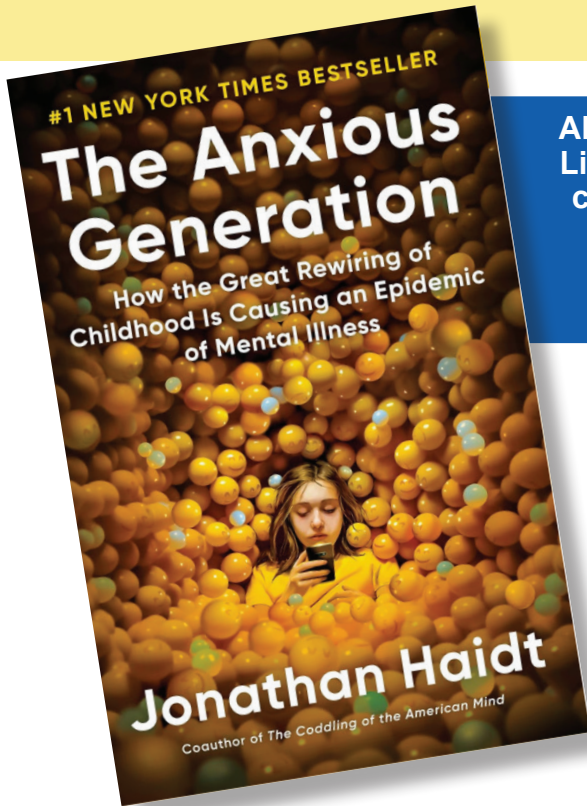


Join Us for the Madeira Community Read!

Madeira Public Library and Madeira City Schools will present a community-wide read of the New York Times bestseller, *The Anxious Generation* by Jonathan Haidt.



All sessions will be held at the Madeira Public Library Community Room at 6:30 PM. Limited copies are available at the Madeira Library, please speak to staff at the front desk.

Open to all community members!

Community Conversation Dates

• [REGISTER FOR ALL PROGRAMS HERE](#) •

Tuesday, April 1 - Why are Kids & Teens so Anxious and Depressed? This conversation will focus on what Haidt calls the “Surge of Suffering,” skyrocketing rates of mental health problems experienced by teens and kids and how that is connected to our culture of fearful parenting, safetyism in the real world, and the breakdown of adult solidarity.

Tuesday, April 15 - The Great Rewiring: How Childhood Has Changed Haidt sites four “foundational harms” of wide-spread, constant cell phone use - social deprivation, sleep deprivation, attention fragmentation, and addiction. He shares data that shows girls are deeply harmed by social media, while boys are more affected by video games and pornography. This conversation will focus on how “The Great Rewiring” has changed the way kids & teens are growing up.

Tuesday, April 29 - Collective Action for a Healthier Childhood What can parents, schools, governments, and tech companies do to protect kids and teens from addictive, easily accessed, destructive, and attention-stealing devices and content?

About the Book

In *The Anxious Generation*, Haidt explores the recent collapse of youth mental health and presents a plan for a healthier, freer childhood. He discusses the decline of the “play-based childhood” and the arrival of the “phone-based childhood” in the early 2010s — and how this “great rewiring of childhood” has interfered with children’s social and neurological development. The book also explains why social media damages girls more than boys, and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies. Haidt describes steps that parents, teachers, schools, tech companies, and governments can take to end the epidemic of mental illness and restore a more humane childhood.

Can’t make our conversation? Hold your own with friends and family. Use these discussion guides:

- [For Parents](#)
- [For Educators](#)
- [For Gen Z](#)

