



One Book Series

The Anxious Generation

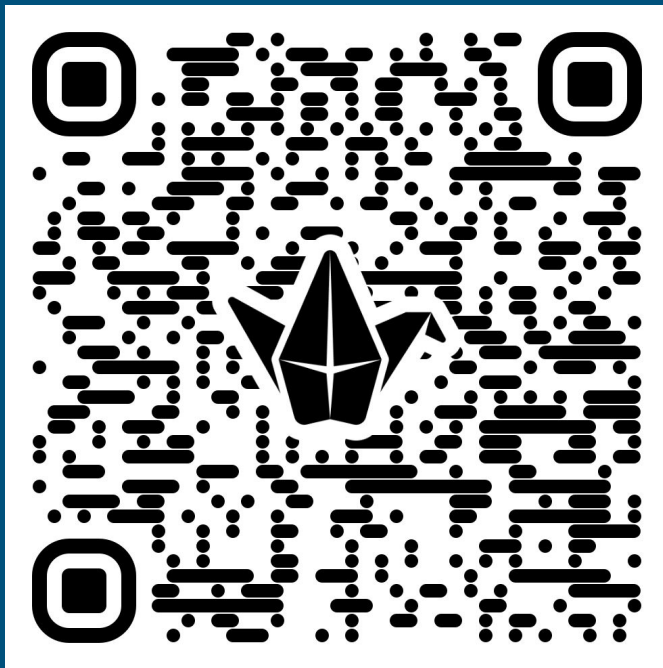


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Scan the Following QR Code



1. Changes in Children's Play Over the Past Few Decades

Key Trends:

- **Shift Toward Technology-Based Play**
 - Increased screen time and virtual play.
 - Less outdoor and physical play.
- **More Structured, Adult-Led Play**
 - Increased supervision; fewer opportunities for independent, kid-directed play.
 - Over-scheduled activities replacing free play.
- **Decreased Risk-Taking & Creativity**
 - Removal of "danger" in play environments.
 - Less exposure to risk, leading to reduced problem-solving skills.
- **Less Time Outdoors & Recess Reduction**
 - Fewer opportunities for unstructured exploration.
 - More planned and outcome-based activities.



2. Societal Fears Leading to a Decline in Independent Play

Contributing Factors:

- **Parental & Societal Safety Concerns**
 - Fear of crime, harm, and physical safety (including sexual assault).
 - Increased parental involvement in play due to anxiety over mental health.
- **Technology's Role in Changing Socialization**
 - Children maintain friendships online rather than in person.
 - More sedentary play over movement-based activities.
- **Over-Scheduling & Lack of Free Time**
 - Too many structured activities reduce time for free, exploratory play.
 - Always available entertainment decreases unstructured downtime.



3. Unintended Consequences of Overprotective Parenting

Impact on Child Development:

- **Emotional & Social Development Issues**
 - Increased anxiety and fear of failure.
 - Reduced resilience, coping skills, and ability to problem-solve.
- **Creativity & Risk-Taking Decline**
 - Fear of making mistakes, lack of exposure to challenges.
 - Fixed mindset rather than a growth mindset.
- **Dependence on Parents & Others**
 - Children struggle with independence and decision-making.
 - Reduced ability to deal with frustration and boredom.



4. Early Childhood Experiences & Mental Resilience

Building Resilience Through Play:

- **Importance of Problem-Solving & Conflict Resolution**
 - Learning from mistakes builds resilience.
 - Need for opportunities to solve problems independently.
- **Emotional Regulation & Social Skills**
 - Allowing feelings like frustration, anger, and disappointment helps children develop emotional intelligence.
- **Physical Play & Mental Health Connection**
 - Free play fosters both physical and mental well-being.
 - Lack of physical play correlates with rising mental health concerns.



Key Takeaways:

- Children today have less autonomy in play, leading to reduced problem-solving skills, creativity, and resilience.
- Parental fears and societal structures contribute to the decline of independent play.
- Overprotective parenting can have unintended consequences on mental health and independence.
- Free play and exposure to risk are crucial for developing emotional and cognitive resilience.
- Technology and social media influence children's play, mental health, and ability to socialize.



Tonight's Key Themes

Session 2: Screens, Social Media, and Student Mental Health (3/12)

Reading Assignment: Chapters 5 – 9 (*The impact of digital life on student mental health, anxiety, and depression.*)

Key Themes

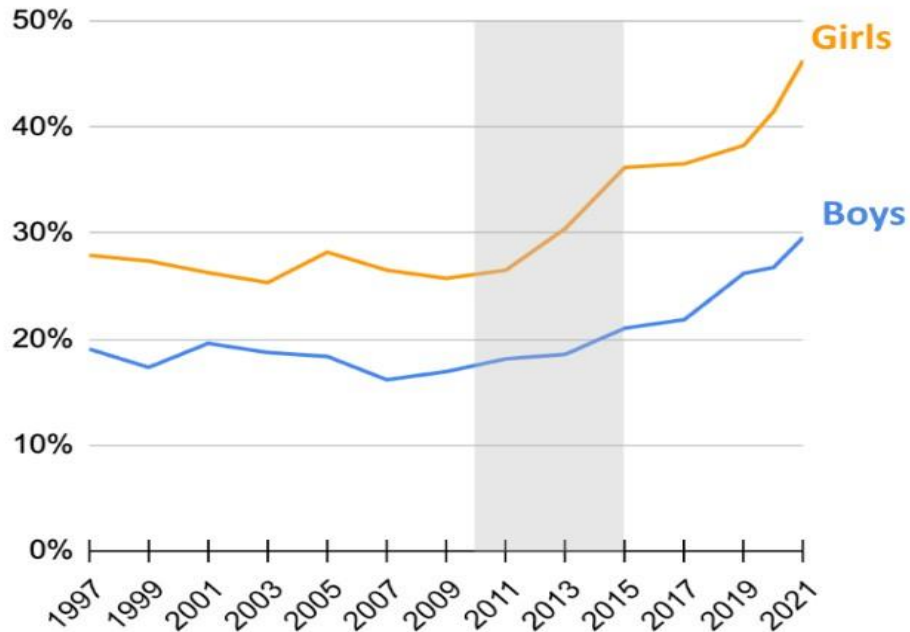
- The shift from real-world to online interactions.
- The impact of social media on self-esteem and mental health.

Discussion Questions

1. How does social media contribute to anxiety and depression in youth?
2. What are the psychological effects of replacing in-person friendships with digital ones?
3. What barriers do parents and educators face in limiting screen time?



Often Feel Lonely (USA 8th, 10th, and 12th Graders)



SOURCE: Monitoring the Future (MTF), 2 Year Buckets, Weighted



Mental Health Effects

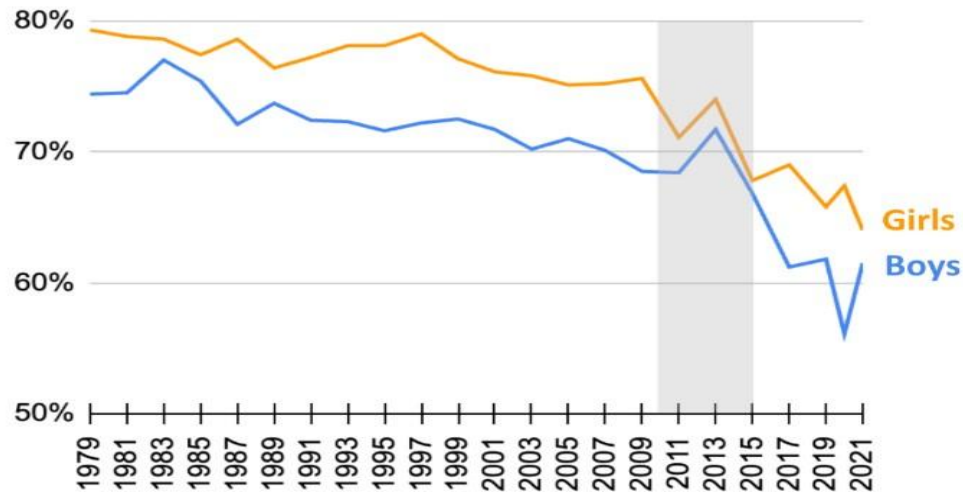


Social Media Arrives



What social media does to girls' social lives

“I usually have a few friends around that I can get together with”
(USA 12th Graders)



SOURCE: Monitoring the Future (MTF), 2 Year Buckets, Weighted



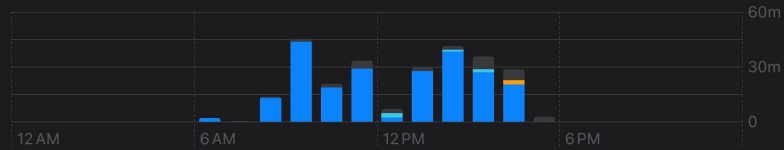


Today, March 12



Today, March 12

4h 20m



Social
3h 41m

Shopping & Food
5m

Productivity & Finance
2m

Updated today at 5:02 PM

LIMITS

TikTok	30 min >
Snapchat	2 hr >
Instagram	30 min >

MOST USED

SHOW CATEGORIES



Today, March 12

Today, March 12

4h 20m



LIMITS

- TikTok 30 min >
- Snapchat 2 hr >
- Instagram 30 min >

MOST USED

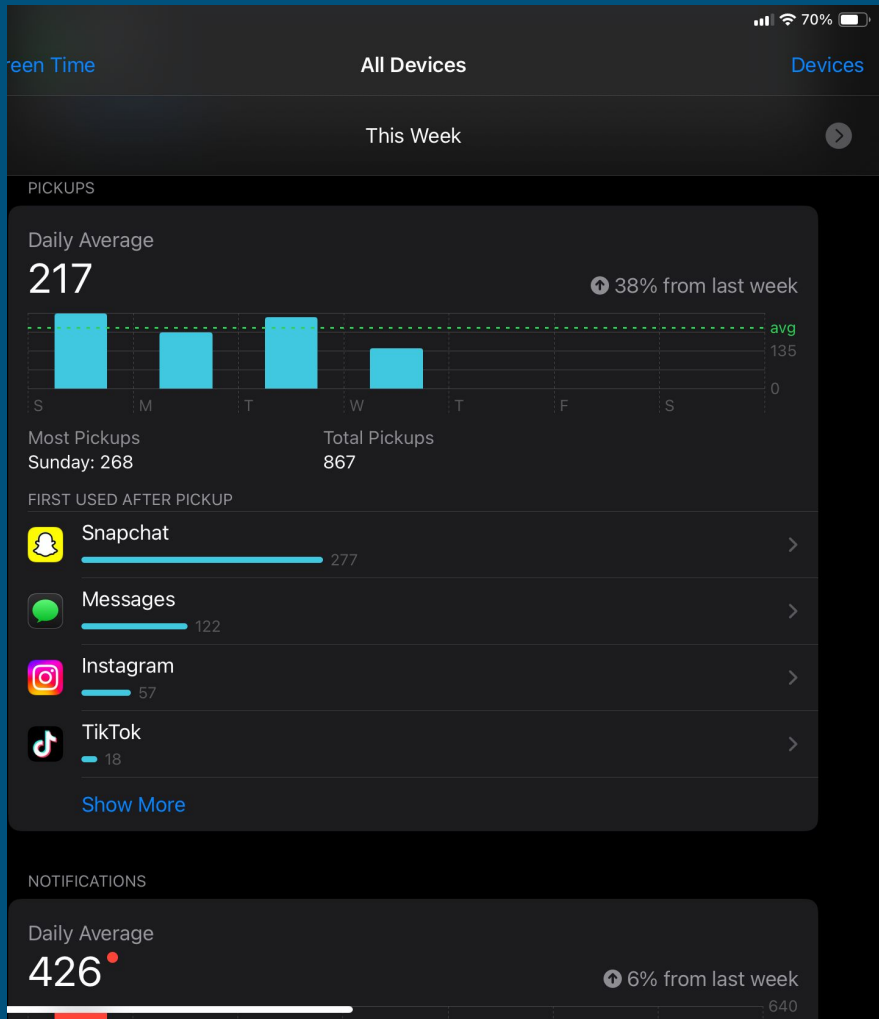
SHOW CATEGORIES

Snapchat 1h 57m >



The Change...When and How





SCREEN TIME

5h 39m



Daily Average

1h 24m

Updated today at 5:09 PM

INFO



TikTok

Category

Social

Age Rating

12+

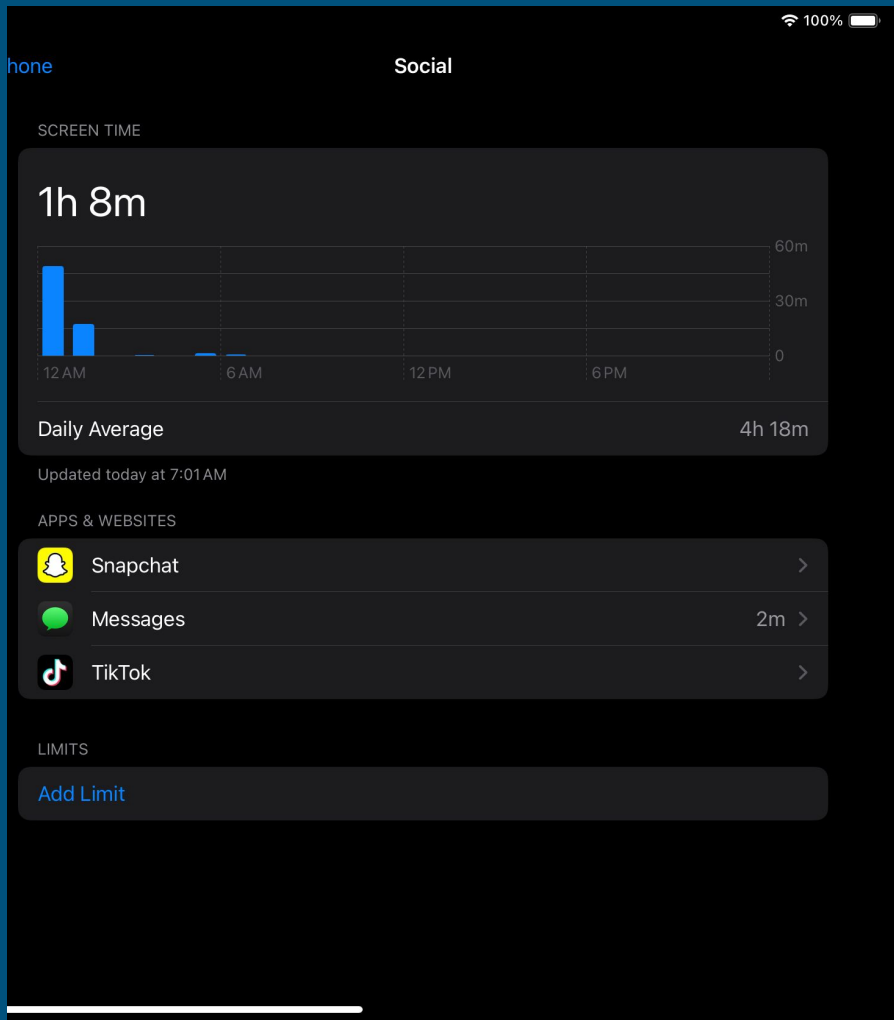
Developer

TIKTOK PTE. LTD.

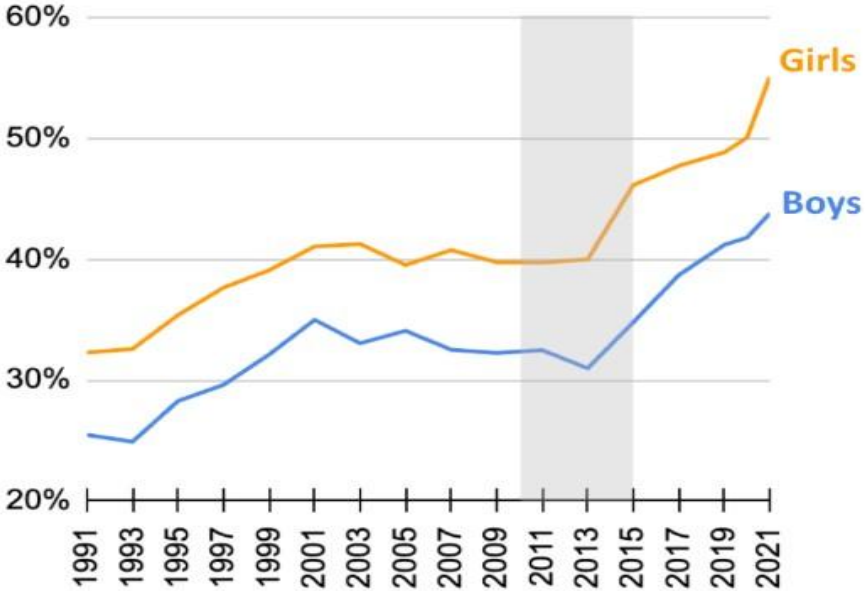
LIMITS

[Add Limit](#)





Sleep Less Than 7 Hours a Day (USA 8th, 10th, and 12th Graders)



SOURCE: Monitoring the Future, Pooled Average, Weighted, 2020 and 2021 separate, 2-year-buckets



Sleep!!!



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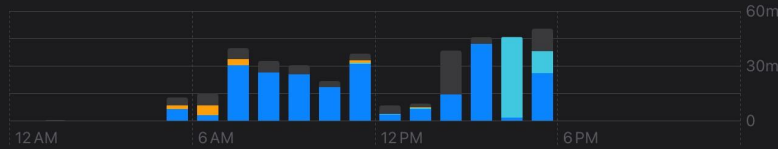
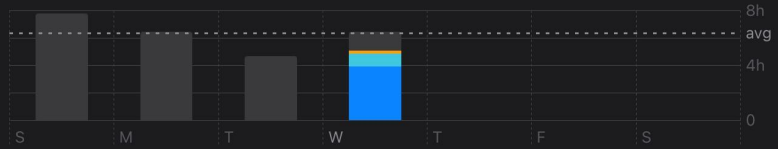
Week

Day

SCREEN TIME

Today, March 12

6h 27m



Social
3h 54m





Productivity & Finance
57m

Travel
12m

Updated today at 5:55 PM

MOST USED

SHOW CATEGORIES

-  TikTok 2h 6m
-  Chrome 55m
-  Instagram 29m
-  Messages

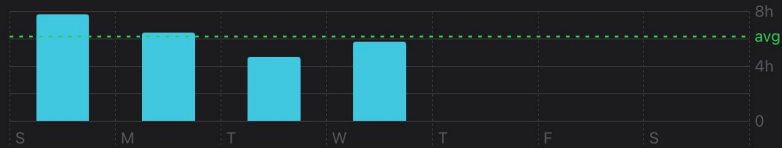


ALL DEVICES

Daily Average

6h 9m

37% from last week



See All App & Website Activity

Updating...

LIMIT USAGE

- Downtime**
Off
- App Limits**
Set time limits for apps
- Always Allowed**
Choose apps to allow at all times
- Screen Distance**
Reduce eye strain

COMMUNICATION

- Communication Limits**
Set limits for calling and messaging



And now...the boys!!!



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Homework:

For next session: March 24th

Account information for you and your children.



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