

Generation Z and why we should be emulating them

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Dear readers,

Recently, adolescents have been creating impact throughout the world. An example is Greta Thunberg who started the strikes against climate change.¹ Just 16 years old, she led a social movement to protest against what she saw as adult complacency to critical environmental changes. Greta is part of Generation Z, those born between the mid 1990s to early 2000s.¹ Born with the Internet revolution, this generation is both technologically- and social media-savvy.

This issue of the Malaysian Family Physician has 4 original articles and 6 case reports. Of these, two of the primary research articles are on adolescent health.^{2,3} These studies showed that there were barriers towards adolescent utilization and management in sexual and reproductive health in primary care. This is utterly depressing. If we are not reaching the young in Malaysia, they will seek for information and help from elsewhere. They will obtain information from the Internet, and this is often misleading and incorrect.

We need to do better in this. We need to succeed in finding ways to reach the young and ensure that they receive accurate information and help. We need to change attitudes and behavior of health care workers to be more supportive and caring. We need to change the health care system to be more open and accepting. We need to emulate adolescent leaders like Greta Thunberg and fight against complacency.

References

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