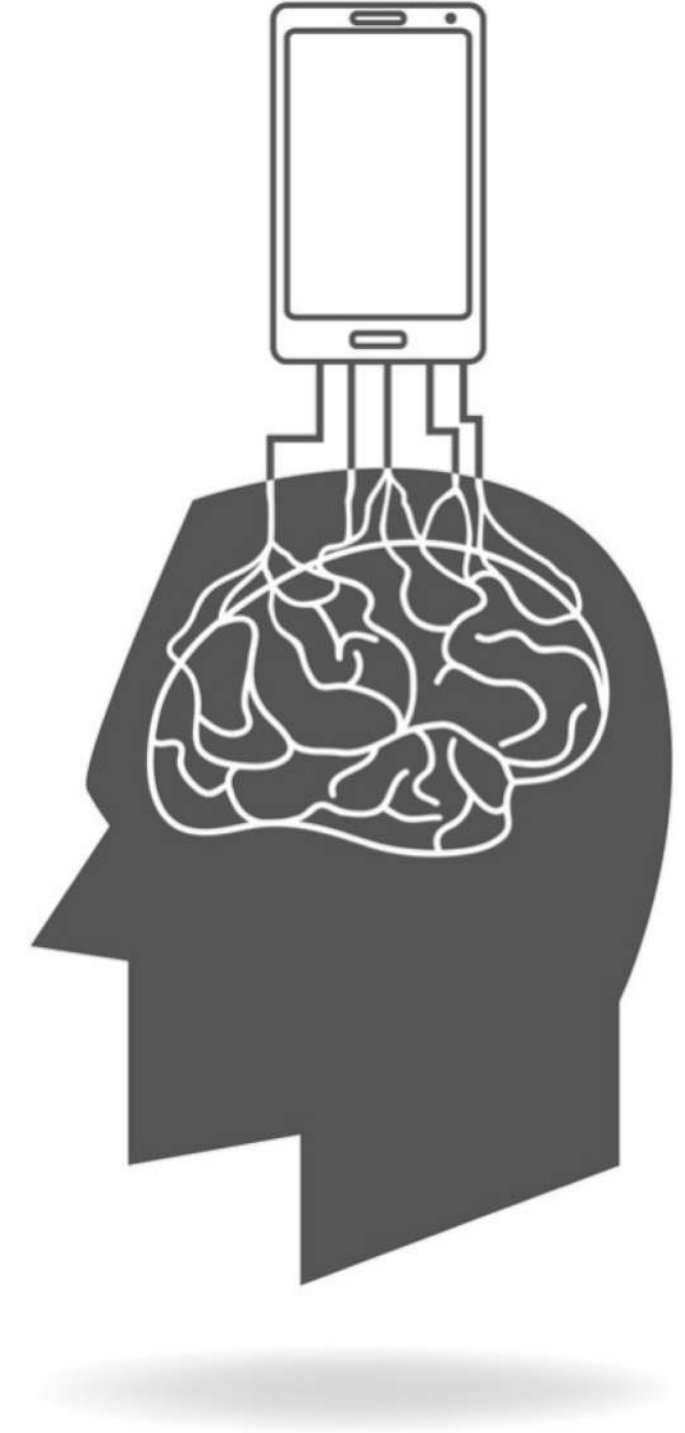


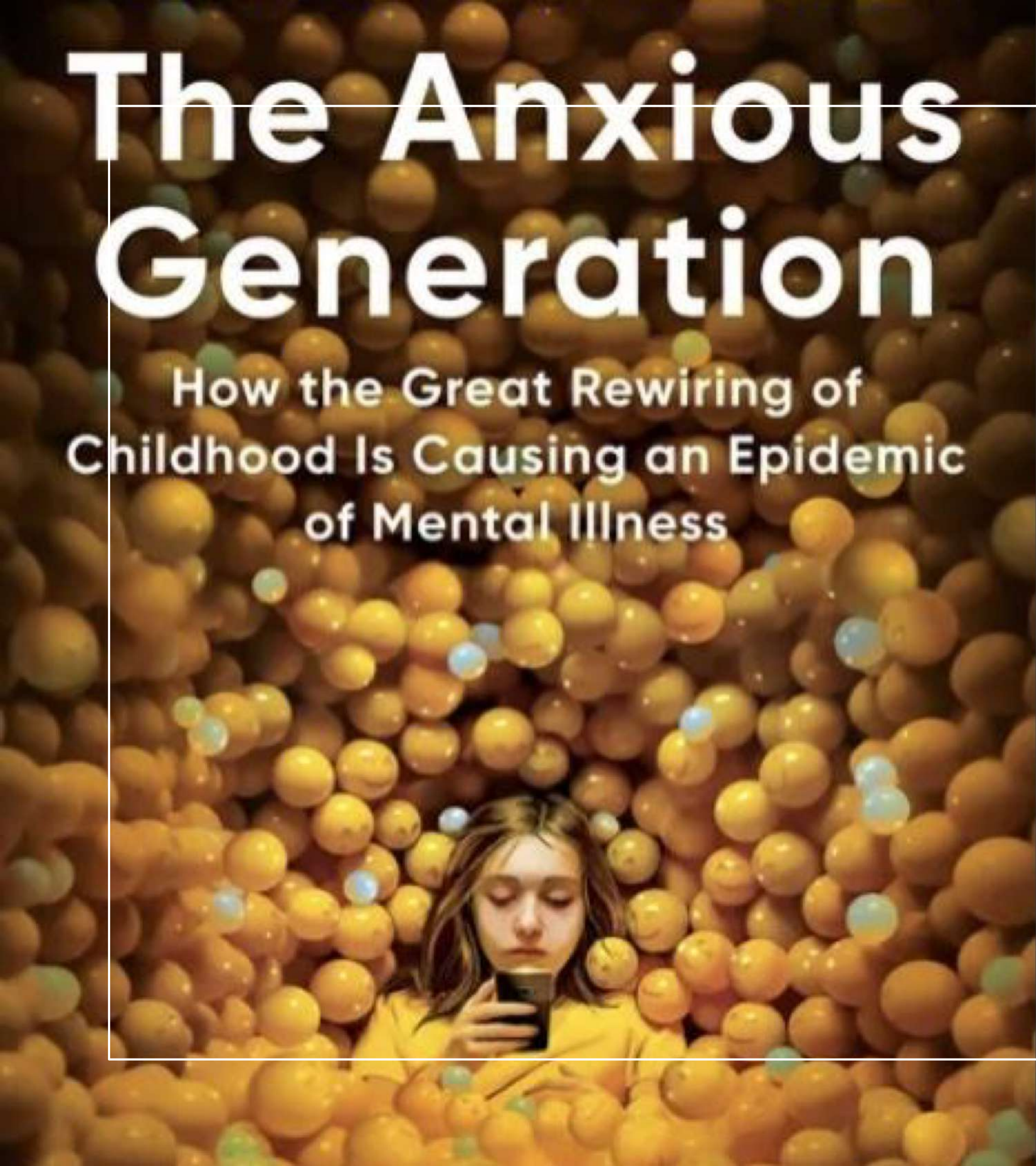
THE ANXIOUS GENERATION

FLO TJHEN | AWC 25



The Anxious Generation

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



OVERVIEW

WHAT IS THE PROBLEM?

HOW DID WE GET HERE?

WHAT ARE THE CONSEQUENCES?

WHAT CAN WE DO?

**UNDERSTANDING THE PROBLEM:
HOW BAD IS IT?**

ON THE RISE

Major Depressive Episodes in the Past Year

Percent of 12-17-Year-Olds

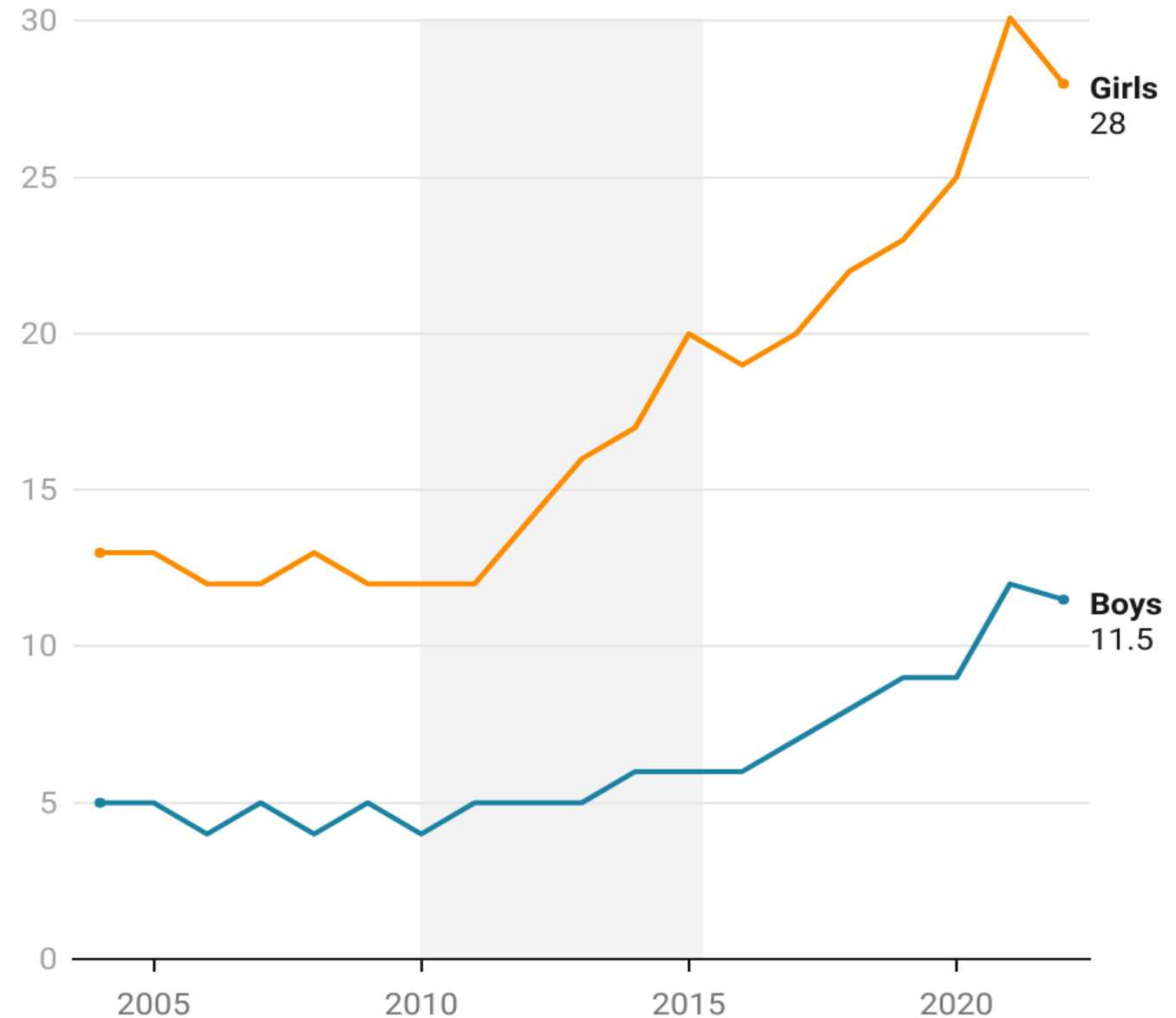


Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper

UNDERSTANDING THE PROBLEM:
HOW BAD IS IT?

ANXIETY

DEPRESSION

Percent of U.S. Undergraduates with a Mental Illness

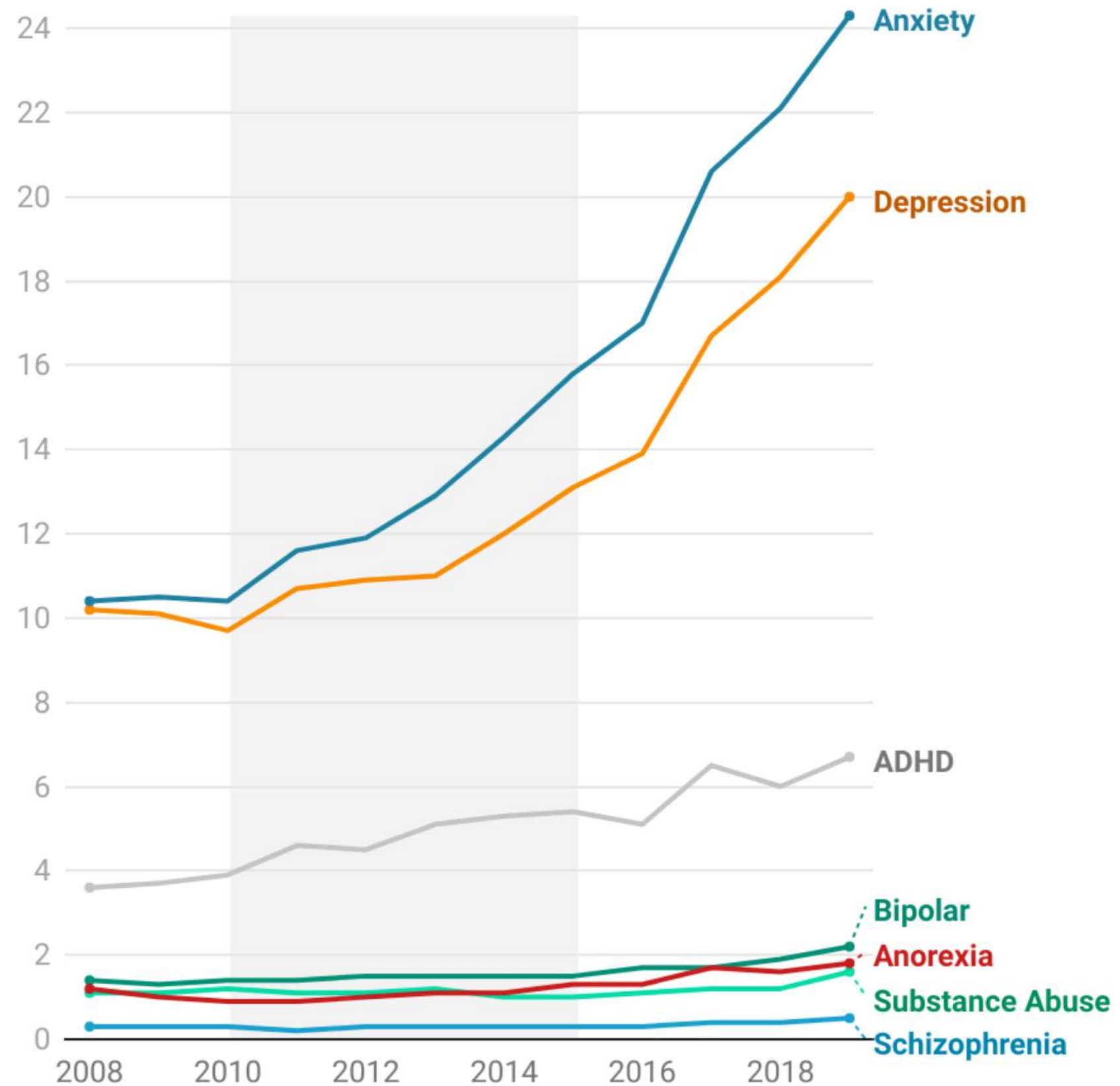
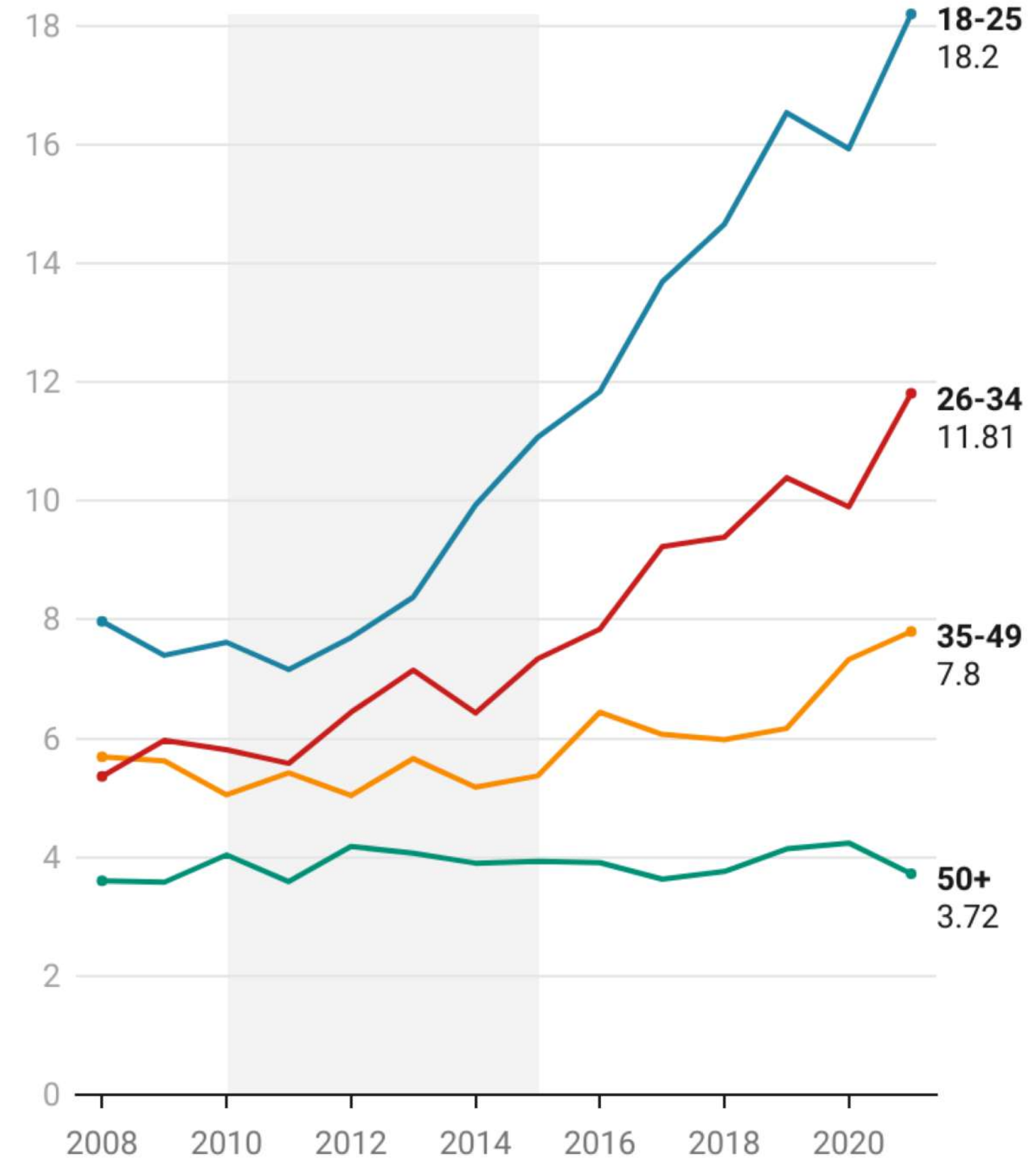


Chart: Zach Rausch • Source: American College Health Association (ACHA-NCHA II) • Created with Datawrapper

**UNDERSTANDING THE PROBLEM:
HOW BAD IS IT?**

**HITS GEN Z
HARDEST**

Percent U.S. Anxiety Prevalence



US Emergency Room Visits for Self-Harm

(Ages 10-14)

Rate per 100,000 Population

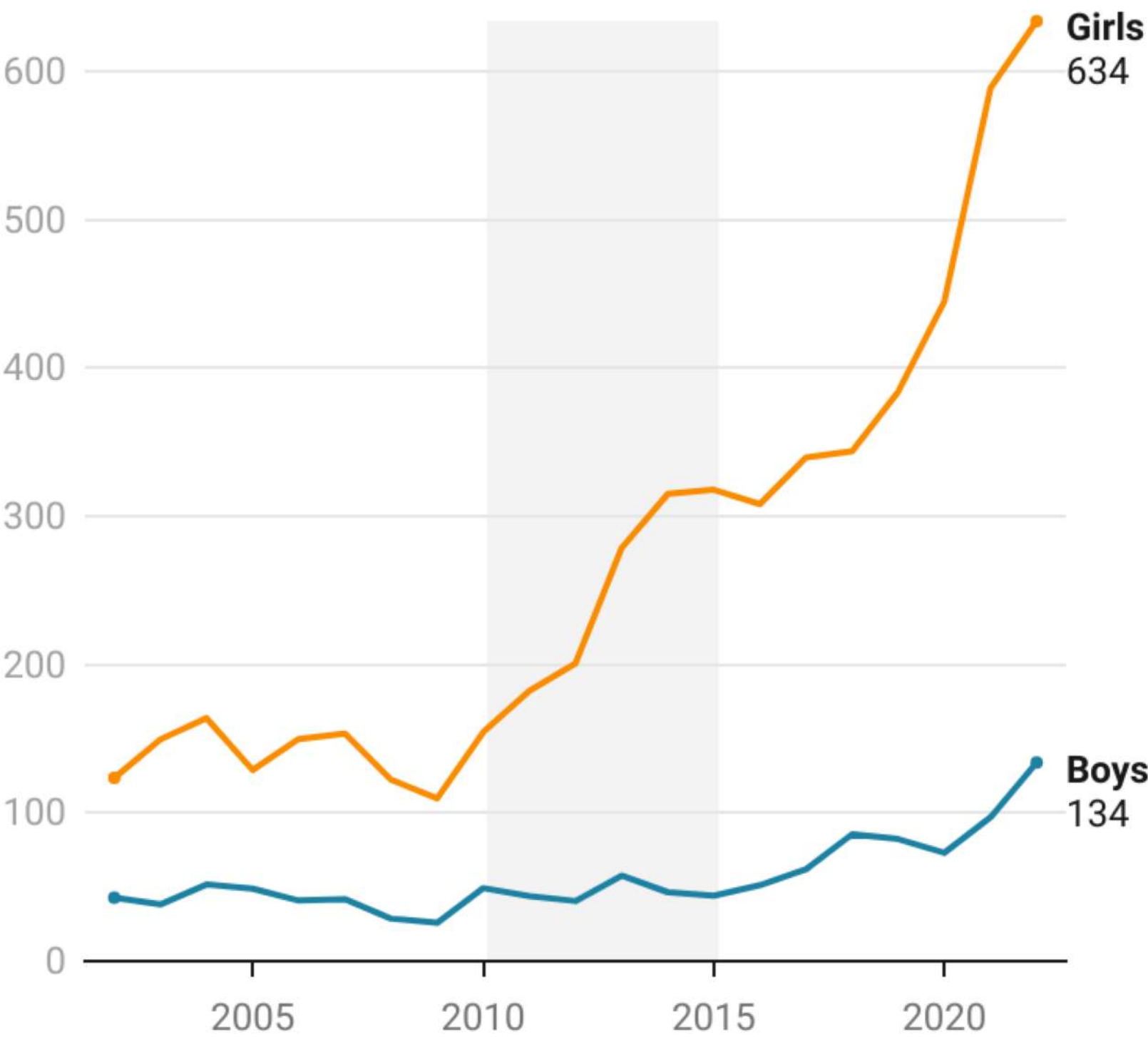


Chart: Zach Rausch • Source: CDC Non-Fatal Injury Reports • Created with DataV

US Teen Girls Hospitalized for Self-Harm

(Ages 10-14)

Rate per 100,000

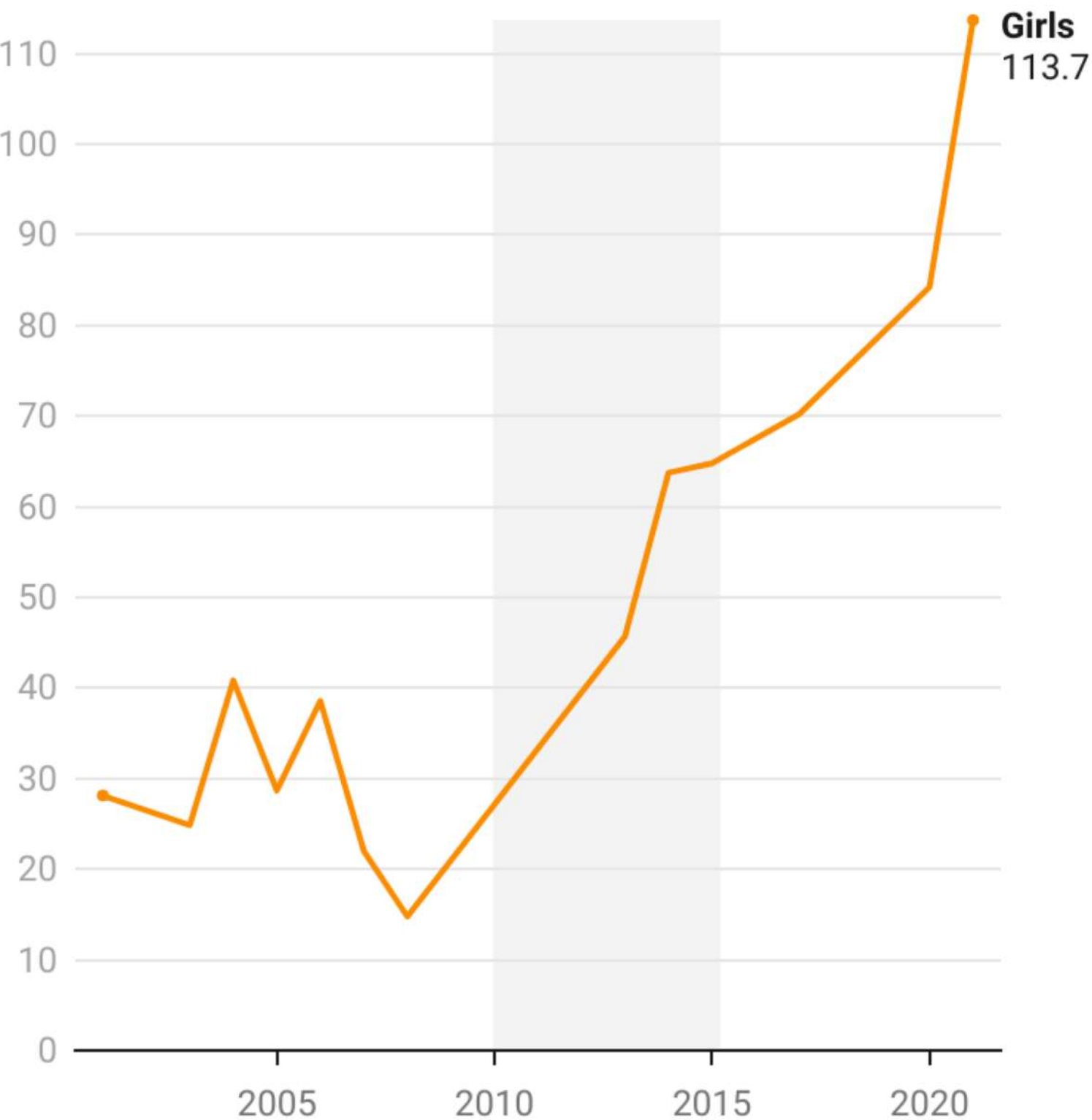


Chart: Zach Rausch • Source: Center for Disease Control Non-Fatal Injury Reports • Created with DataV

OVERVIEW

WHAT IS THE PROBLEM?

HOW DID WE GET HERE?

WHAT ARE THE CONSEQUENCES?

WHAT CAN WE DO?

PERCENT OF U.S. UNDERGRADUATES WITH A MENTAL ILLNESS

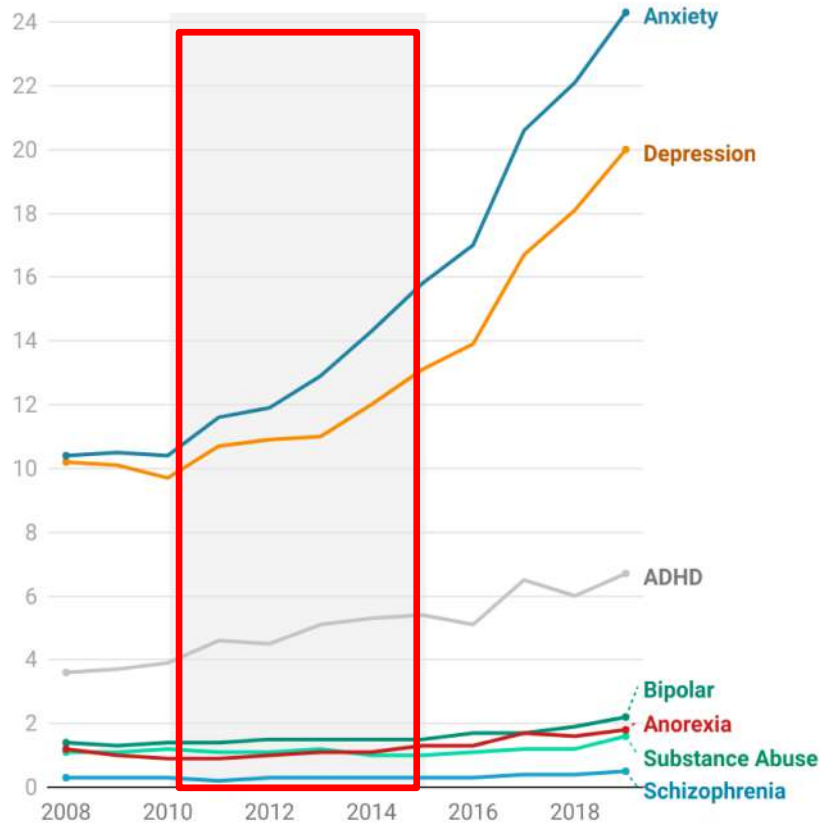


Chart: Zach Rausch • Source: American College Health Association (ACHA-NCHA II) • Created with Datawrapper

MAJOR DEPRESSIVE EPISODES IN THE PAST YEAR (US TEENS)

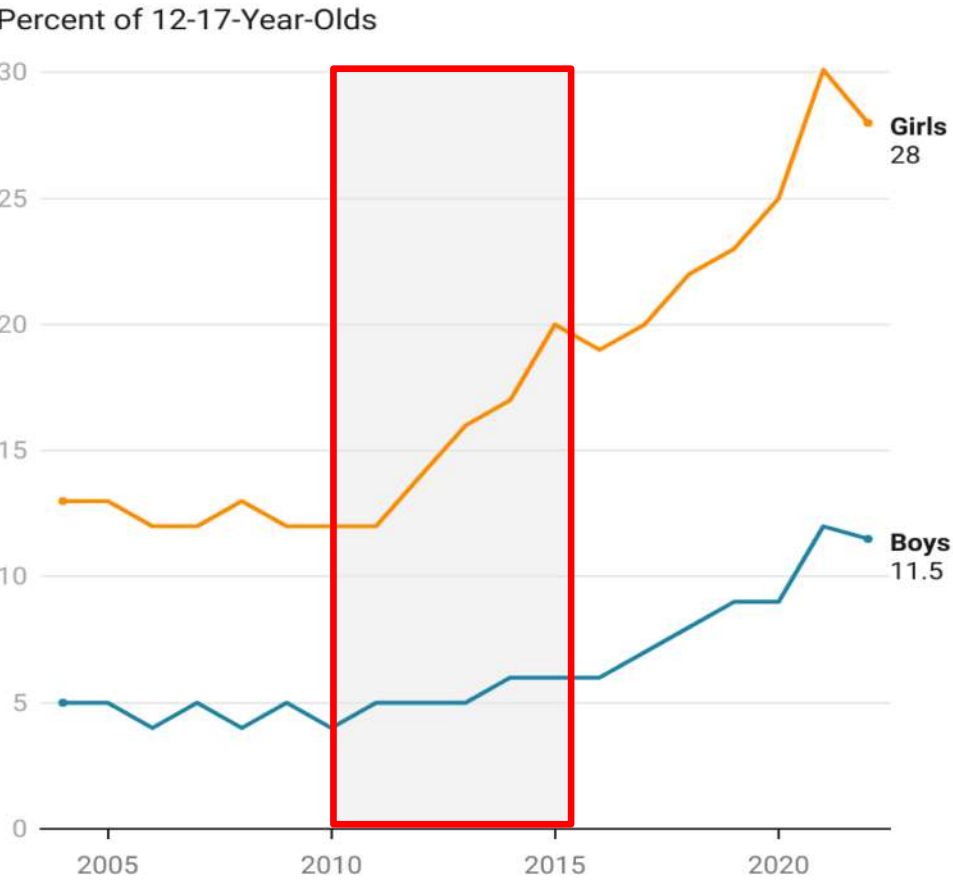


Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper

US EMERGENCY ROOM VISITS FOR SELF HARM

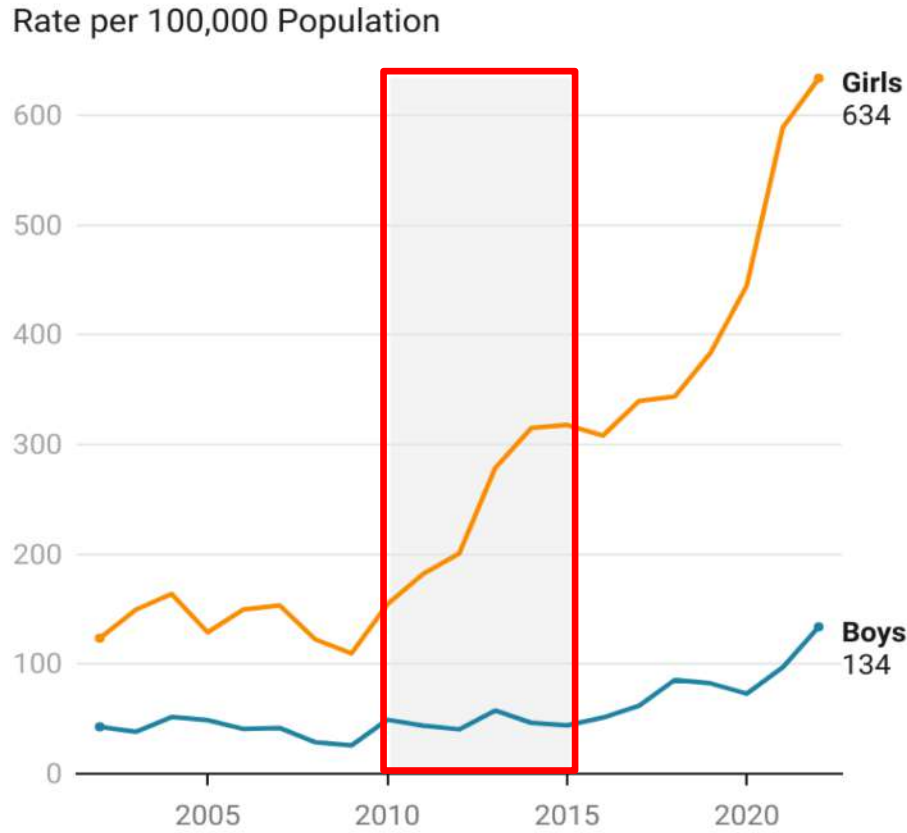
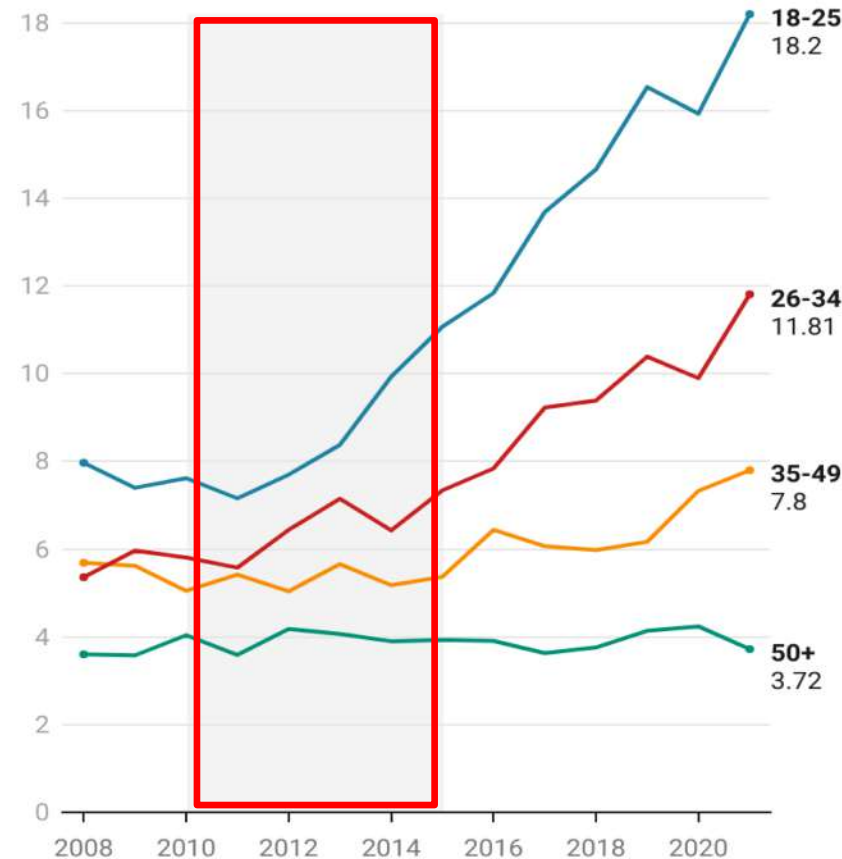


Chart: Zach Rausch • Source: CDC Non-Fatal Injury Reports • Created with Datawrapper

PERCENT U.S. ANXIETY PREVALENCE



WHAT HAPPENED
BETWEEN 2010
TO 2015?

US TEEN GIRLS HOSPITALIZED FOR SELF HARM

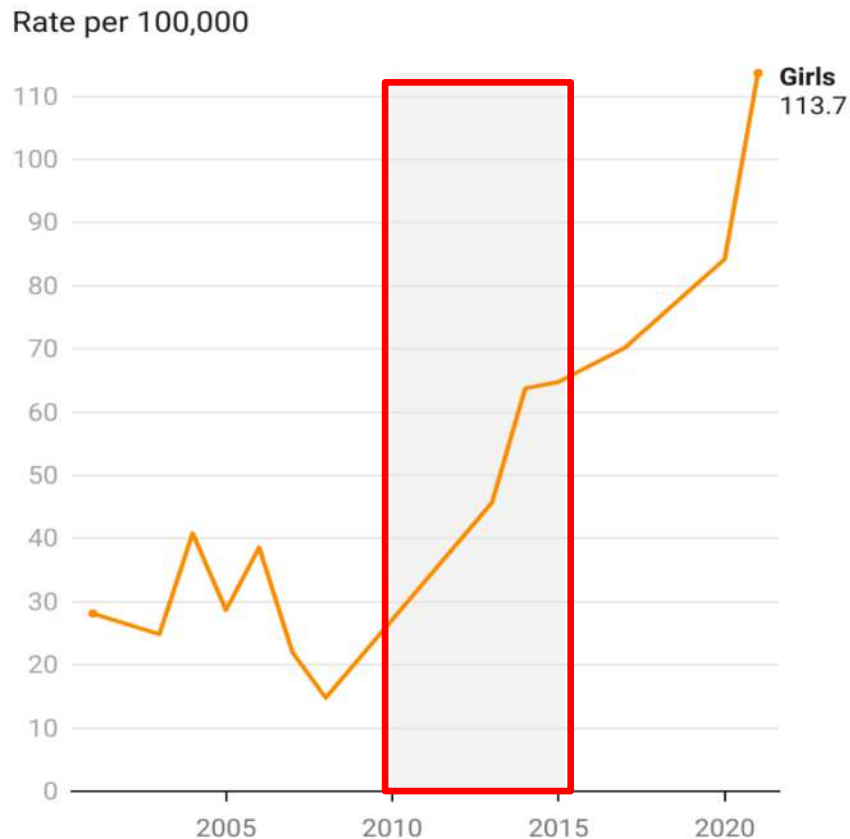
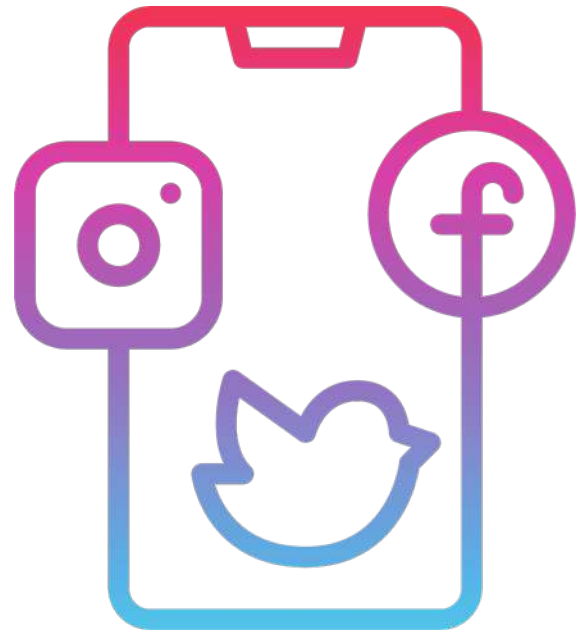


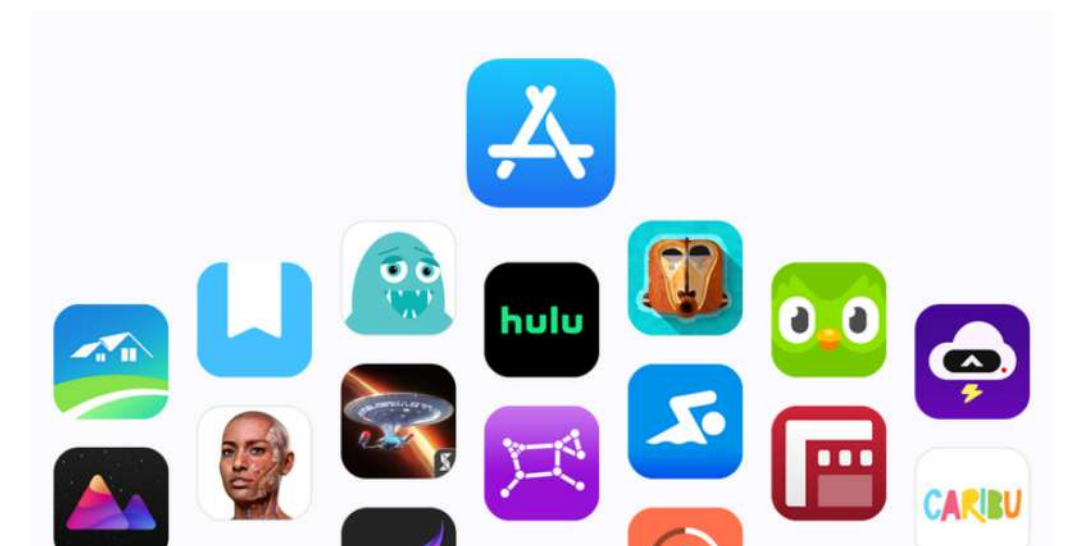
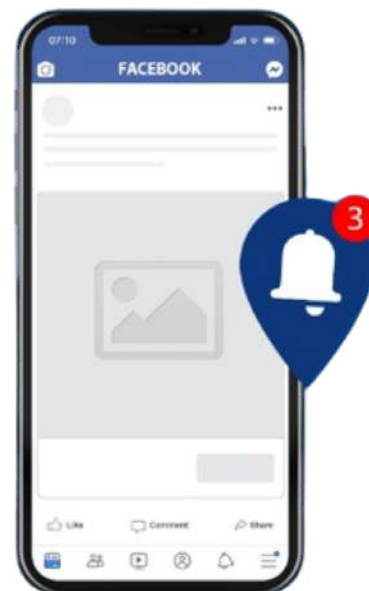
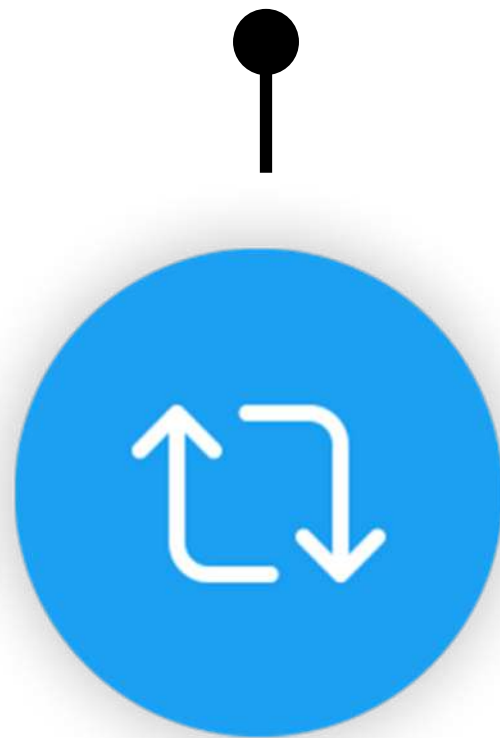
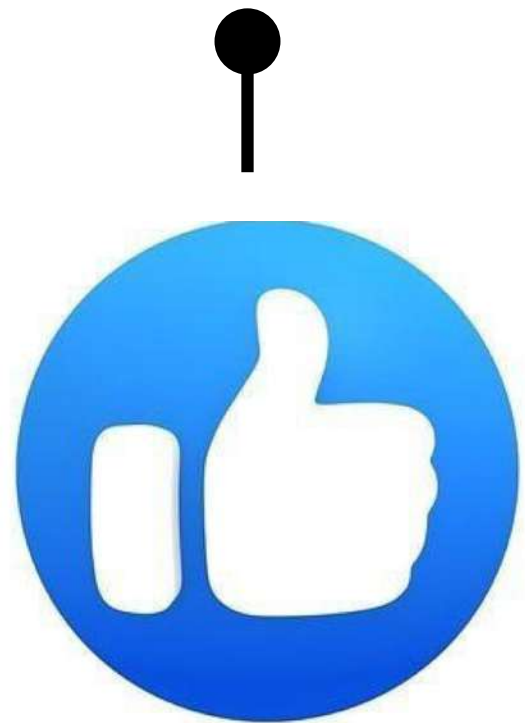
Chart: Zach Rausch • Source: Center for Disease Control Non-Fatal Injury Reports • Created with Datawrapper

2009-2013



NETWORKS TO PLATFORMS

from swiss army knife to 24/7 access portal



Daily Social Media Users (U.S. Adolescents)

Percent of high schoolers using social media "nearly every day"

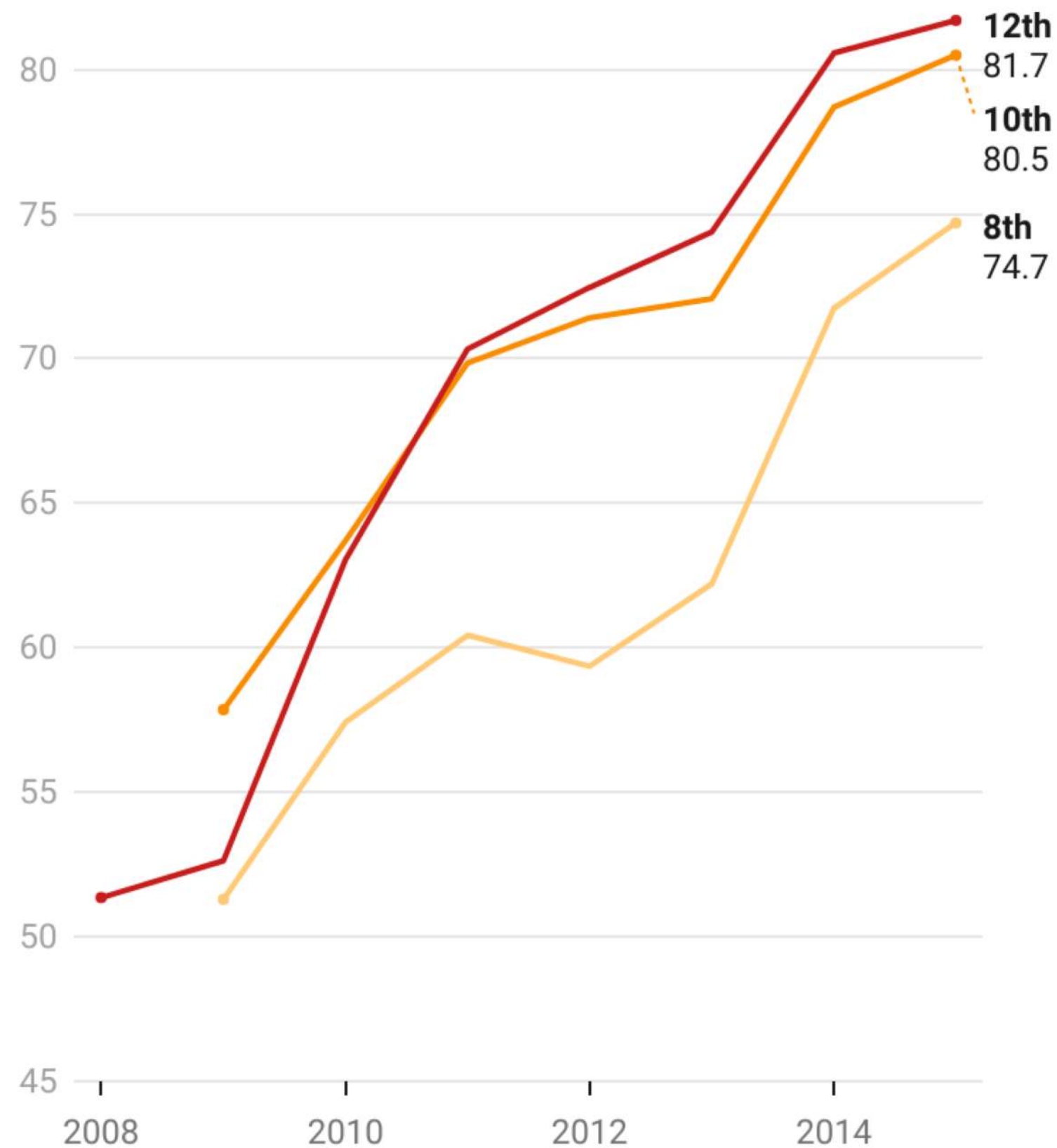
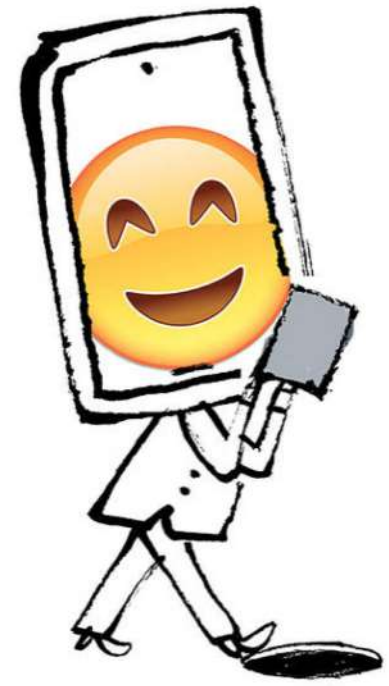
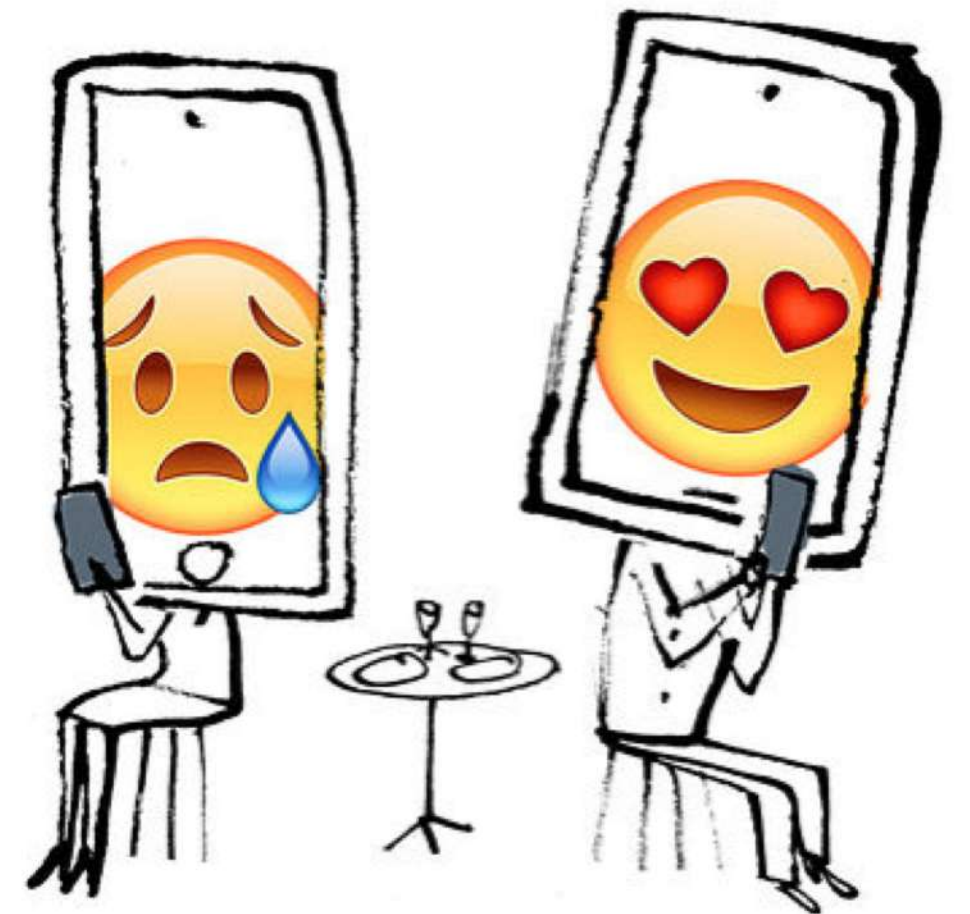
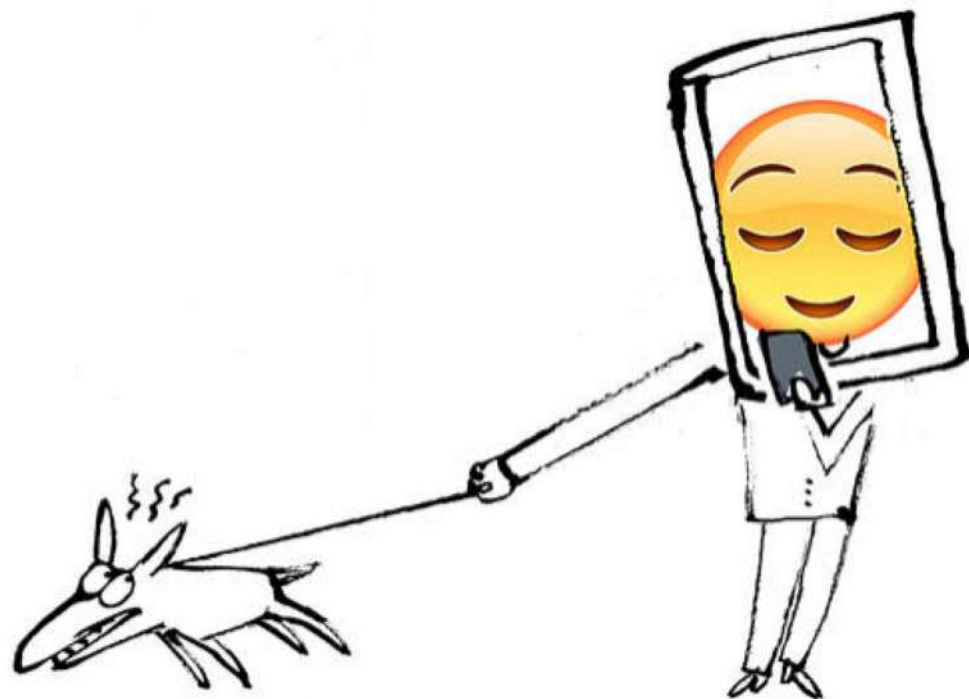


Chart: Zach Rausch • Source: Monitoring the Future • Created with Datawrapper

**SMARTPHONE AND
SOCIAL MEDIA
USAGE AMONG
TEENS
SKYROCKETED**



**By 2023, more than 46% of
teens report being online
'almost all of the time.'**





”PLAY IS THE **WORK OF CHILDHOOD.”**

**“TOLERATE BRUISES, HANDLE THEIR EMOTIONS, READ OTHER CHILDREN’S
EMOTIONS, TAKE TURNS, RESOLVE CONFLICTS AND PLAY FAIR.”**

SOCIAL LEARNING



FEARFUL PARENTING & SAFETYISM:

EXPERIENCE BLOCKERS





"We've created a safe, nonjudgmental environment that will leave your child ill-prepared for real life."

RECAP W/
NEIGHBOR:

WHAT DID
YOU HEAR?

5

OVERVIEW

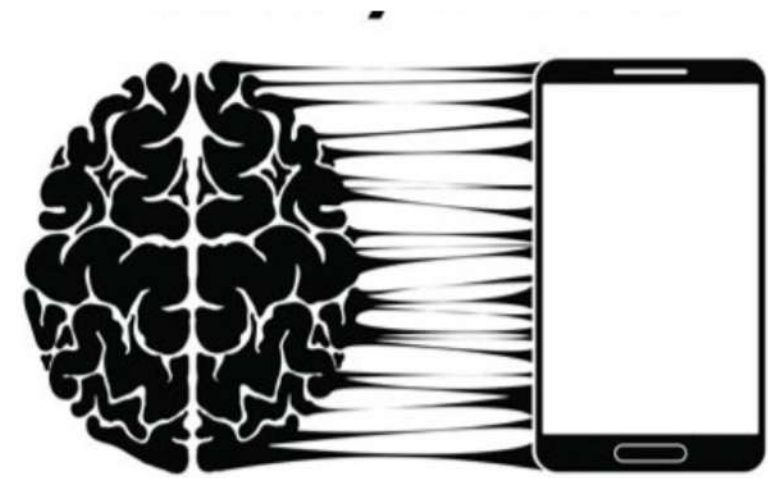
WHAT IS THE PROBLEM?

HOW DID WE GET HERE?

WHAT ARE THE CONSEQUENCES?

WHAT CAN WE DO?

THE GREAT **REWIRING** OF CHILDHOOD





DISEMBODIED

ASYNCHRONOUS

ONE TO MANY

LOW BAR FOR ENTRY & EXIT

4 FOUNDATIONAL HARMS OF A PHONE-BASED CHILDHOOD

SOCIAL DEPRIVATION

SLEEP DEPRIVATION

ADDICTION

ATTENTION FRAGMENTATION



ADDICTION

4 FOUNDATIONAL HARMS OF A PHONE-BASED CHILDHOOD

SOCIAL DEPRIVATION

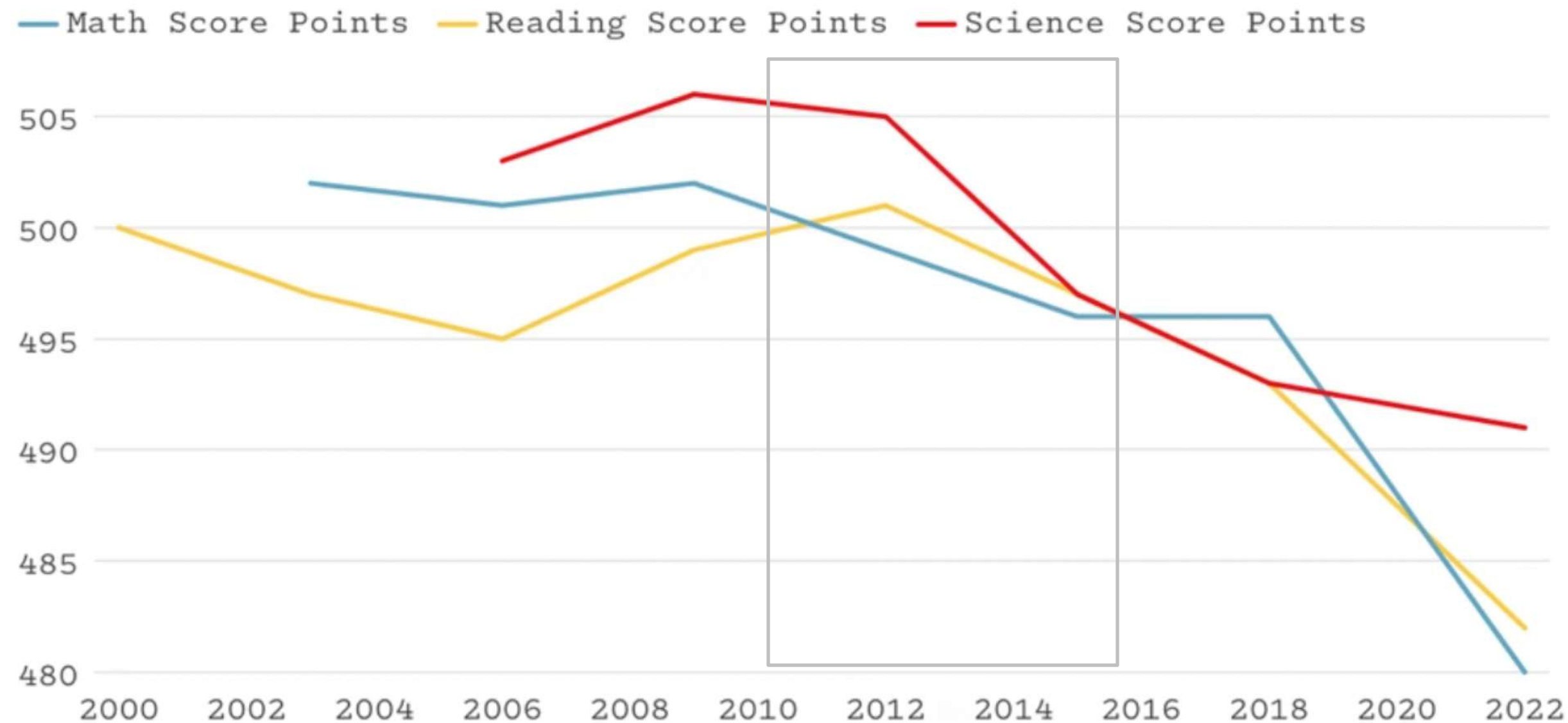
SLEEP DEPRIVATION

ADDICTION

ATTENTION FRAGMENTATION

SMARTPHONES

Global PISA test scores in decline

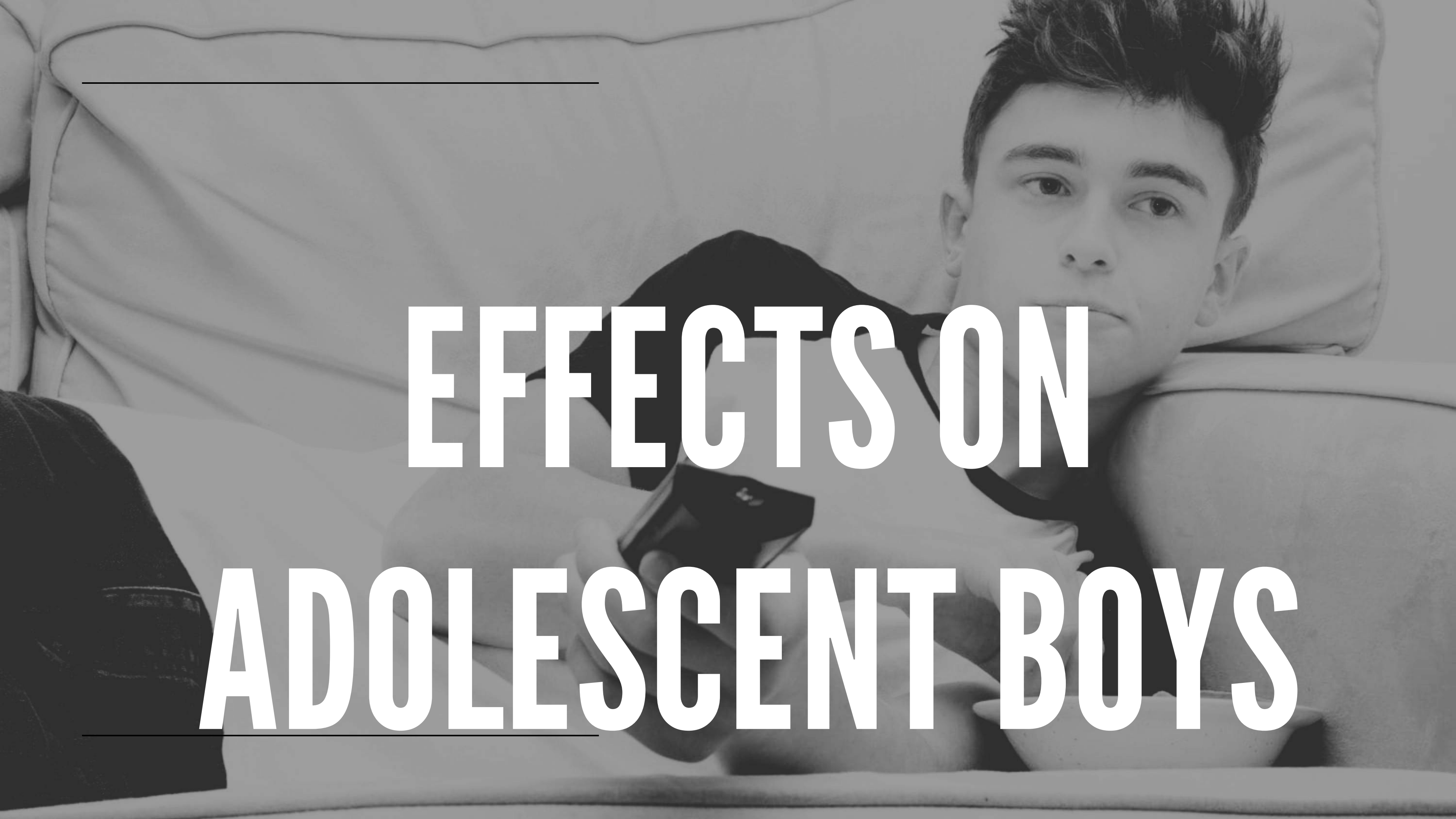


MAKING

KIDS

DUMBER

**WEAPONS OF
MASS DISTRACTION**



EFFECTS ON

ADOLESCENT BOYS



Not
in
Education
Employment
or
Trainning



SOCIAL MEDIA
HARMS GIRLS MORE
THAN BOYS

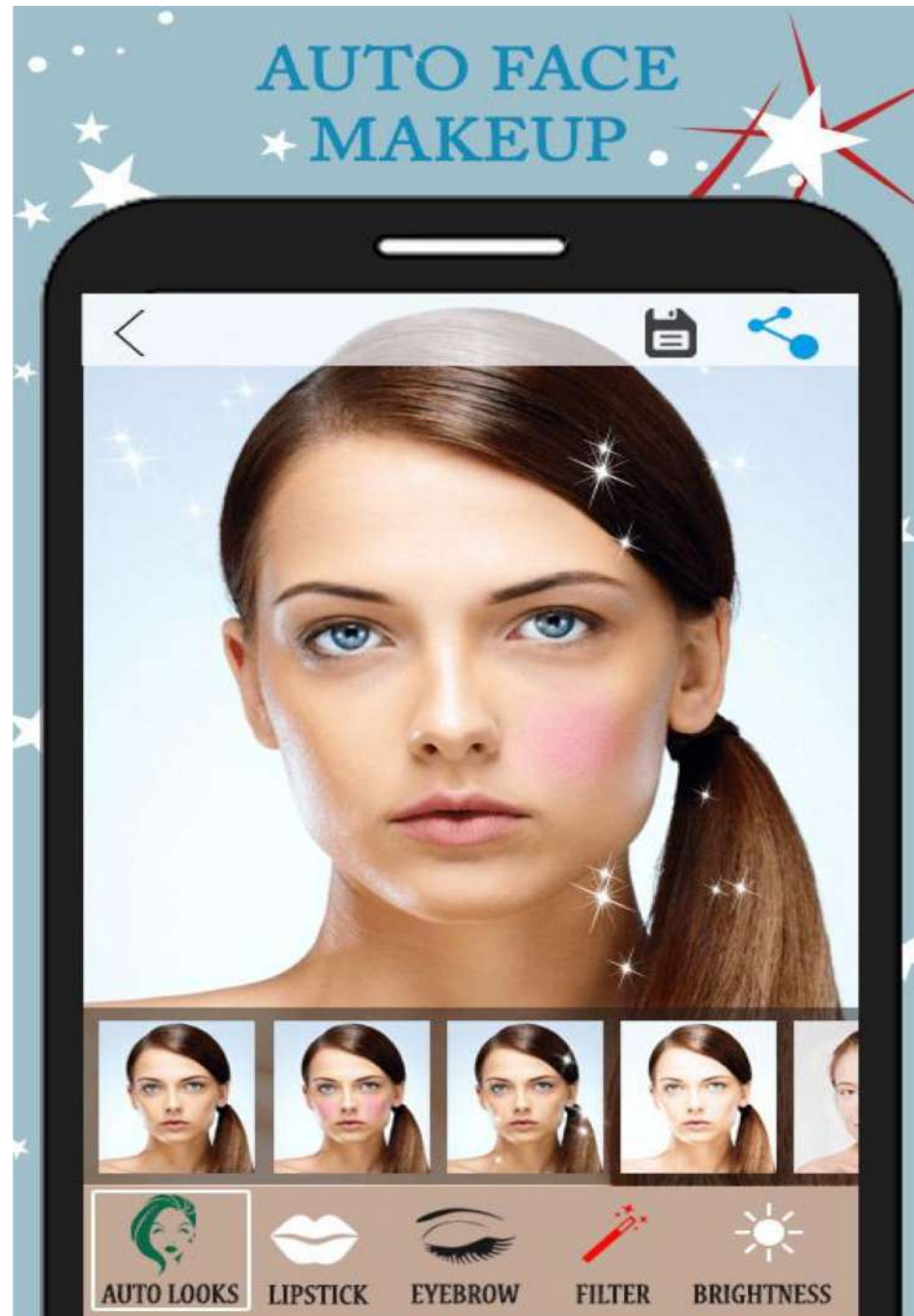


MORE RELATIONAL

EXPRESS ANGER AND AGGRESSION RELATIONALLY

**MORE AFFECTED BY COMPARISON, ESPECIALLY
APPEARANCE**

PREYED UPON BY MEN ON THE INTERNET



Satisfied with Oneself

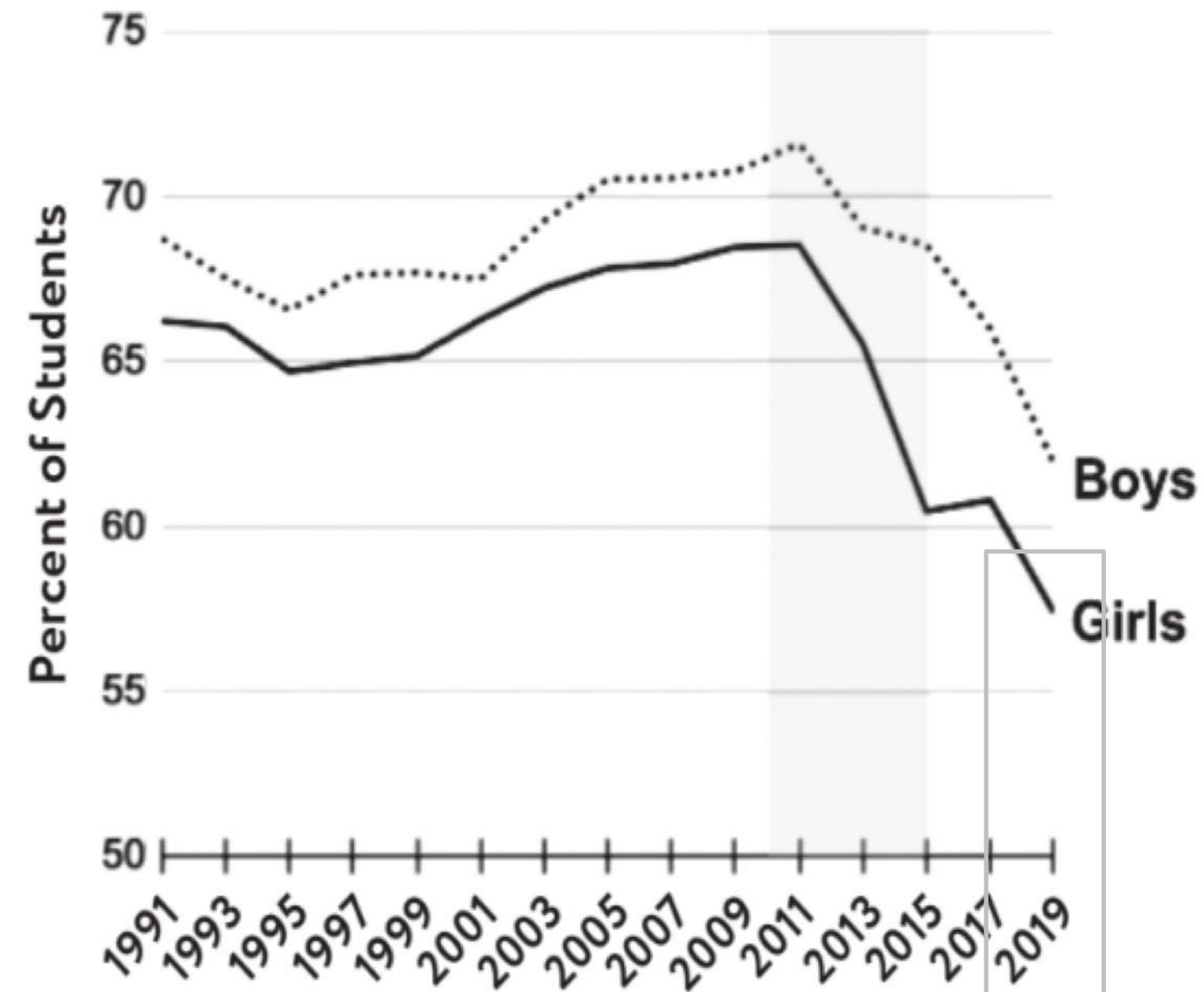


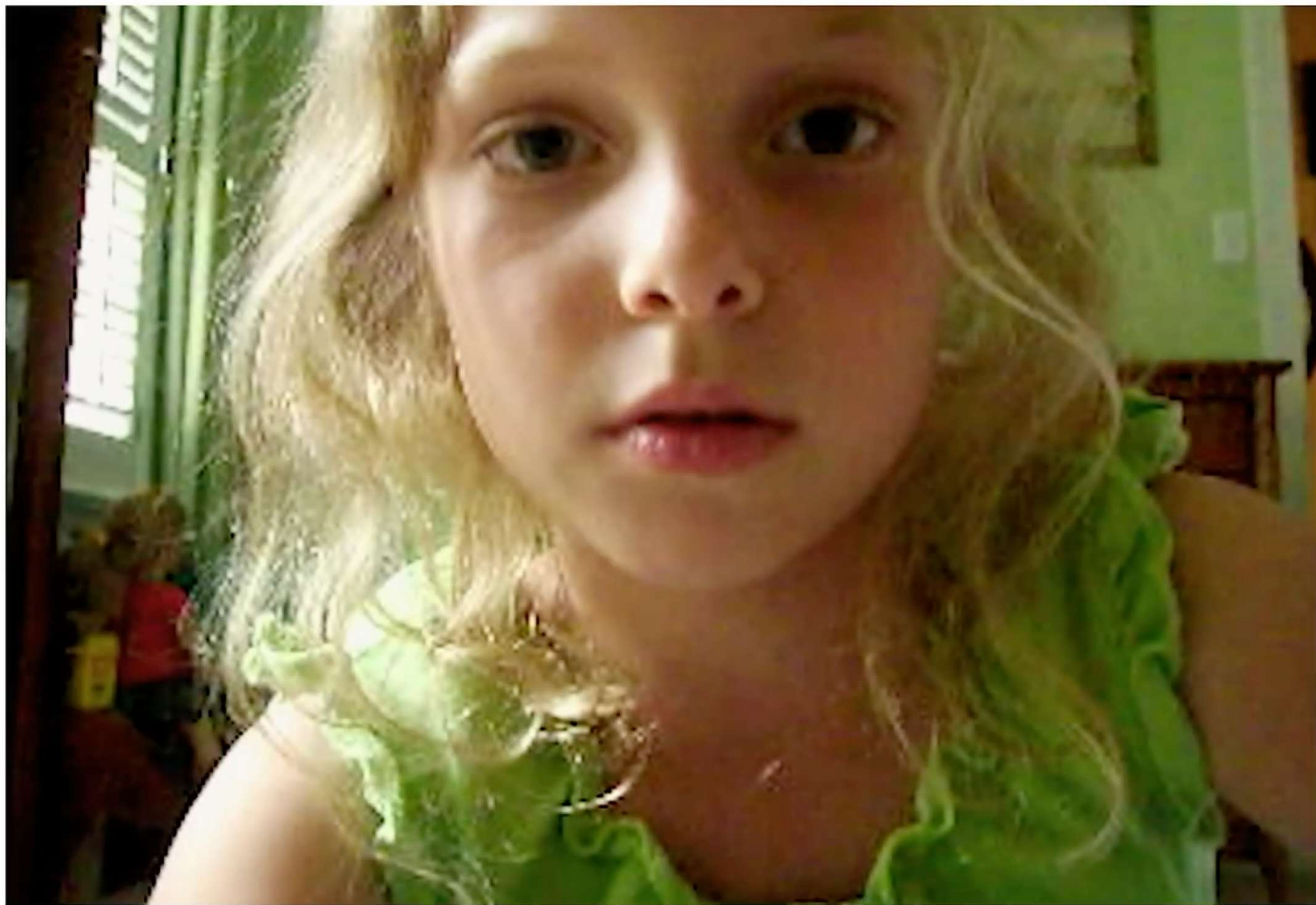
Figure 6.5. The sociometer plunge of 2012. Percent of U.S. students (8th, 10th, and 12th grade) who said they were satisfied with themselves. (Source: Monitoring the Future.)



DISCUSS:

WHAT IS YOUR
REACTION
AFTER
LISTENING TO
THE SONG?

5



look at yours elf

your gross ugly self

JOHN 10:10

**“THE THIEF COMES ONLY TO STEAL AND
KILL AND DESTROY. I CAME THAT THEY
MAY HAVE LIFE AND HAVE IT
ABUNDANTLY.”**



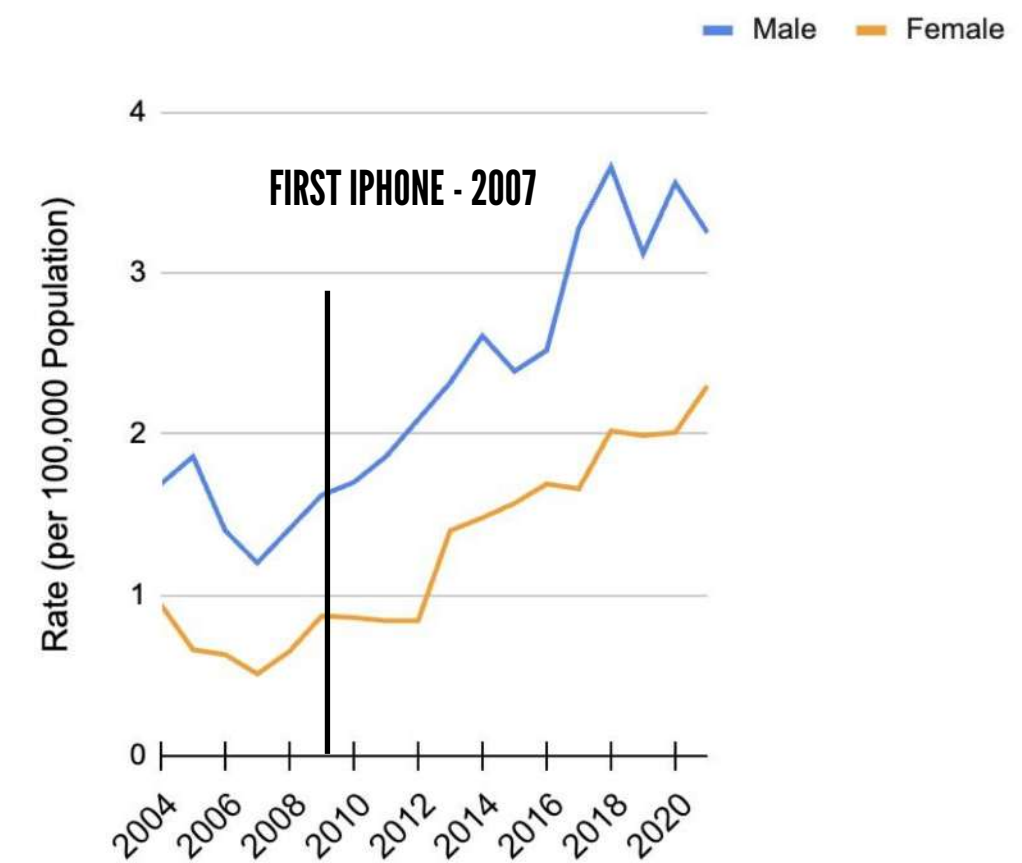
TECHNOLOGY

END THE PHONE-BASED CHILDHOOD NOW

The environment in which kids grow up today is hostile to human development.

By Jonathan Haidt
Photographs by Maggie Shannon

US Teens Suicide Rates, Ages 10 - 14





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Bill Gates is surprisingly strict about his kids' tech use — and it should be a red flag for the rest of us

Chris Weller Jan 14, 2018, 7:00 AM PST

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BENZINGA

Hidden Side of Steve Jobs And Bill Gates: They Banned Their Kids From iPads And Other Devices They Created

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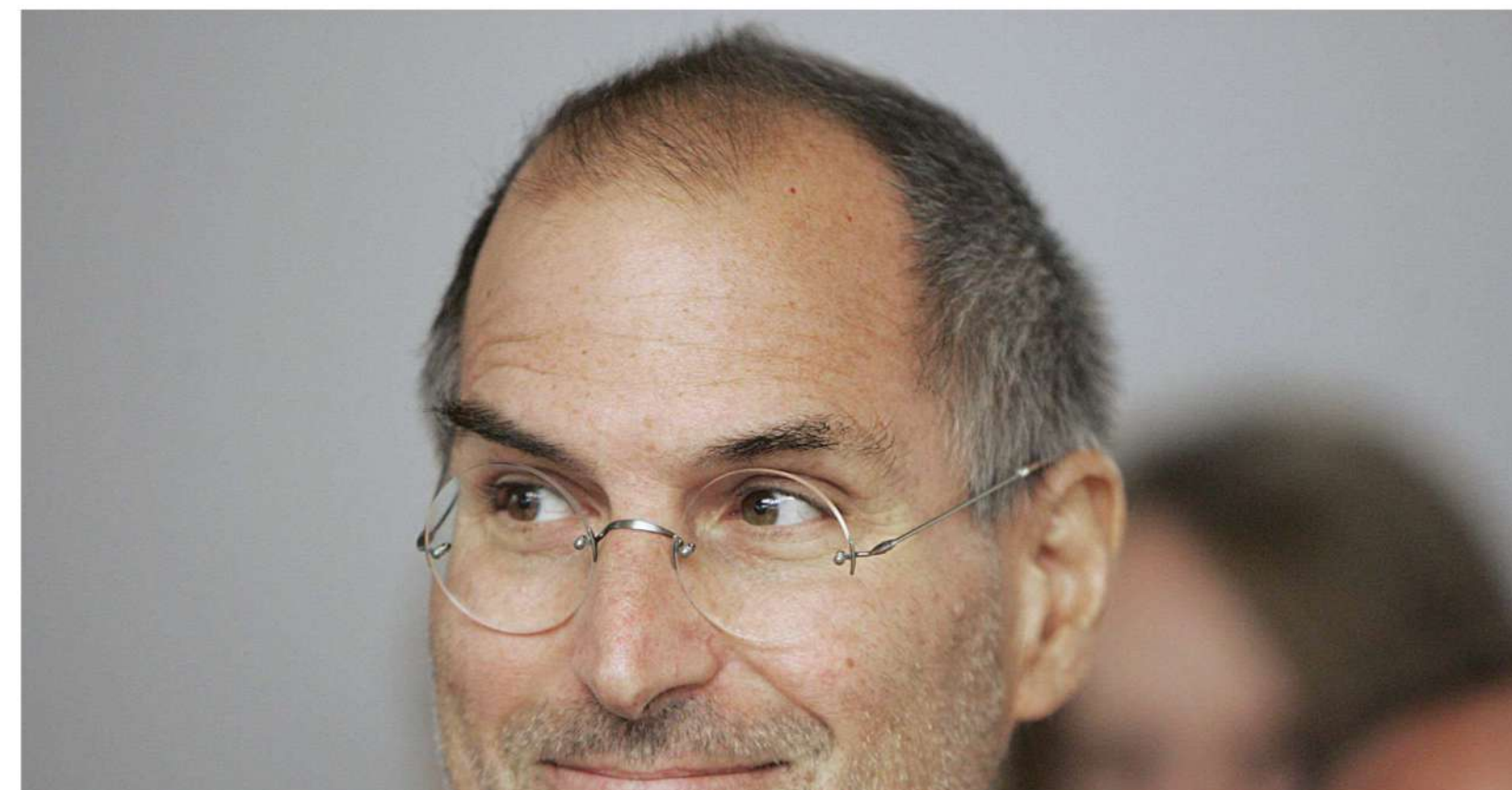
HOME > INTERNATIONAAL > BILL GATES AND STEVE JOBS RAISED THEIR KIDS TECH-FREE — AND IT SHOULD'VE BEEN A RE

Bill Gates and Steve Jobs raised their kids tech-free — and it should've been a red flag



Chris Weller

23 okt 2017





#PhoneFreeSchool

Learn More

OVERVIEW

WHAT IS THE PROBLEM?

HOW DID WE GET HERE?

WHAT ARE THE CONSEQUENCES?

WHAT CAN WE DO?

HAIDT'S 4 REFORMS

**1. NO SMARTPHONE UNTIL
HIGH SCHOOL**

**1. NO SOCIAL MEDIA UNTIL
16**

1. PHONE FREE SCHOOLS

1. MORE FREE PLAY

How Jonathan Haidt Won the Fight Against Smartphones in Schools



His book has gained bipartisan fans from Barack Obama to Bill Gates to Sarah Huckabee Sanders. Olivia Reingold reports on the Haidt effect.

By Olivia Reingold

12.30.24 — Tech, Education, and olivia

HAIDT LISTS FOUR RULES FOR A "GREAT REWIRING OF CHILDHOOD" IN HIS BOOK, "THE ANXIOUS GENERATION"—INCLUDING MORE UNSUPERVISED PLAY. (JOEY MCLEISTER/STAR TRIBUNE VIA GETTY IMAGES)

TIPS

5

- **DON'T TAKE OUT MY PHONE DURING MEALS**
- **HAND WRITE WHEN DOING DEVOTIONS**
- **GO ON A MEDIA FAST**
- **MEMORIZE SCRIPTURE**
- **GO OVER TO YOUR MENTOR'S HOUSE FOR OPEN HOME**
- **SWITCH TO A WISEPHONE OR EQUIVALENT**
- **GO ON GETAWAY TRIPS AND PUT PHONE IN THE TRUNK**
- **CHARGE YOUR PHONE FAR FROM YOUR BED**
- **JOURNAL DAILY WITH THE QUESTION "WHAT DOES IT FEEL LIKE TO BE ON THE RECEIVING END OF ME?"**
- **DO SOMETHING HARD (i.e G.O.S.P.E.L. ON PLANE)**