

RIVERDALE SCHOOL DISTRICT

“The Anxious Generation” Community Book Study

In partnership with Riverdale’s PTC, we would like to invite you to join our collaborative exploration of Jonathan Haidt's book, *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*.

Event Details

- **Date:** Tuesday, February 11, 2025
- **Time:** 6:00 PM - 8:00 PM
- **Location:** Riverdale Grade School
- **Cost:** Free | Open to All Community Members

What to Expect

- **Book Study Discussion Group**
 - Structured small-group conversations
 - Guided reflection on Haidt's research and recommendations
 - Opportunity to share personal insights and experiences
- **Panel Discussion Featuring Local Experts In:**
 - Child Psychology
 - Educational Technology
 - Mental Health Counseling
 - Adolescent Development

Why Attend?

Haidt's book offers a critical examination of how digital platforms and social media are transforming childhood in ways that potentially contribute to rising rates of anxiety, depression, and social isolation among young people. This event provides a unique opportunity to:

- Understand the psychological impact of digital technologies
- Develop strategies for supporting youth mental health
- Engage in meaningful community dialogue
- Collaborate on potential actions and support measures we can take as a community

We will have several copies of the book to share with community members. Please contact Dr. Elizabeth Spaulding (espaulding@riverdale.k12.or.us) if you would like to request a copy.

Registration

So that we can plan for the accurate scale of this event, please register for the event by February 1, 2025 using [this link](#). To prepare for this discussion, we hope you will engage with the text and bring your insights and questions with you.