Quoteables**

“My favorite part of working with Skully is going to basketball and football games and engaging with crowds. Regardless of what school they go to, Skully is always running around and getting them excited ... especially at schools with big rivalries, mascots can be a way to find common ground and have fun. Interacting and spending time with Skully is great because they are more than just a big bird - they are carefree, energetic, and always has a happy-go-lucky attitude.”

- Kevin Luu
  Member of the Mascot Team & friend of Skully

_MILLERSVILLE UNIVERSITY MASCOT TEAM_  
Skully waves at onlookers as they walk down Herr Avenue during the annual Homecoming Parade.
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