



Rockwood School District

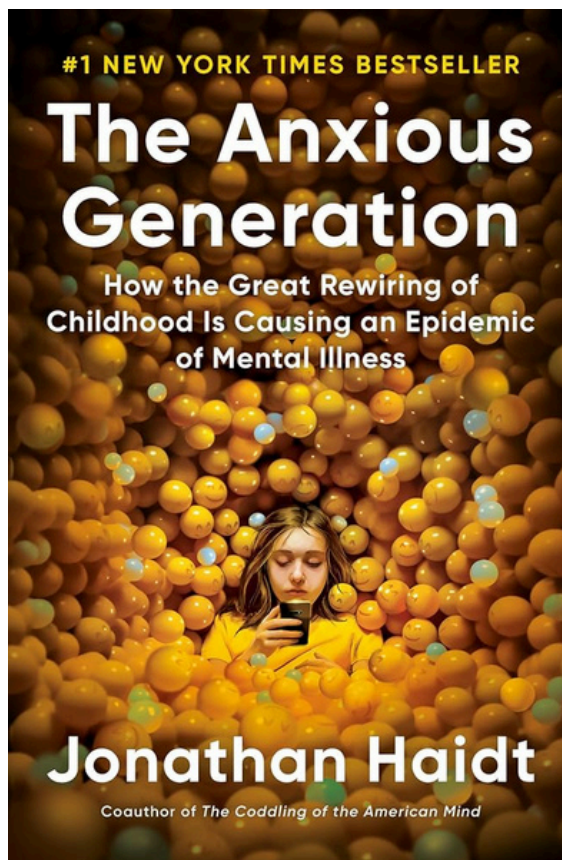


COMMUNITY READ



THE ANXIOUS GENERATION

How the Great Rewiring of Childhood is Causing an
Epidemic of Mental Illness





ABOUT THE BOOK

An investigation into the challenges of youth mental health and a plan for a healthier, freer childhood. Social psychologist Jonathan Haidt explores how the rise of the "phone-based childhood" has coincided with the rise in rates of depression, anxiety and self-harm in children. He explains how the increase in technology use by children interferes with social and neurological development and proposes four simple rules that might help to stop the epidemic of mental illness in children and restore a more humane childhood.

SCHOOL DISCUSSION

Dates vary by school
Check with school librarian

Discuss topics from the book with parents and staff in your school.

To prepare: Read the first half of the book. Reflect on the questions and materials provided.

DISTRICT DISCUSSION

Thursday, Feb. 13, 6:30–8 PM
@ Marquette Theater

Guest speaker Julie Smith, Webster University communications instructor, will discuss book topics with Rockwood parents, staff and high school students.

To prepare: Finish the book. Reflect on the questions and materials provided.

TO REGISTER, GO TO
[RSDMO.ORG/COMMUNITYREAD](https://rsgmo.org/communityread)