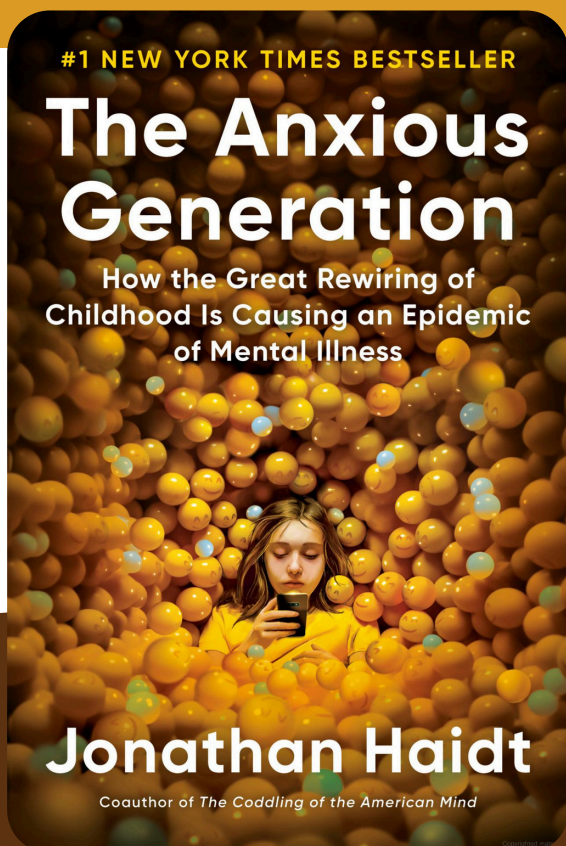


Book Study & Discussion



SALINA
Public Schools



***A must-read for all
educators and parents!***

Join us in a book study and discussion group to uncover four simple rules author Jonathan Haidt believes will set us free from the epidemic of mental illness caused by the "Great Rewiring of Childhood."

Space is limited to 15 participants.

Register by May 5, 2025. You will be notified by May 9 if you are in the book study or on a wait list.

**Register
here**

[https://forms.
gle/73vWLRD
6NoUHbo4p8](https://forms.gle/73vWLRD6NoUHbo4p8)



Why this book?

In *The Anxious Generation*, social psychologist Jonathan Haidt describes how the rewiring of childhood has interfered with children's social and neurological development - from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He 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.

What are the details?

- Read the book! Each participant will receive a copy.
- Come together on two summer dates for discussion.
June 12, 2025, 3:30 - 5:00 pm
July 10, 2025, 3:30 - 5:00 pm
- Discussion groups will meet in the SEC room at the BOE.
- *Optional:* One graduate credit hour will be available from MidAmerica Nazarene University for \$75.

**Must attend discussion sessions*