It can be a bit of a cringe-worthy experience looking back at old photos, and more so the older we get. Even the most dedicated follower of fashion has a few skeletons in the wardrobe from their formative years, which begs the question: What was I thinking? Josh Sims is the person to ask, as he has just released 100 Ideas That Changed Street Style, looking at the evolution of youth trends and how past fashions can still be seen reflected in what young people are wearing today.

Sims goes back over the last 70 years of street style to analyse what was happening, and why. A hugely important part of personal identity during the early years of adulthood, the author reminds us that what might seem a trivial subject is anything but – not just a passport to peer acceptance but a membership card to your favourite club, what young people wear can mean the difference between inclusion, ridicule, and even violence. Not a trend worthy of the name has been overlooked in this absorbing and informative book, which is published by Laurence King and available from the end of April.

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