

#1 NEW YORK TIMES BESTSELLER

# The Anxious Generation

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

A  
New York Times  
NOTABLE  
BOOK

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*



# "The Anxious Generation"

by: Jonathan Haidt

Bringing Back  
Play-Based  
Childhood

What is this book about?

# The Great Rewiring of Childhood

- Childhood has drastically changed since early 2010s
- **Smartphones, social media,** and **overprotective parenting**
- Kids' brains, social skills, emotional regulation being shaped by *screens*
- Need shaped by real-world experiences, *unstructured* free play
- Gen Z (mid-late 90s to early 2010s) - almost *no* unsupervised time



# The Great Rewiring of Childhood

- Today **half** of our kids on the internet almost all of the time
- Mental health has collapsed, especially for girls
- Incredible pattern of changes simultaneously in many countries



Why did I decide to do a book study?



*H&SA*

MOUNTAIN LAKES

Home & School

ASSOCIATION

# Rising Anxiety and Mental Health Issues

Haidt connects the decline of real-world social interactions and the rise of online comparison culture to the **increase in anxiety, depression, and loneliness** among kids and teens.



# Parent Engagement and Partnership

- Significant increase in student conflicts
- Digital mistakes can be permanent, publicly visible
- Comparison culture
- We are all on the same team
- If not us, then who else to do this work?



What were key takeaways from our study?

# Participation

- 18 Parents Participated
- Study Sessions had to be moved twice
- Struggles with time and dates to accommodate everyone



# Book Study Discussion

- 48 Hour Challenge
- Wellness Weekends
- Outside of School opportunities for non-device socialization
- Anti-Screen Clubs
- Parent Programs



# Action at Political Level

- Internet Enabled Devices Legislation
- MLSD is looking at many ways to not just meet the requirement, but also provide the best learning environment for our students.

