



FOR IMMEDIATE RELEASE

MEDIA ALERT – Thursday, May 8, 2025

Fargo Public School District #1

FPS HOSTING BOOK DISCUSSION ABOUT ‘THE ANXIOUS GENERATION’

Fargo Public Schools is inviting the community to participate in a discussion about New York Times best-selling book “The Anxious Generation” and the impact social media and cellphones are having on children.

WHAT: Understanding the Anxious Generation
WHEN: **Tuesday, May 13** from 6 p.m. to 8 p.m.
WHERE: Dr. James Carlson Library, 2801 32nd Avenue South, Fargo
CONTACT: **Dr. Liann M. Hanson**, FPS Director of Standards Based Instruction,
hansonl3@fargo.k12.nd.us or 701.446.1047 for more information.

Fargo Public Schools educators and professionals are hosting a book discussion about “The Anxious Generation” by Jonathan Haidt and the effects of cell phone and social media use on the mental health of students on Tuesday.

Caregivers and community members are invited to be part of the conversation about how society’s “rewiring” from play-based childhoods to phone-based childhoods has harmed children and what strategies can be used at home and in school to help curb these impacts.

Jonathan Haidt’s book has cemented itself in the New York Times best-seller list each week since its release in March 2024 and has inspired conversation and legislation related to youth smartphone and social media use.

A free copy of “The Anxious Generation” will be available for up to 70 attendees.

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