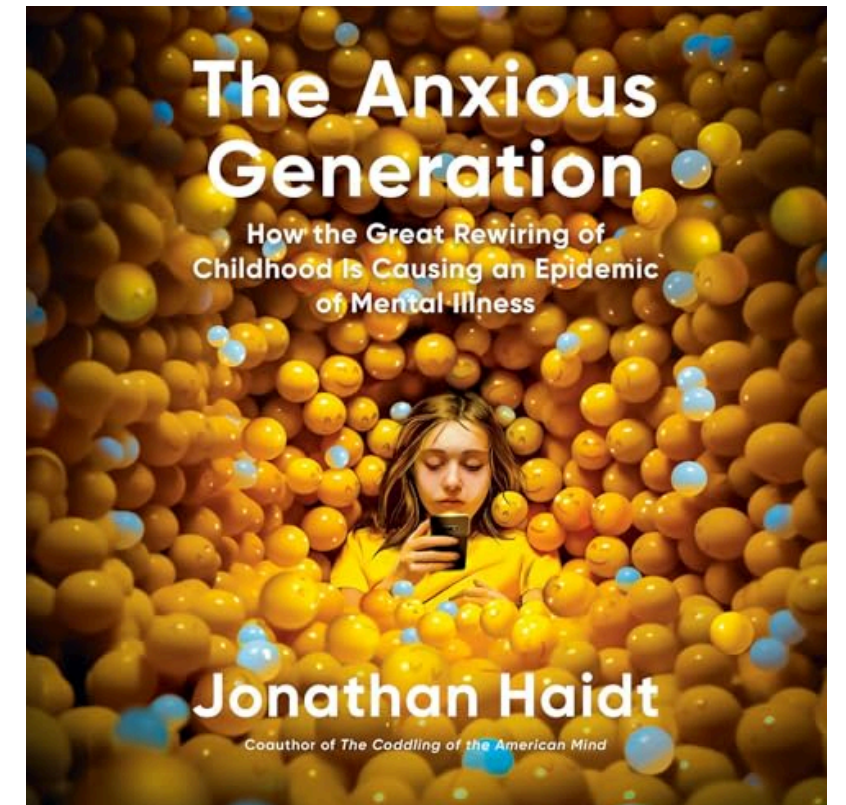


THE ANXIOUS GENERATION BY JONATHAN HAIDT

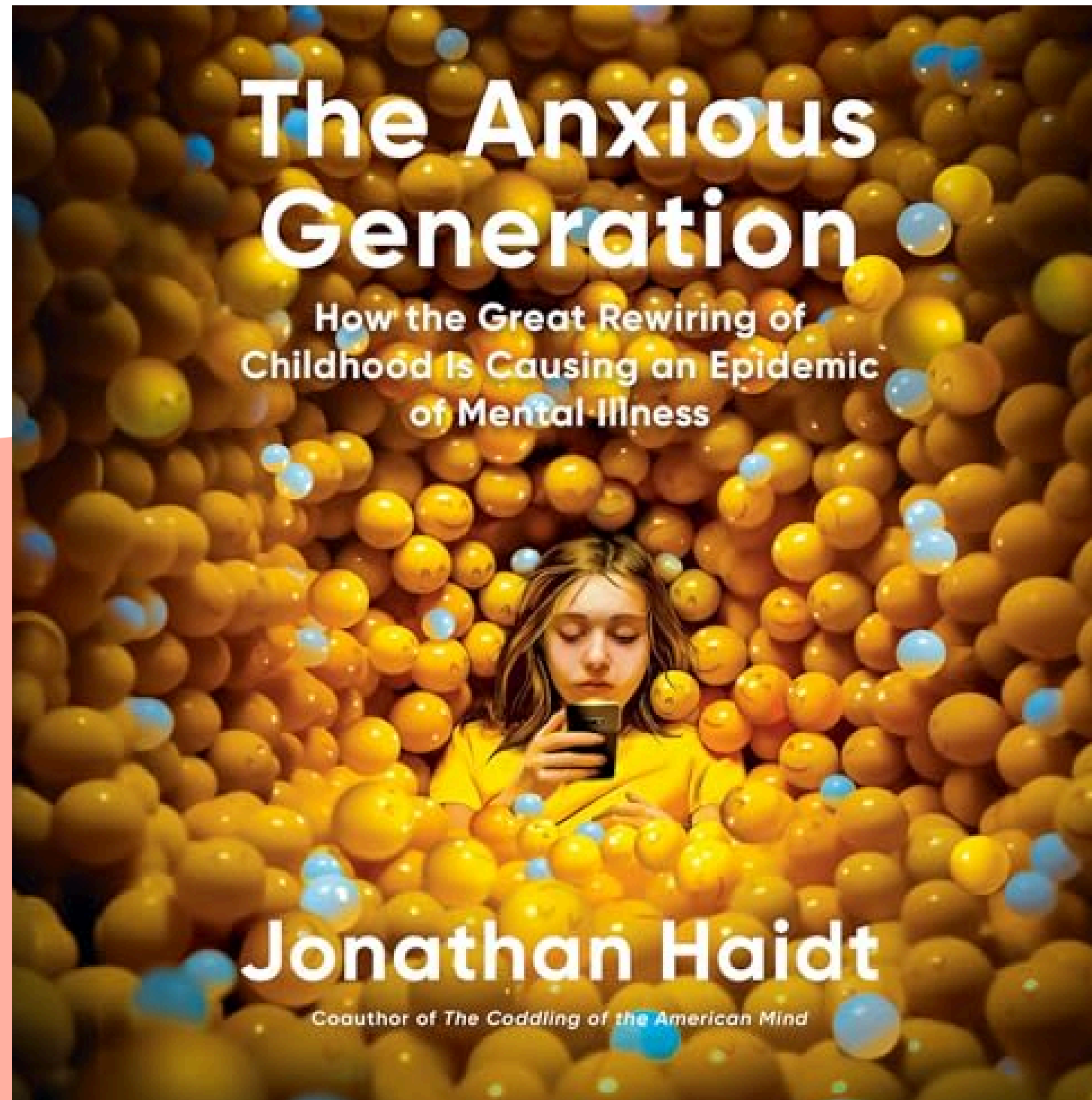
How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness



September 25, 2025

New Providence Board of Education Meeting





The Anxious Generation

Strategic Plan #3

Rooted in Purpose. Growing Together.

Goal- Strengthen the District's commitment to students' mental health and well-being through a comprehensive social-emotional learning (SEL) framework.

Objectives

Establish a district-wide social-emotional learning (SEL) framework that promotes mental wellness, emotional regulation, and resilience across all grade levels.

Educate students, staff, and families on the impact of technology use on mental health and implement strategies to encourage mindful, balanced use of digital tools.

Enhance Community and Family Engagement in SEL & Digital Wellness

This goal directly aligns with key themes:

- N – Nurturing Mental Resilience and Emotional Intelligence:** by embedding SEL into daily practice to support students' ability to regulate, persevere, and grow socially and emotionally.
- T – Teaching and Workforce Development:** by equipping staff with SEL strategies and training to foster safe, responsive classrooms that promote student well-being.
- O – Ongoing Safety and Well-being:** by creating a supportive environment that prioritizes mental health, preventative care, and emotional safety for all students.
- U – Understanding through Equity and Access:** by ensuring that all students, especially those facing trauma or adversity, have access to inclusive and culturally responsive SEL supports.
- I – Inclusive Community and Stakeholder Engagement:** by building authentic partnership with families and community groups to support a comprehensive SEL framework.

Curriculum, Instruction, & Technology

*Annual Board Committee Sub Goals
School Year: 2025/2026*

SMART Goal 2 (Aligned to Strategic Goal 3)

Promoting Digital Wellness

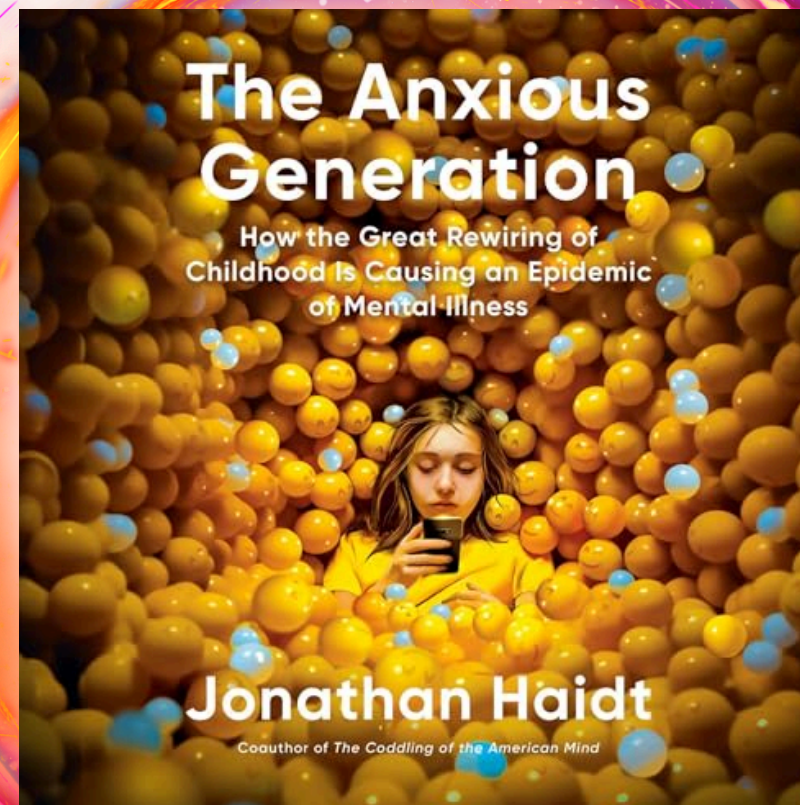
By March 2026, develop and deliver a districtwide digital wellness initiative that includes at least one student workshop per grade band (K-3, 4-6, 7-8, 9-12), one staff professional development session, and one family engagement event, focused on the mental health impacts of technology and strategies for mindful, balanced digital use.

- **Specific:** Focuses on education for students, staff, and families.
- **Measurable:** One workshop, one PD, and one event completed for each audience.
- **Achievable:** Can be coordinated through counseling, technology, curriculum staff, and community partnerships.
- **Relevant:** Directly supports digital wellness and SEL framework goals.
- **Time-bound:** Completed by March 2026.

MOVING FORWARD

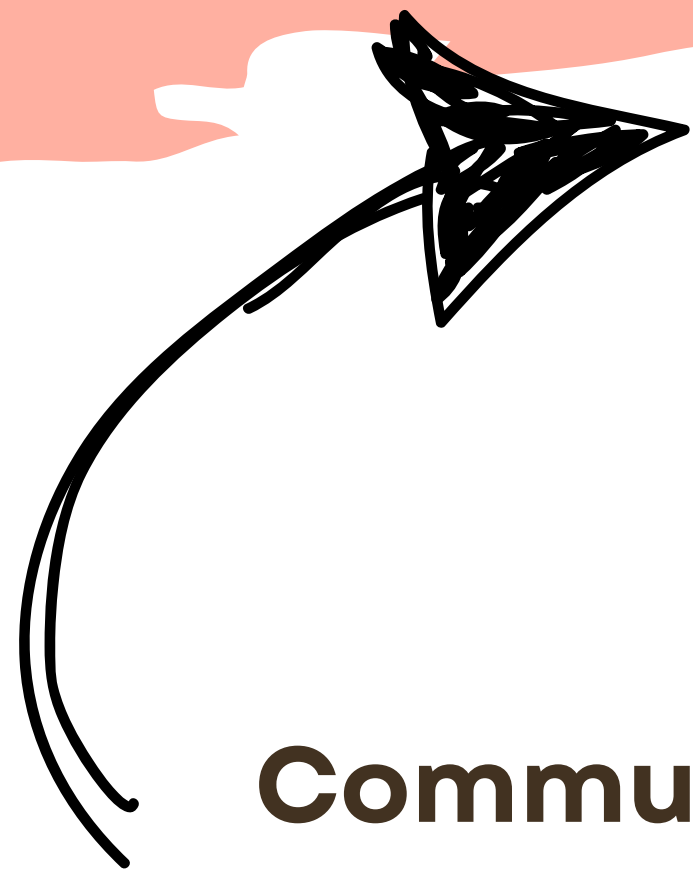
Teachers/Staff

Administrators



Community

3 Community Evenings

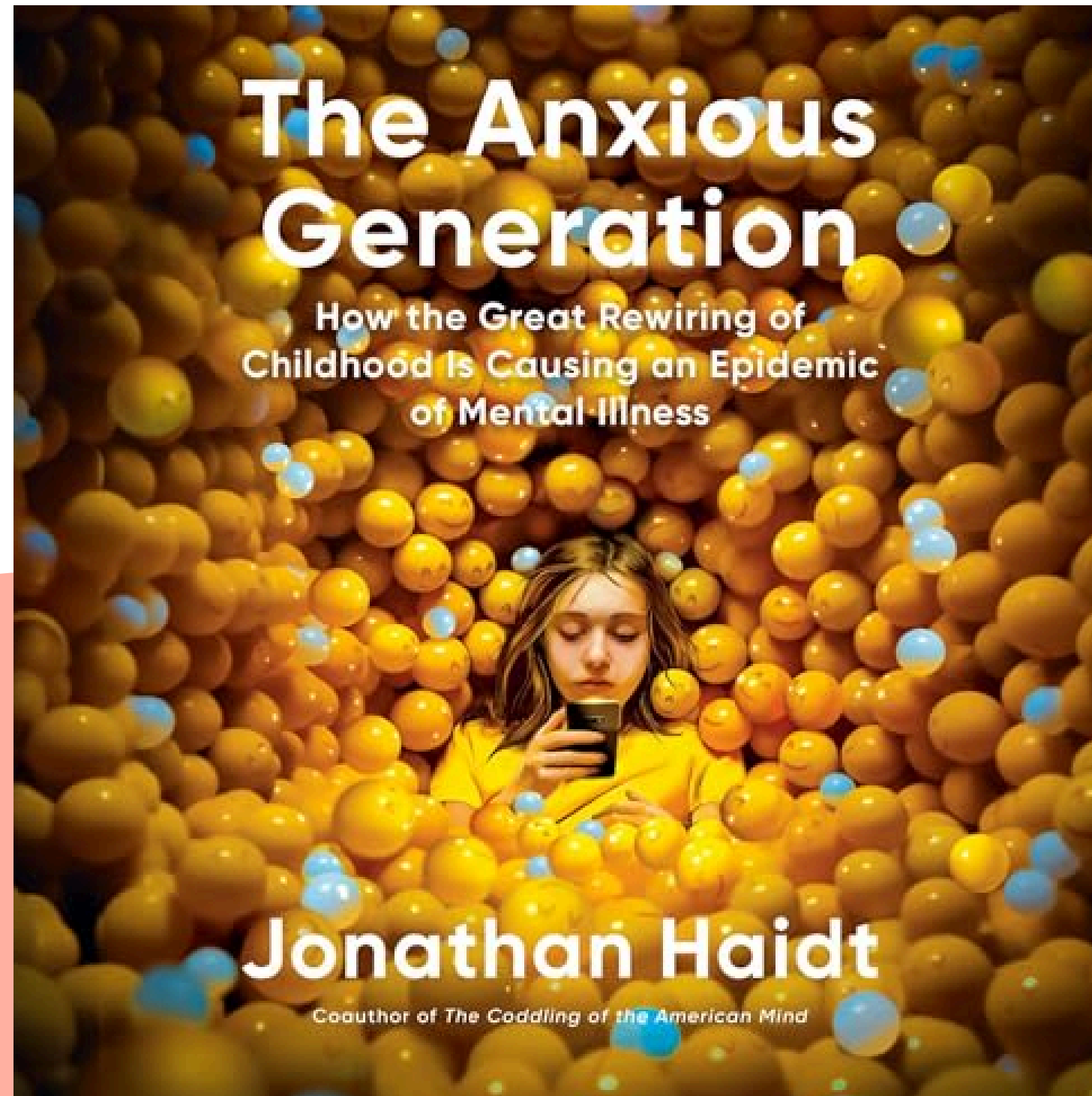


MOVING FORWARD

- Surveys to measure thoughts on the readings and gather ideas at the end of each chapter segment.

Administration and Teacher Timeline

Chapter 1-3	9/19/2025
Chapter 4-7	10/10/2025
Chapter 8-10	10/31/2025
Chapter 10-12	11/21/2025
1/2 Day PD	Week of 12/8/2025 Specific Date forthcoming



Chapter 1-3

Google Form

PARENTS, STUDENTS, SCHOOL & COMMUNITY

TBD

7:00 p.m. HS/MS Cafe.

Session 1

AG Book Summary

- Key Research Findings
- Key Recommendations

Q&A Panelist

- Expert Psychologists
- Parent Coaches
- Local Champions of Phone Free Schools & Wait Till 8th

Session 2

Open discussion to identify community priorities, brainstorm ideas and action steps.

Session 2a

Elementary Schools

Tuesday, Nov. 11th

7:00 p.m. HS/MS Cafe.

Session 2b

Middle & High Schools

Thursday, Nov. 13th

7:00 p.m. HS/MS Cafe.

Survey Students

Wednesday, Dec. 3rd

7:00 p.m. HS/MS Cafe.

Session 3

Summary of ideas and action items :

- Teachers
- Administration
- Students
- Parents
- Community

Prioritization

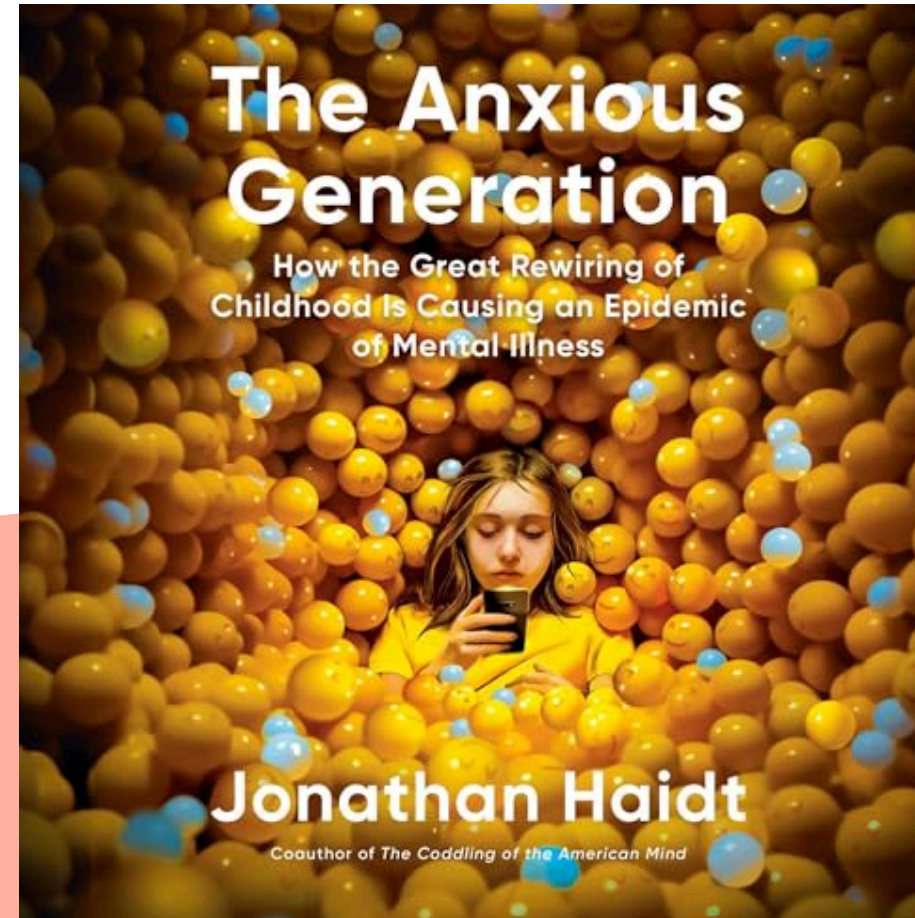
Next Steps

WHAT DO WE HOPE TO GET OUT OF THIS...

Common Understanding

Awareness & Reflection

Actionable Takeaways



Partnership Between
School & Community

Community Culture Shift

Alignment of Supports