

THE ANXIOUS GENERATION: COMMUNITY CONVERSATIONS

FOR PARENTS, CAREGIVERS, & EDUCATORS

Join us to explore Jonathan Haidt's best-selling book, *The Anxious Generation*. We'll examine challenges to youth mental health in the digital age and look for practical solutions.

WED.

15
OCT

PART 1: UNDERSTANDING THE CHALLENGE

Book summary and local expert panelists.

TUES.

11
NOV

PART 2A: GRADES K-5 FOCUSED CONVERSATION

Discuss age-specific challenges such as screen time and free-play.

or

THURS.

13
NOV

PART 2B: GRADES 6-12 FOCUSED CONVERSATION

Discuss age-related topics such as how phones impact mood, relationships and sleep.

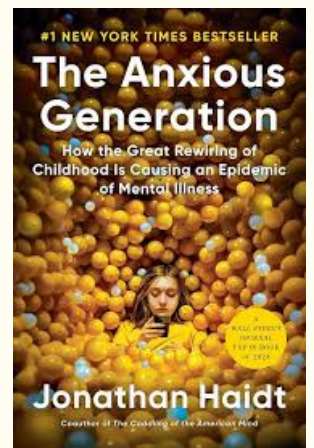
WED.

3
DEC

PART 3: SOLUTIONS AND ACTION

Brainstorm community initiatives for digital balance and youth social connections.

3 Part
Parent
Series



Location: New Providence High School Media Center

Time: 7 p.m. – 8:30 p.m.



Students invited to join Part 3 on Dec 3rd.
Want to ask our expert panelists a question?
Please submit in advance using the following link
or QR Code: forms.gle/cUxWwZskFdcBZQs5

