

The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.

RACISM

82% of American teens ages 13-17 believe racial discrimination is a problem for their generation, almost double the percentage in 1966¹⁰⁰. This generation is one of the most racially diverse ever¹⁰⁰, yet racism is still a large problem. People of color face barriers regarding housing, healthcare, employment, and education¹⁰². Racism has caused violence at schools, places of worship, in the justice system, etc.¹⁰³ and brings stress on its victims which diminishes health and can cause anxiety, depression, ADHD, and more¹⁰⁴.

The Bible says humans are created in God's image (Gen. 1:27). He shows no favoritism but looks at a person's heart (1 Sam. 16:7), wanting all to believe in Him (Acts 10:34-35). Jesus has made all races equal (Eph. 2:14) to receive forgiveness and identity in Him (Gal. 3:28). Those who discriminate become judges with evil thoughts (James 2:4) but God will judge such people (Col. 3:25). Christians should show no favoritism (James 2:1) but unite as a family of believers (1 Cor. 12:13) to reach all people with the message of Jesus (Matt. 28:19) until all nations, tribes and languages are together in Heaven with Him forever (Rev. 7:9-10).

BIBLE VERSES TO CONSIDER

Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them."

1 Samuel 16:7 "But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'"

Acts 10:34-35 "Then Peter began to speak: 'I now realize how true it is that God does not show favoritism but accepts from every nation the one who fears him and does what is right.'"

Ephesians 2:14 "For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility."

Galatians 3:28 "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

James 2:4 “Have you not discriminated among yourselves and become judges with evil thoughts?”

Colossians 3:25 “Anyone who does wrong will be repaid for their wrongs, and there is no favoritism.”

James 2:1 “My brothers and sisters, believers in our glorious Lord Jesus Christ must not show favoritism.”

1 Corinthians 12:13 “For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink.”

Matthew 28:19 “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

Leviticus 19:34 “The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God.”

Revelation 7:9-10 "After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice: "Salvation belongs to our God, who sits on the throne, and to the Lamb."

Matthew 3:9 "And do not think you can say to yourselves, 'We have Abraham as our father.' I tell you that out of these stones God can raise up children for Abraham."

Ecclesiastes 12:13 "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind."

Matthew 22:39-40 "'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

1 John 3:15 "Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him."

1 Corinthians 13:4-8 "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

Revelation 5:9 "And they sang a new song, saying: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation."

Romans 10:12 "For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him."

Deuteronomy 10:17-19 "For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing. And you are to love those who are foreigners, for you yourselves were foreigners in Egypt."

James 2:8-9 "If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right. But if you show favoritism, you sin and are convicted by the law as lawbreakers."

Romans 12:3 "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you."

1 Timothy 5:21 "I charge you, in the sight of God and Christ Jesus and the elect angels, to keep these instructions without partiality, and to do nothing out of favoritism."

John 7:24 "Stop judging by mere appearances, but instead judge correctly."

John 13:34 "Love one another. As I have loved you, so you must love one another."

Proverbs 24:23 "These also are sayings of the wise: To show partiality in judging is not good."

Romans 2:11 "For God does not show favoritism."

Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

STATS & QUOTES TO CONSIDER

After polling 2,057 teenagers ages 13 to 17, the survey showed that 82 percent of American teens today believe racial discrimination is a problem for their generation, whereas only 44 percent of teens in 1966 had this attitude. The difference is especially stark for black teenagers: 91 percent of black teens now believe racial discrimination is here to stay, compared with 33 percent of their 1966 counterparts.

Racism certainly hasn't gone away.

Teenagers are growing up under this black president, yet at the end of his presidency we are seeing a constant stream of police killings and a new civil rights movement that's really turning the narrative on its head.

Millennials are considered the most racially diverse generation in American history and are generally more tolerant of racial differences than their predecessors. But that doesn't make it any easier for them to grapple with race and racism today, especially when advances in technology

give us all front-row seats to once-niche messages of hatred or videos of brutal police killings.

The effects of stress on the body—including stress directly caused by racism—can be measured by physical indicators. That tension isn't just in your head: getting pulled over by a cop, experiencing extra security at the airport, and even school- and workplace microaggressions can be felt in your heartbeat, blood pressure, and sweat glands. For example, your body naturally releases cortisol and other hormones to jumpstart a flight-or-fight response in potentially harmful situations. When you're out of harm's way, your body is supposed to naturally adjust, and your hormones should return to normal levels. But if you experience chronic stress, or a feeling of fear that never seems to go away, that natural regulatory system gets worn down.

Racial and ethnic inequalities loom large in American society. People of color face structural barriers when it comes to securing quality housing, healthcare, employment, and education.

Racial disparities also permeate the criminal justice system in the United States and undermine its effectiveness.

Newsweek found that black teens today are more likely than white or Hispanic teens to be aware of gun violence and of police officers accused of killing innocent people. They're also more likely to worry that they'll be the victims of shootings—at school, by police or in places of worship. And many teens, regardless of race or ethnicity, perceive that black Americans are discriminated against at higher rates than others, including the way they're treated by police (62 percent) and their ability to access decent jobs (39 percent).

At the same time, the U.S. population is on track to be a minority majority by 2060: Minorities will make up 56 percent of the country, up from 38 percent in 2014, and in just four years, more than half of all children in the U.S. will be part of a minority group. What does the future look like for a country that's still wracked by racism, where four of five teens believe discrimination will be a fixture in their lives?

Now, the results of a national survey find that children who experience racism appear to be at higher risk of anxiety and depression and tend to have poorer health in general.

She found that a child's odds of having ADHD increased by 3.2 percent with exposure to racism, regardless of their socioeconomic background. She also found that children who had been exposed to racism were also more likely to suffer from anxiety and depression. Outside of mental health, those who experienced incidences of racism were more than 5 percent less likely to be rated as having "excellent" general physical health by their parents.

In a 2015 article in *The New Republic*, Thayer cites other studies concluding that African-Americans who experience racism often have what are considered unhealthy levels of cortisol, while young Hispanic people who perceived that they were being discriminated against had higher cortisol levels.

The study suggests that adolescents reporting both racial and gender discrimination were 2.5 times more likely to experience dating violence than those who did not report racial and gender discrimination.