

# How to Fit into Gen Z: A Manual

By: Ex-lost Citizen

Introduction:

Hey there. If you are reading this right now, you must have hit rock bottom. **But it's okay.** **I am here for you.** I know what must be going through your head these days. *I feel like such a loser.* **We've all been there,** so don't beat yourself up about it. This manual is the solution to all your worries. Every **step** covered in the following pages will take you one **step** closer to being the perfect Gen Z citizen. This manual is foolproof. You don't believe me? Take these prime models of our society: The Walmart yodeling boy, backpack boy, and hurricane tortilla. They all started out just like you—sad, alone, and lost in this difficult-to-navigate society. **But look at them now.** They are thriving. Just like you will if you listen to my gospel.

1. Dress appropriately. When going to the store, make sure to remember the three three's rule. Purchase clothing that is **three sizes too big or three sizes too small then,** you will be sure to receive **three** times as many compliments. Anything that actually fits, is unacceptable to be wearing in public.
2. Gen Z is full of responsible adults. **Make sure to feed your phones,** put them to bed, and watch them grow. Make sure to take them out for air by taking them with you out to eat. **Picture this: you're sitting in a beautiful restaurant with candles and fresh flowers at each table.** You can hear the light jazz over the chitter chatter of people. The ambiance is perfect, and the vibes are good. **As you watch your waiter bring out your food, you catch a whiff, and your mouth starts to water.** They place it on the table, and you're about to dig in. *Stop. What are you doing?* Feed your child. Make sure your phone eats first by

photographing every dish at every angle. Then, once your baby has eaten, you can consume the leftovers to stay environmentally friendly! Don't forget to charge your phone; she needs her beauty sleep. And update her often so she doesn't face any developmental delays.

3. Grow your vocabulary. Make sure to include phrases like "let's cook", "lock-in", "on god", "D1 yapper" and more. If some of these are unfamiliar to you, allow us to explain:
  - a. Let him (her, us, me, etc.) cook: used when about to do something well or figure something out (Disclaimer: do not use it when actually cooking; that's embarrassing!)
    - i. Example:
      1. Person 1: This physics problem is so confusing, I don't even know where to start.
      2. Person 2: Wait, chill, I think I know how to do this. Let me cook.
  - b. Lock in: used when about to focus in on a project, homework assignment, task etc.
    - i. Example:
      1. Person 1: Bro, I have so much work to do. This isn't even funny. December fair is so soon, and we have a math and physics test this week.
      2. Person 2: Nah, trust, you got this. You just gotta lock in.
  - c. On god: used when validating a statement, agreeing with it, or saying that something is true
    - i. Example:

1. Person 1: Yo, Drake's new album is so fire. I've been listening to it on repeat.
  2. Person 2: On god.
- d. D1 yapper: used to identify those that talk too much (just like a D1 athlete is good at their sport, a D1 yapper is good at talking/yapping...a lot).
- i. Example:
    1. Person 1: Last night, I dreamed I was a bottle of ketchup. And you were mustard, which is weird because usually you're mayonnaise in my dreams. Why do you suppose that is?
    2. Person 2: We've got a D1 yapper over here.
- e. Waffling: used when about to ramble without meaning (especially on homework or classwork)
- i. Example:
    1. Person 1: "This assignment is so confusing, I barely understand what I have to write"
    2. Person 2: "Just waffle it and submit it"
- f. Buss: used to describe yummy food
- i. Example:
    1. Bro, Trader Joe's orange chicken is so BUSS.
4. Stay present on social media. If you're not trying to be popular, post once a month. If you are, post once every week. Make sure to plan out a cohesive color scheme on every app. Make story posts often with your friends to show the world how social and fun you are (even if you are not). Make sure your following-to-follower ratio is the same, do not

follow people back if they are irrelevant. According to Karre et al., in the journal Nature, researchers suggest that your following should be 10% less than you follow for optimal normalcy (Karre et al., 2023).

5. Listen to music. Although this may be the least strict of the categories (but just as important!), you must pick a favorite artist and defend them with your life. Some of the most popular options are: Taylor Swift, The Weeknd, Lana Del Ray, Drake, and Kanye West. If you don't know the entire discography to 1989 by the time you enter the fandom, then you're doing something wrong.

Legend:

Understatement:

Hyperbole:

Irony:

Imagery:

Pathos:

Logos:

Additional/Other: