

# Save the Next Generation

A survey conducted by the HUBU Team on Teenagers, Young Adults  
and Parents



# Introduction

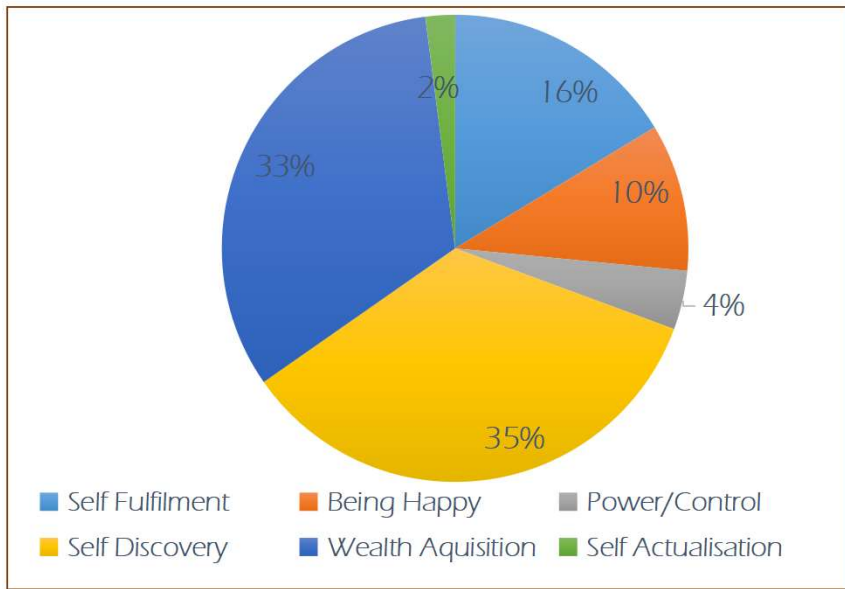


- A survey was conducted in 2023 by The HUBU Team to determine the level of divergence between the reality of teenagers and the expectations of parents.
- Questionnaires were sent to teenagers (15-19), young adults (20-30) and parents with children in secondary and university institutions.
- We got over 150 responses with locations largely in Abuja and Lagos, with few from other states
- The questions centered around simple philosophical questions like, what is your definition of success, current challenges and what level of intervention would be accepted or desired



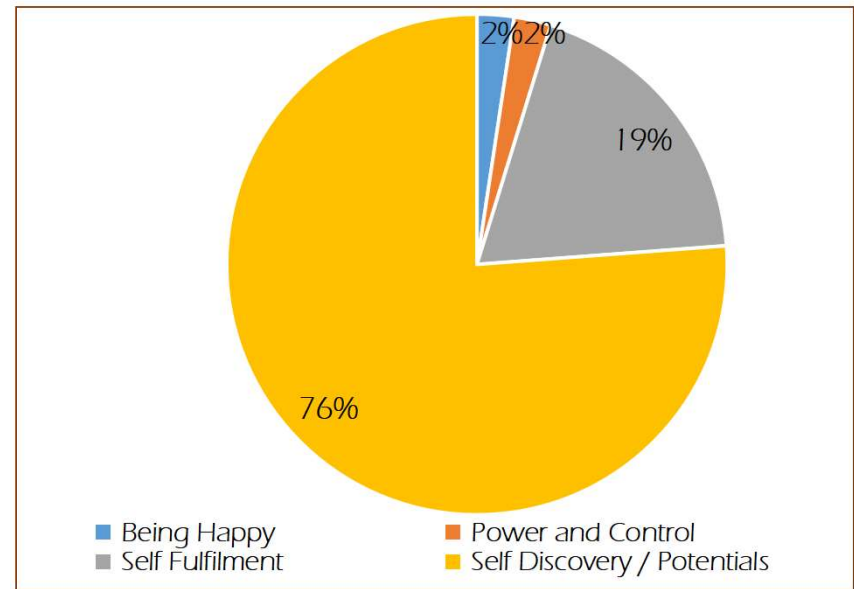
# What your definition of Success? Deductions and Implications

Teenagers Response



- 35% of teenagers believe that success is about Self discovery
- 33% say its about wealth acquisition
- 16% say its about Self fulfilment

Parents Response



- 76% of parents believe that success is about self fulfilment and actualisation of potentials
- 19% say its about self fulfilment

# What your definition of Success? Deductions and Implications



## Questions

- What is Self Discovery, Self Fulfilment?
- How can they be attained?
- Why is a high percentage of teenagers thinking about wealth and for what purpose?

## Implications

If these questions are not adequately or correctly addressed, what ever opinion formed to satisfy these questions will form the basis of their philosophy about life and will shape their character.

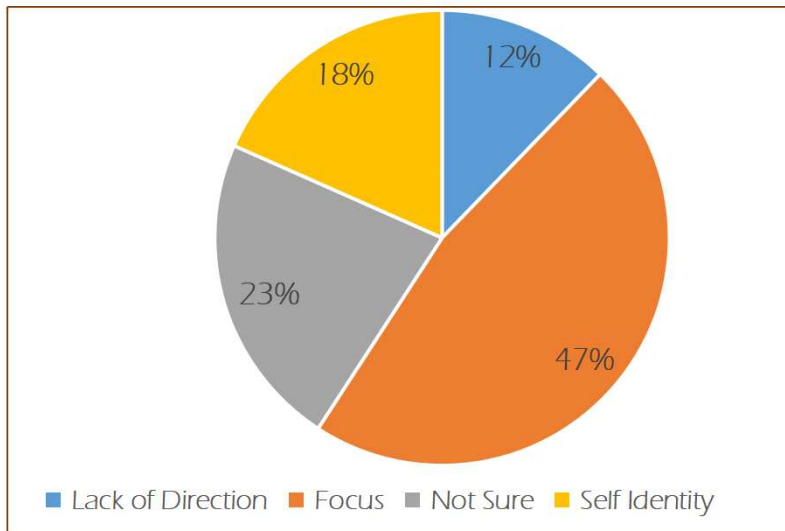
We believe that individuals do not achieve success or become failures because of the lack of quality schooling, but largely because of the set of philosophies that guide whatever knowledge they might have acquired.

Philosophies, we believe are the building blocks that guide the decision making process of a person irrespective of the knowledge aquired, they are developed through introspection through curiosity expressed by questions asked.



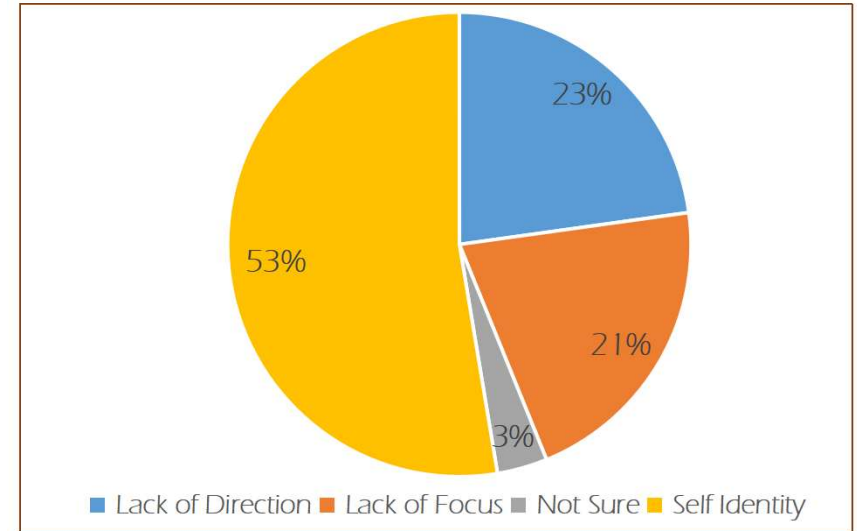
# What are the major Challenges faced by Teenagers? Deductions and Implications

Teenagers Response



- 47 % believe it is a lack of focus
- 23 % are not sure
- 18 % say its lack of self identity

Parents Response

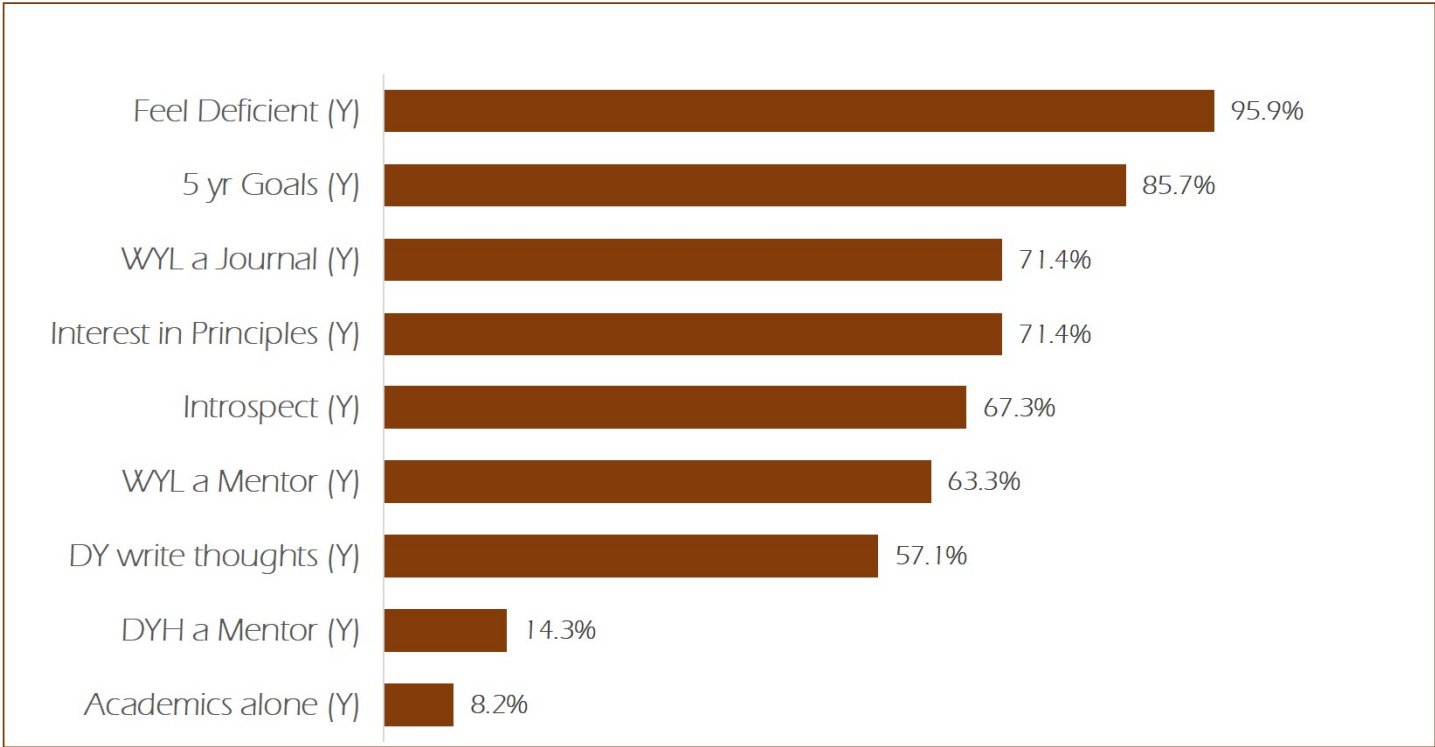


- 53 % believe its lack of self identity
- 23 % believe it is lack of direction
- 21 % say it is lack of focus

## What are the major Challenges faced by Teenagers? Deductions and Implications

- Most teenagers are not clear on why they do what they do, they just go with the flow!
- Most students in schools, especially secondary do not know why they are in school and if this is not corrected, six years of schooling will be expended without the students understanding WHY!
- Parents have identified lack of self identity as the major challenge facing teenagers, what is self identity? How can it be achieved?
- Without self identity, there cannot be focus, without focus there cannot be direction. We believe that most teenagers lack a sense of authentic self awareness; hence teenagers are easily distracted and influenced by anything that entertains.
- How do we guide teenagers along the path of self identity or awareness?
- How do we marry the expectations of parents with the reality of their children?

# Other Soft Questions & Responses & Implications



## Other Soft Questions & Responses & Implications



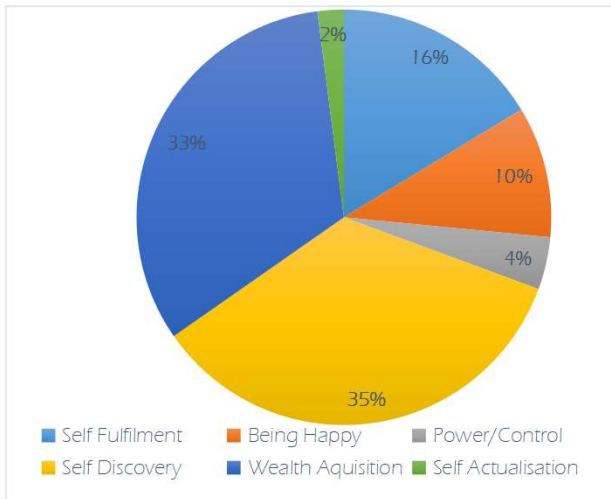
- 95 % of teenagers believe they are deficient and lack fulfilment. This is dangerous because, that curiosity will be filled one way or the other. How do we fill this void?
- 67 % of teenagers think or introspect. What is the quality of these thoughts? Do they have mentors or guardians to help and enlighten them? The quality of thoughts develop the belief system and philosophies for life.
- 63 % of the teenagers agree they need a mentor, without a mentor, their thoughts are not guided and they are prone to making errors or avoid experimentation
- 71% of teenagers do not keep track of their lives through the art of journaling. This implies that there is no level of intentional tracking of growth, accountability and self discipline to achieving a goal, even though they wish to.
- 71 % are open to having life and success principles being thought as only 92 % believe that academics alone do not guarantee success.
- Most teenagers are aware of the challenges within their environment and themselves, the issue is the lack of appropriate turelage to address these concerns. This often leads to peer pressure, bullying and distractions, even though they might be exceptionally brilliant in school.



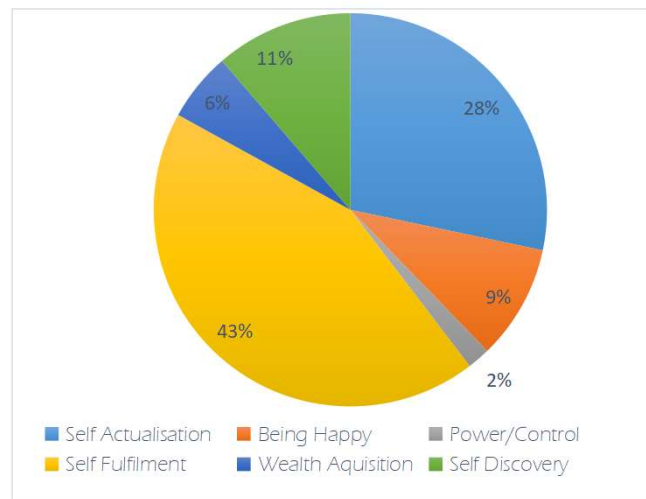


# What your definition of Success? Teenagers - Young Adults - Parents (Analysis)

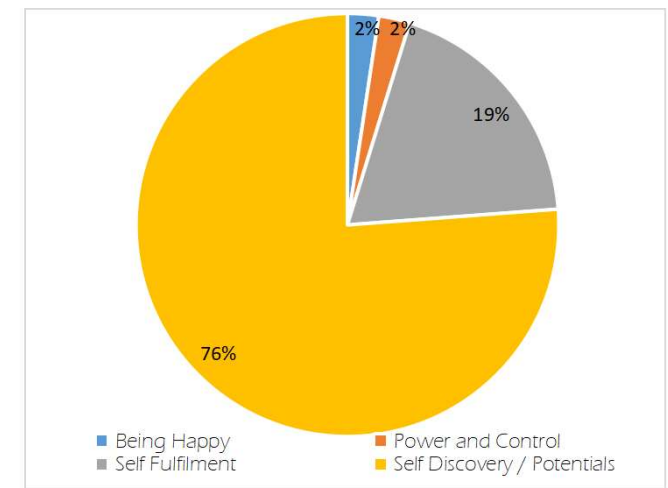
Teenagers Response



20 - 30 y/o Response



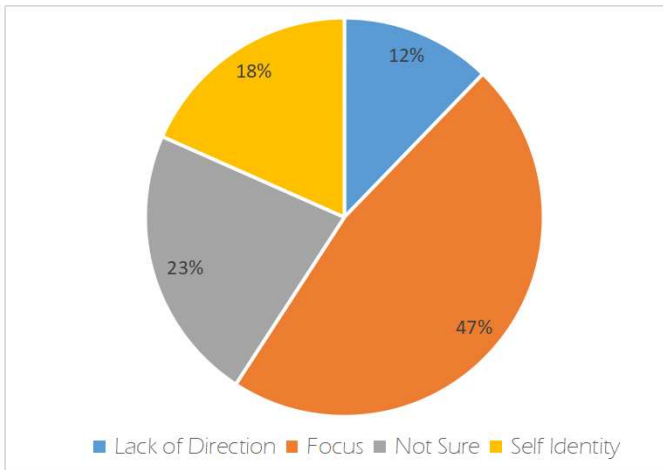
Parents Response



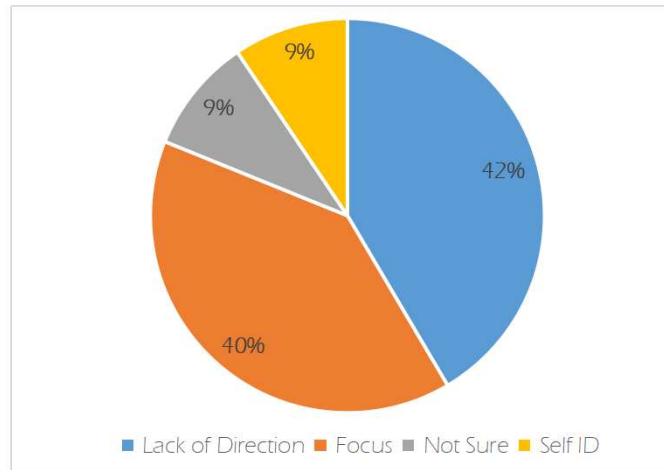
- Notice the change in the response from teenagers to young adults, there seems to be a confusion in the path and direction. There is a shift from self discovery to self fulfilment. the reason could be attributed to the inability to fill the earlier curiosity at the teenage stage. This also spilled over to the parents response seeking self discovery and achieving potentials and wasted opportunities.

# What are the major Challenges of Teenagers? Teenagers - Young Adults - Parents (Analysis)

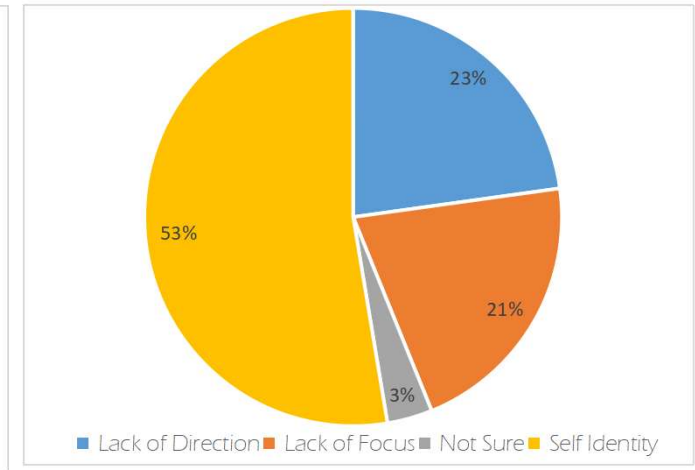
15 - 19 y/o Response



20 - 30 y/o Response



Parents Response



- Notice the change in the response from teenagers to young adults and parents on what they consider to be the major challenges of teenagers. Teenagers and Young adults believe that lack of focus and direction are the biggest challenges, while parents believe that lack of self identity is the major problem.
- We believe that without self identity, there cannot be a sense of direction nor focus irrespective of education or age.

# Conversations



- Irrespective of age, level of education and stage in life, there is a question of “self” identity, self fulfillment, self actualisation. This suggests that there is a level curiosity in the mind of every human being that needs to be satisfied to achieve success, the real pursuit of many is not the money, wealth, power of control, it is the discovery of self and a life with purpose.
- Notice that being happy does not carry a very significant percentage of the responses, which implies that happiness is a function of another event.
- There is a major need to calibrate the mindset of teenagers to give them a sense of direction early in life and not to just exist, which is a life without purpose.
- A life without purpose is the greatest cause of mental stress and depression making such a person an easy prey for the vices of the society
- Unfortunately, no one can define purpose for an individual. it is a path of self discovery which is walked alone. The journey could be made easier with toolkits that aids introspection, offer guardiance and attempts to answer questions. One of such power toolkit is the art of journaling.



## Introduction to Journaling - A Way Out

A journal is a chronological record of a journey to keep track of progress, events, lessons for reference and preservation usually from one generation to the next.

The Bible is a journal of a people called Israel; and till date, wisdom and patterns for life is being drawn from that journal

Without journals, history and culture are lost while identity is buried forever.

A journal helps keep vision in view, character in check and manage progress, "Without vision, the people perish". Without vision discipline is almost impossible. Without vision, self identity is fluid

A journal keeps records of life, and can be passed from one generation to another helping preserve identity, wisdom to nurture the next generation

In the current climate, keeping a journal helps maintain focus, encourage meaningful physical interaction and distraction from social media (if properly encouraged and managed by all stakeholders)



# The Importance of Journaling

## Builds vision, structure and discipline

- It helps develop a keen sense of identity and self awareness
- Journaling helps define and develop purpose (vision)
- When a vision is written, it helps set goals and when goals are set, discipline is structured to achieve goals
- It helps in periodic introspection and realign patterns to set goals.
- Problems are quickly identified and fixed
- It helps with evaluation and calibration

## Builds community of like minds

- With set vision and goals, it becomes easier to choose strategic friends with similar focus
- Distractions will be reduced
- Accountability will be fostered

# The HUBU Journal - The Four Sets

**DEFINITION** →

**VISION  
COURAGE  
DISCIPLINE** →

This set provides you with a sense of direction and motivation, urging you to take the initial steps towards your desired future or goals. They establish a foundation for success and assist in laying the necessary building blocks. They address the fundamental question of "WHY" and provide a compelling reason for pursuing your endeavors, whatever they maybe.

**DISCOVERY** →

**HUMILITY  
UBUNTU  
ADAPTABILITY** →

This set establish a conducive atmosphere for productive engagement within a community. They broaden your perspective, enabling you to see things from different angles and facilitating positive interactions and learning experiences with others. They promote unity and enhance community life.

**DEPENDABLE** →

**INTEGRITY  
JUSTICE  
LEADERSHIP** →

This set facilitates the growth of your leadership skills and your ability to have a positive impact on your community and those around you. Whether you aspire to be a leader, have younger siblings to guide, or seek to make a meaningful contribution to society, these resources will support your development in these areas.

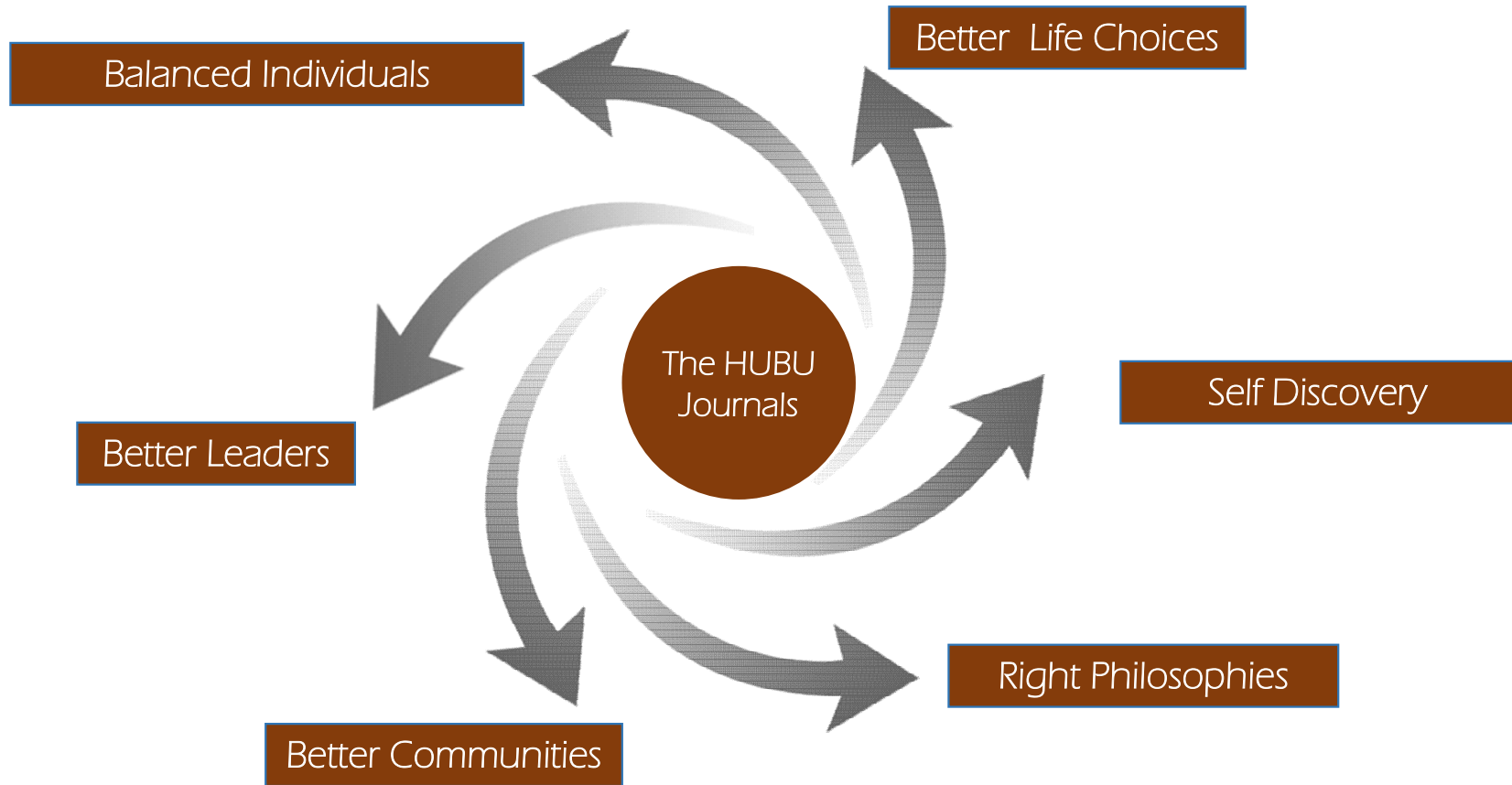
**DEVELOPMENT** →

**PATIENCE  
GENEROUSITY  
LOVE** →

This set will assist you in cultivating fundamental human values, fostering the development of virtues that will guide your way of life, including resilience in challenging situations. It aids in the exploration of inner strength and reinforces the underlying reason behind your actions.



# The HUBU Wheel of Influence



# Our Objectives

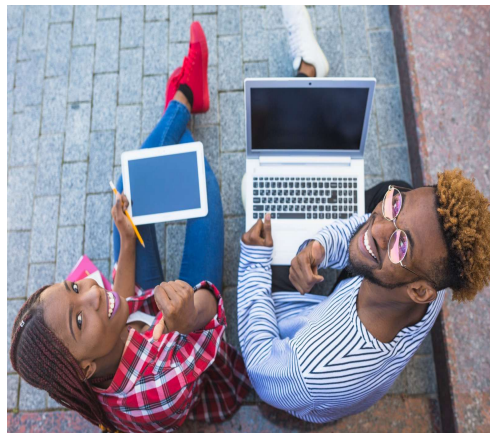


- Develop a vibrant community in the church and at home
- Develop leadership skills to influence the next generation
- Build resilience and adaptability as a community and individuals



- Break the stereotypes, dismantle wrong belief systems
- Set the mind free and embolden to achieve the impossible through ethical means
- Be Free Be Bold Be You

- Develop strong values and character in teenagers early
- Point out the pitfalls and errors of prior generations
- Develop critical thinking and philosophy skills





# WHY Partner with The HUBU Team



1

- Knowledge Driven
- The HUBU Team is a knowledge driven establishment with focus on impact



2

- Innovation & Value
- The HUBU Team is constantly innovating, developing creative ways to solve social challenges



3

- Unique Product & Service
- Our products and services are uniquely tailored towards growth and development instilling principles and virtues.



## The HUBU Team - Who We Are



We are a knowledge-oriented organization dedicated to guiding and empowering the next generation discover their authentic selves and unlocking their potentials, and also avoiding the errors of the earlier generations. Our primary approach involves sharing timeless principles through storytelling to foster fulfillment, success, and positivity.

We service the the entire spectrum of teenage development as they transition into adulthood through creative solutions delivered in simplicity, impact effectiveness and efficiently.

We are constantly innovating our products and service delivery using a combination of cutting edge and traditional tools appealing to a broad spectrum of the society to achieve maximum and sustainable value. We are ever evolving as we deliver ancient wisdom that have withstood the test of time in simplicity tailored to current realities.

We aspire to be the top global learning facility with African decent distilling timeless knowledge and principles from one generation to the next.



## A Review of the HUBU Journal



"Hubu Journals" offers a valuable resource for youngsters by providing a platform for self-reflection and emotional expression, fostering greater self-awareness and resilience. The incorporation of mental health components within its content is particularly significant, as it helps normalize conversations around mental well-being and equips young readers with coping strategies. This integration not only promotes early intervention but also empowers individuals to actively manage their mental health. I highly recommend "Hubu Journals" for every home as it serves as a practical self-help guide, facilitating discussions on emotions and promoting better mental health outcomes for young readers. As a clinical psychologist whose work focuses on community intervention, I believe every community would benefit from this journal". -LATEEFAT ODUNUGA

Lateefat is a trained clinical psychologist and has over 12 years expertise in crisis intervention, behavioral management and psychosocial support. As a stalwart advocate for mental health awareness and social justice, Lateefat has played a pivotal role in offering solace to countless young individuals grappling with despair and mental health challenges.

Lateefat's participation in numerous international workshops and training sessions is commendable. Currently a PhD Candidate at NLU Chicago, Lateefat's research focuses on equitable access to cheaper alternatives for mental health treatment that condemns the use of internet and AI for self diagnosis. Notably, Lateefat holds certification as a suicidologist from the American Suicidology Association, underscoring her commitment to effecting positive change on a global scale.





THANK YOU

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