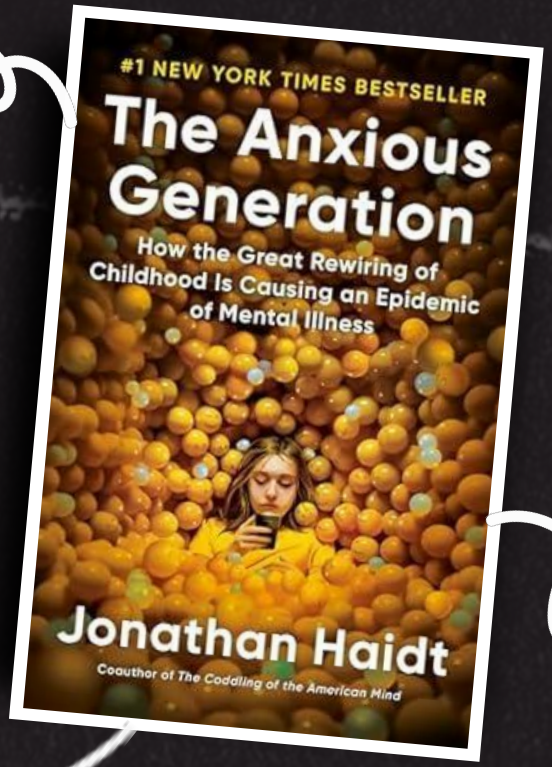
"Just as the immune system must be exposed to germs, and trees must be exposed to wind, children require exposure to setbacks, failures, shocks, and stumbles in order to develop strength and self-reliance."



"We have overprotected children in the real world and under-protected them in the virtual world."

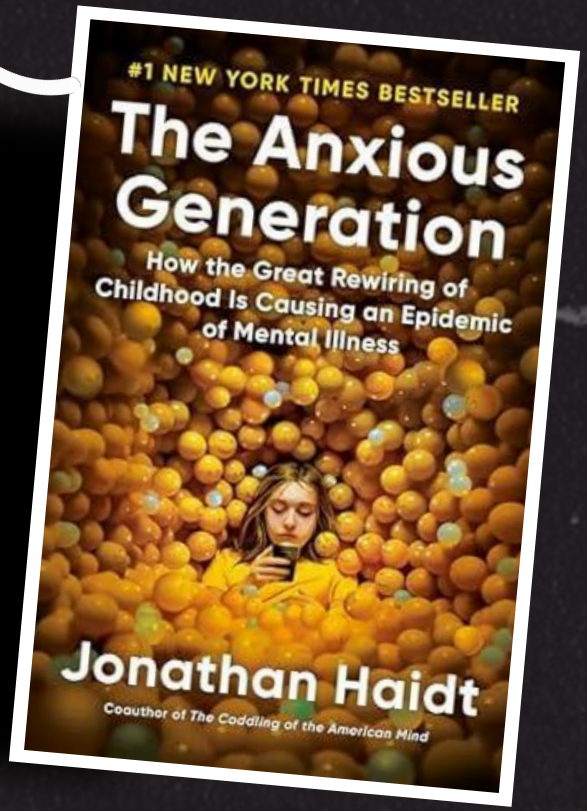
rating



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Four Foundational Harms

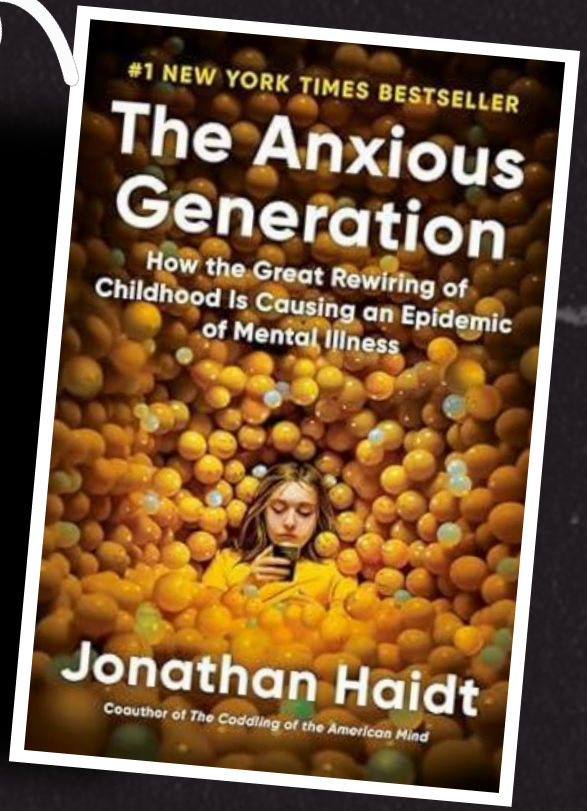
1. Social Deprivation
2. Sleep Deprivation
3. Attention Fragmentation
4. Addition



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Four Proposed Reforms

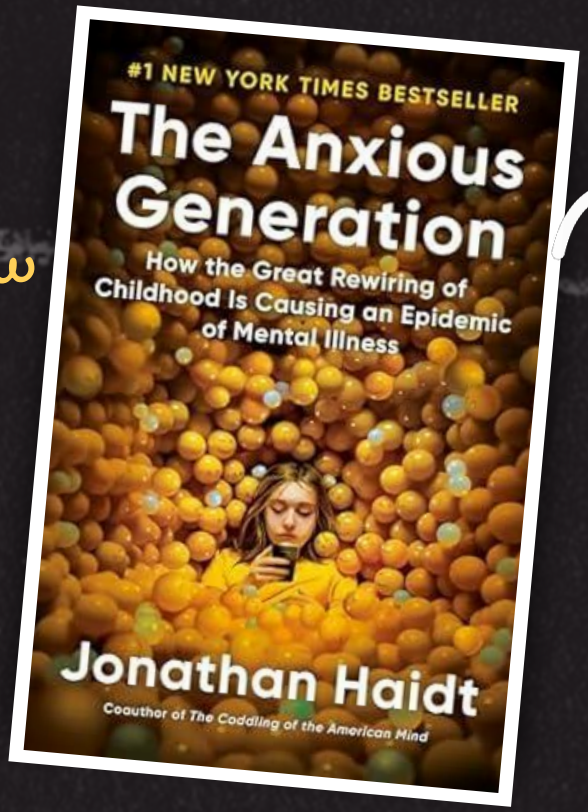
1. Delay Smartphone Use
2. No Social Media Until 16
3. Phone-Free Schools
4. Encourage Unsupervised Play and Independence



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"I did then what I knew how to do. Now that I know better, I do better."

Dr. Maya Angelou



What now?

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