NORTH POINTE

707 Vernier Road
Grosse Pointe Woods MI, 48236
northpointenow.org

"Grosse Pointe Public School administrators and teachers are responsible for encouraging and ensuring freedom of expression and freedom of the press for all students, regardless of whether the ideas expressed may be considered unpopular, critical, controversial, tasteless or offensive."

BOARD OF EDUCATION POLICY

EDITORS-IN-CHIEF
Sasha Kezhaya
Mia Schultz

SECTION EDITORS
Lainey Beland
Yana Bottligerio
Gabby Haddad
Kate Kasuba
Stephen Listman
Katie McLeod
Kathryn Schaden

WEB EDITORS
Molly Lau
Phil Prost

SOCIAL MEDIA EDITORS
Lauren Kaled
Charlotte Truss

DISTRIBUTION MANAGER
Dorian James

MARKETING MANAGER
Charlotte DeCraene

COPY EDITORS
Sage Cole
Lauren Kaled

STAFF REPORTERS
Sage Cole
Maddie Jackson
Millie Moreland
Zoe Profeta
Josie Scarsella
Celesta Weidenbach

INTERNS
A'Merie Bouie
Caleb Butler
Cameron McEveney
Brisco Rainbolt
Jay Widzinksi

The North Pointe is edited and produced by Advanced Journalism students at Grosse Pointe North High School and is published once a month. It is in practice a designated public forum without prior review.

Our editorial represents the opinion of the North Pointe Editorial Board. Members who have a conflict of interest with an editorial topic do not partake in that meeting or vote.

Comments should be directed to the student editors, who make all final content decisions. The views expressed are solely those of the student authors of the editorial board and do not reflect the opinions of the Grosse Pointe Public School System.

We are a member of the Michigan Scholastic Press Association, Columbia Scholastic Press Association, National Scholastic Press Association and Student Press Law Center.

One copy is available free to all community members. Additional copies may be purchased. Our editorial policy and advertising rates are available online.

Faculty Advisor: Paul Golm

Gen Z's spring break

Living in pictures or living in the moment?

PHOTO | Sasha Kezhaya

STAFF EDITORIAL

From sunset photos in Punta Cana to party videos in Cancun, high schoolers today seem more focused on curating spring break trips for social media than on genuine enjoyment. The rise of sharing every vacation moment online has turned spring break into a performance, with the underlying aim of crafting an ideal digital image. This shift raises a central question: has the pressure to showcase experiences on social platforms overtaken spring break's true purpose — living in the moment and finding real joy?

The phenomenon that would later be known as "spring break" began in the mid-1930s, when college swim coaches started a nationwide tradition of bringing their teams south to Fort Lauderdale for spring training. When other students on campus heard of this annual migration, they figured going to sandy tropical beaches would be a good way to spend their Easter breaks, too. Thus, the spring break movement grew throughout the next 20 years. By around 1960, local businesses in Fort Lauderdale took advantage of the droves of college kids vacationing by offering specials such as all-you-can-drink beer for $1.50. This gave the city its reputation as a major destination for students looking to party during their spring break.

Eventually, spring break culture trickled down to the high school level, with mainstream media propelling spring break culture to the younger generations. Pretty soon, it wasn't just college students who were flocking down south but energetic high schoolers looking for a good time to party too.

But when it came to the spirit of spring break back then, it seemed like there was something different in the air. The point wasn't to create a post or manage perceptions, but to truly let loose and enjoy yourself without fear of being recorded and judged online. With Gen Z, this original sentiment feels lost, as fear of social scrutiny and the desire to avoid being labeled as "cringe" keep people from embracing the genuine, spontaneous fun that made spring break magical.

Additionally, without modern technology like smartphones, people in those days could be in the moment and focus on what was happening in person, rather than on screens. No one was stressing over what pictures to upload on their social media accounts or what other people were doing on their spring breaks. Whether we intend to or not, social media breeds comparison and contempt, which are definitely not ingredients in the recipe for a chill break from the stress and expectations we strive to escape during spring break.

For generations, spring break has been a hiatus from reality and a dive into fun and chill atmospheres. However, because of the introduction of modern technology over the past few decades, the true meaning of spring break has slowly been chipped away from Gen Z and turned more into a way to prove to followers that you had a good time, rather than actually having a good time for yourself in the moment. While you can still use social media to upload memories of your spring break to share with your friends and family, it's important not to let that consume or dictate your actual trip. Remember to enjoy yourself and to do things that you want to do, regardless of whether they look "aesthetic" enough for your Instagram or TikTok pages. Maybe by trying to make a change to focus on the fleeting present rather than the fake reality of social media, we can restore the aspects of spring break that generations before us enjoyed for decades.

