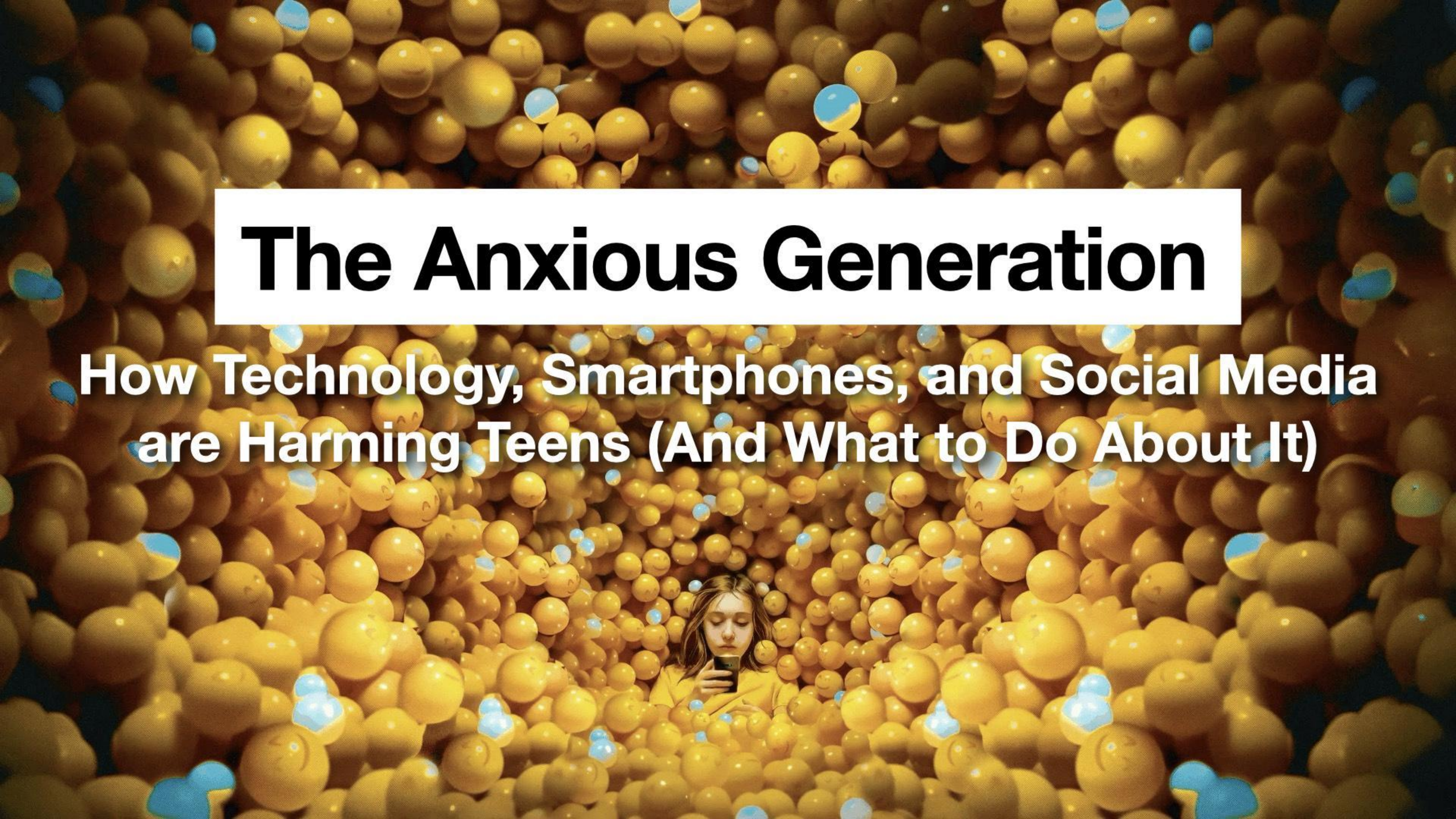


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The Anxious Generation

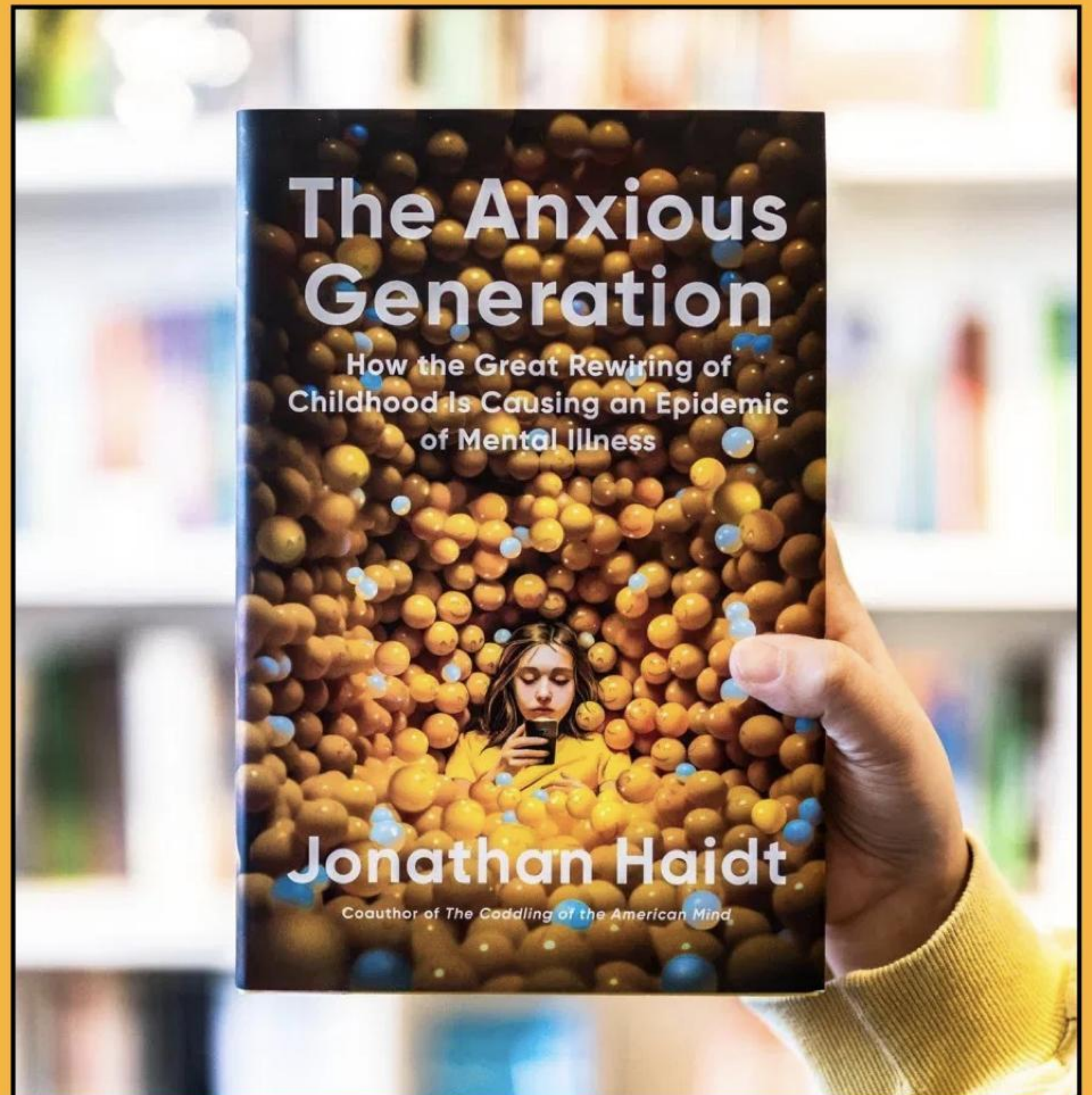
**How Technology, Smartphones, and Social Media
are Harming Teens (And What to Do About It)**

The Anxious Generation

by Jonathan Haidt



Amazon Link



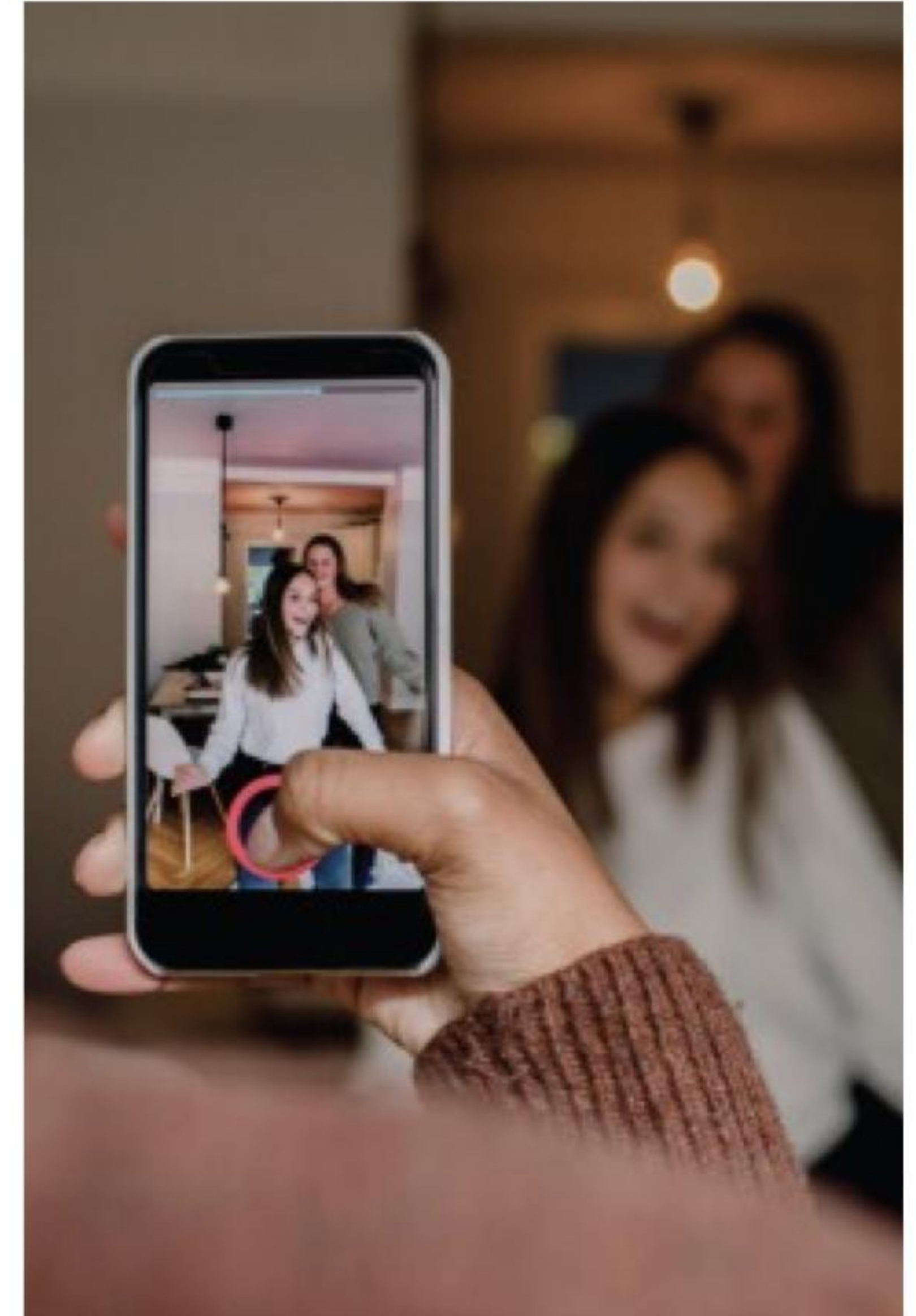
Part 1: What is going on?

A Quick Survey of the Landscape of Teens and Tech

What is going on?

Quick Survey of Teens & Tech

- **Average Daily Screentime**
 - 8-12 year-olds: 5 hrs/day
 - 13-18 year-olds: 7.5 hrs/day
- 54% of teens say they use it too much.
- 52% of teens have tried to cut back on usage.
- 54% of teens acknowledge it would be hard to give up.



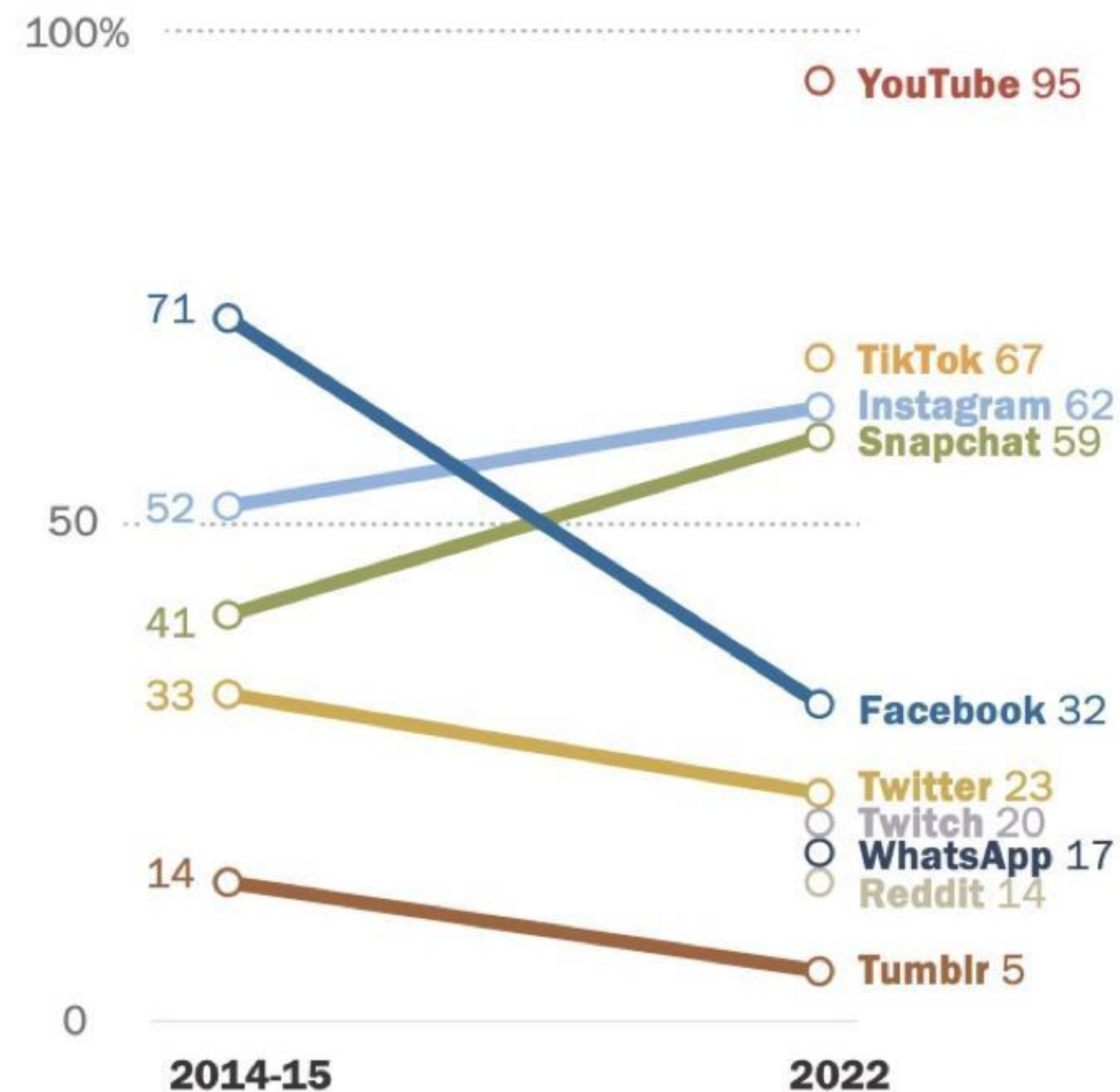
What is going on?

Quick Survey of Teens & Tech

- **Social Media Usage**
 - YouTube - 95%
 - TikTok - 67%
 - Instagram - 62%
 - Snapchat - 59%
 - Facebook - 32%
 - Twitter - 23%
- 40% of American children under 13 have an account on Instagram.

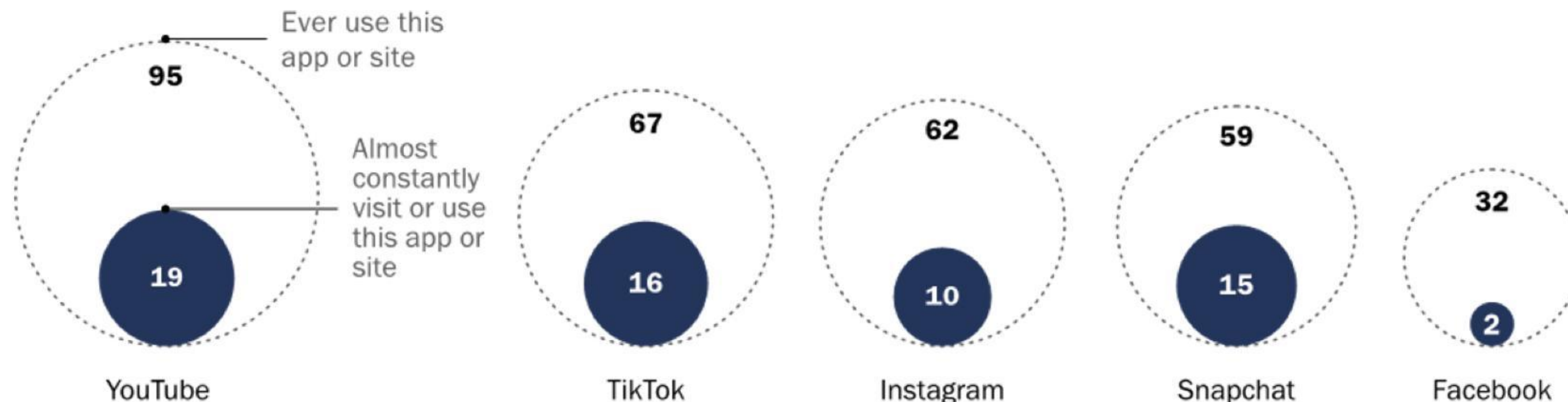
**Since 2014-15, TikTok has arisen;
Facebook usage has dropped;
Instagram, Snapchat have grown**

% of U.S. teens who say they ever use any of the following apps or sites



About one-in-five teens visit or use YouTube ‘almost constantly’

% of U.S. teens who say they ...



Note: Teens refer to those ages 13 to 17. Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted April 14-May 4, 2022.

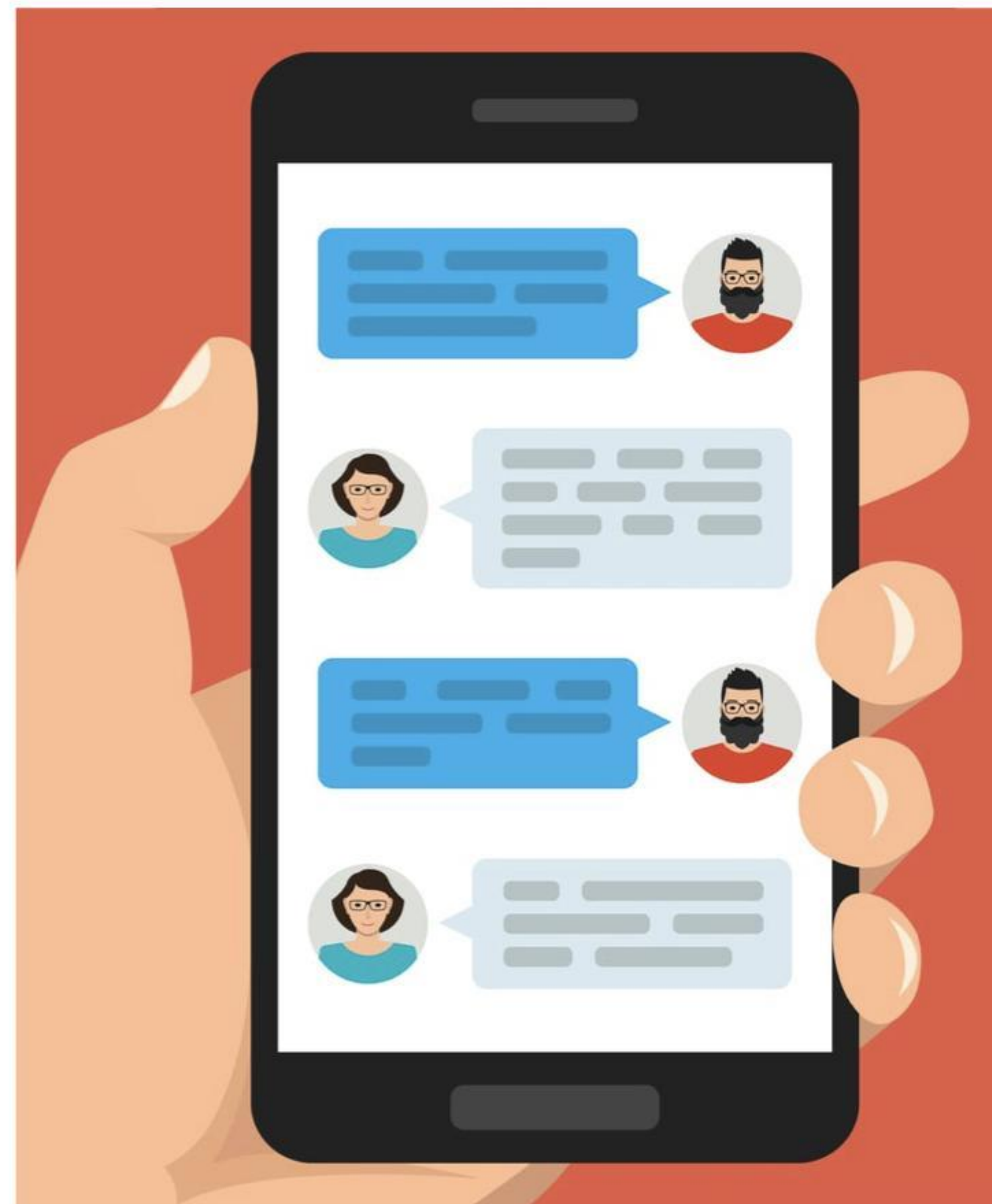
“Teens, Social Media and Technology 2022”

PEW RESEARCH CENTER

What is going on?

Quick Survey of Teens & Tech

- **Texting**
 - Average teen sends 237 texts each day
 - This means a total of ~7,110 texts each month
- **Notifications**
 - Average teen receives 192 notifications each day
 - Ends up being about 1 every 5 minutes during their waking hours.



Part 2: Six Worrisome Trends

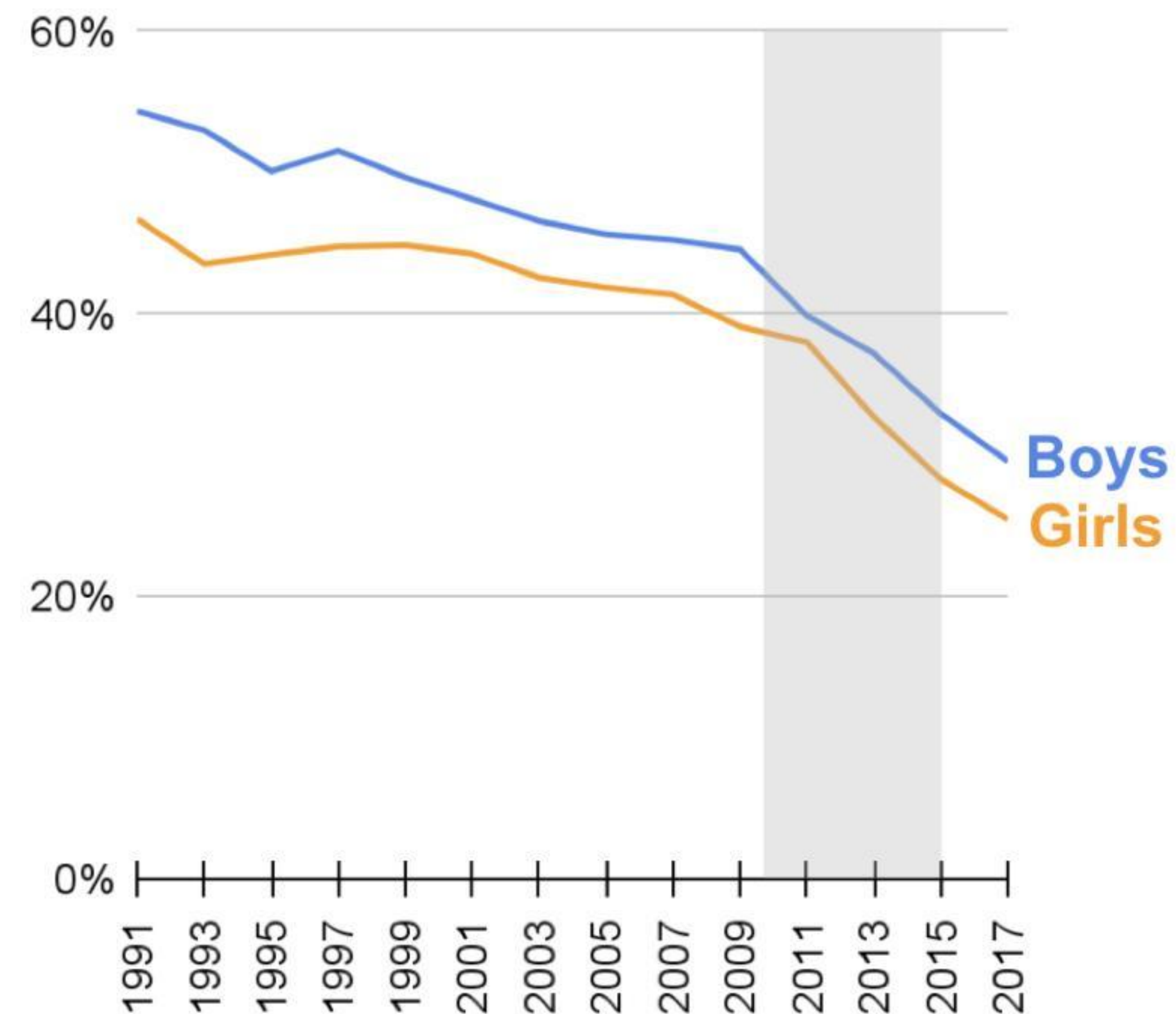
How the Technology Revolution is Reshaping Childhood

Six Worrisome Trends

How Tech is Reshaping Childhood

1. Loss of Playtime

Meet Up With Friends Daily



Six Worrisome Trends

How Tech is Reshaping Childhood

- 1. Loss of Playtime**
- 2. Loss of “Attunement”**



Six Worrisome Trends

How Tech is Reshaping Childhood

1. **Loss of Playtime**
2. **Loss of “Attunement”**
3. **Changing of Role Models**



Six Worrisome Trends

How Tech is Reshaping Childhood

1. **Loss of Playtime**
2. **Loss of “Attunement”**
3. **Changing of Role Models**
4. **Decrease in Independence and Autonomy**









“Well intentioned parents who try to raise their children in a bubble of satisfaction, protected from frustration, consequences, and negative emotions, may be harming their children. They may be blocking the development of competence, self-control, frustration tolerance, and emotional self-management.”

Jonathan Haidt, The Anxious Generation (page 74)

Six Worrisome Trends

How Tech is Reshaping Childhood

- 1. Loss of Playtime**
- 2. Loss of “Attunement”**
- 3. Changing of Role Models**
- 4. Decrease in Independence and Autonomy**
- 5. Loss of Social Skills**



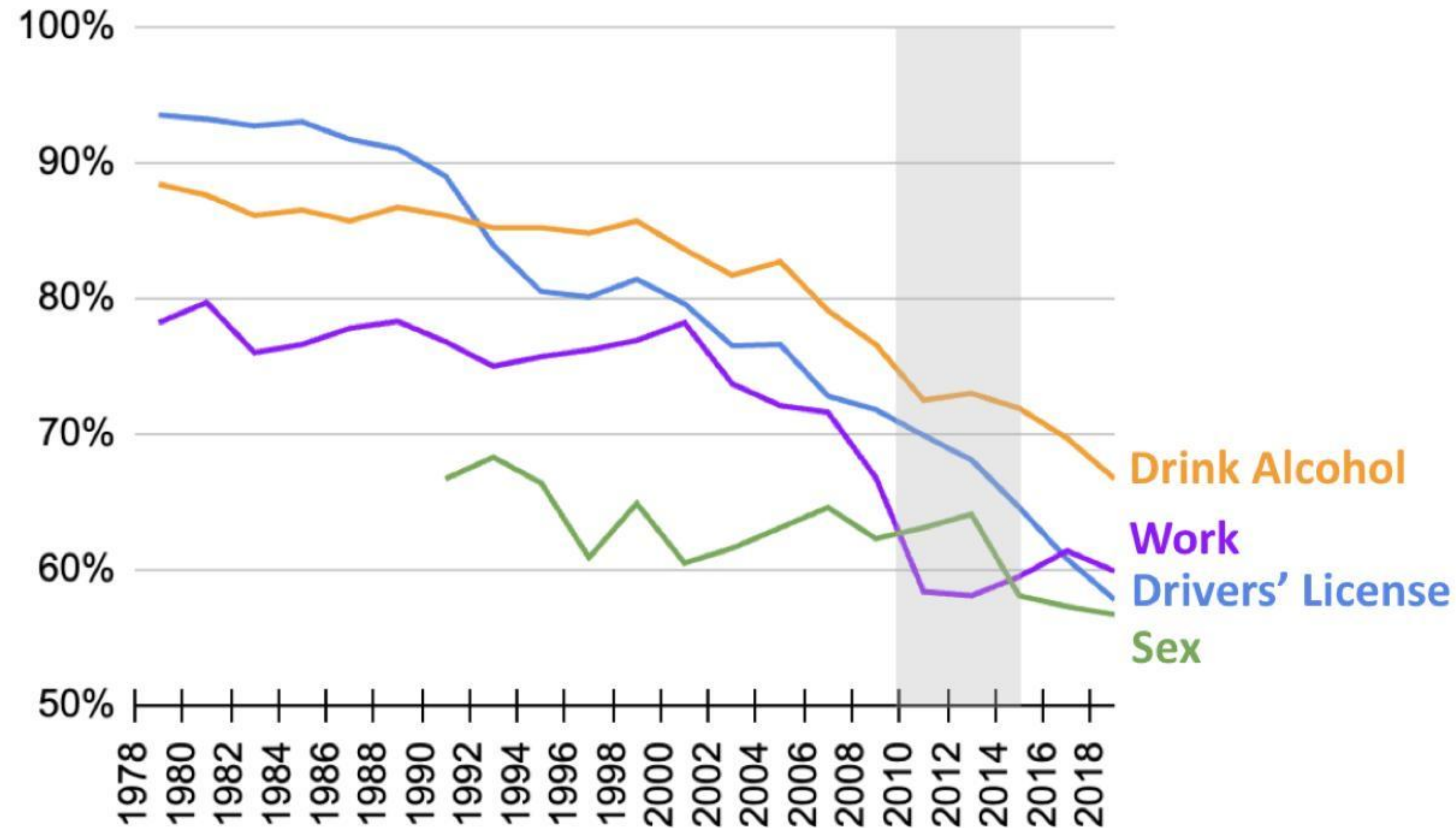
Six Worrisome Trends

How Tech is Reshaping Childhood

- 1. Loss of Playtime**
- 2. Loss of “Attunement”**
- 3. Changing of Role Models**
- 4. Decrease in Independence and Autonomy**
- 5. Loss of Social Skills**
- 6. Decrease in Participation in the “Real World”**



Percent of U.S. 12th Graders Engaging in Semi-Adult Activities



SOURCE: Monitoring the Future (MTF) and CDC Youth Risk Behavior Survey (YRBS), 2 year buckets, Weighted

Adolescent Brain Development

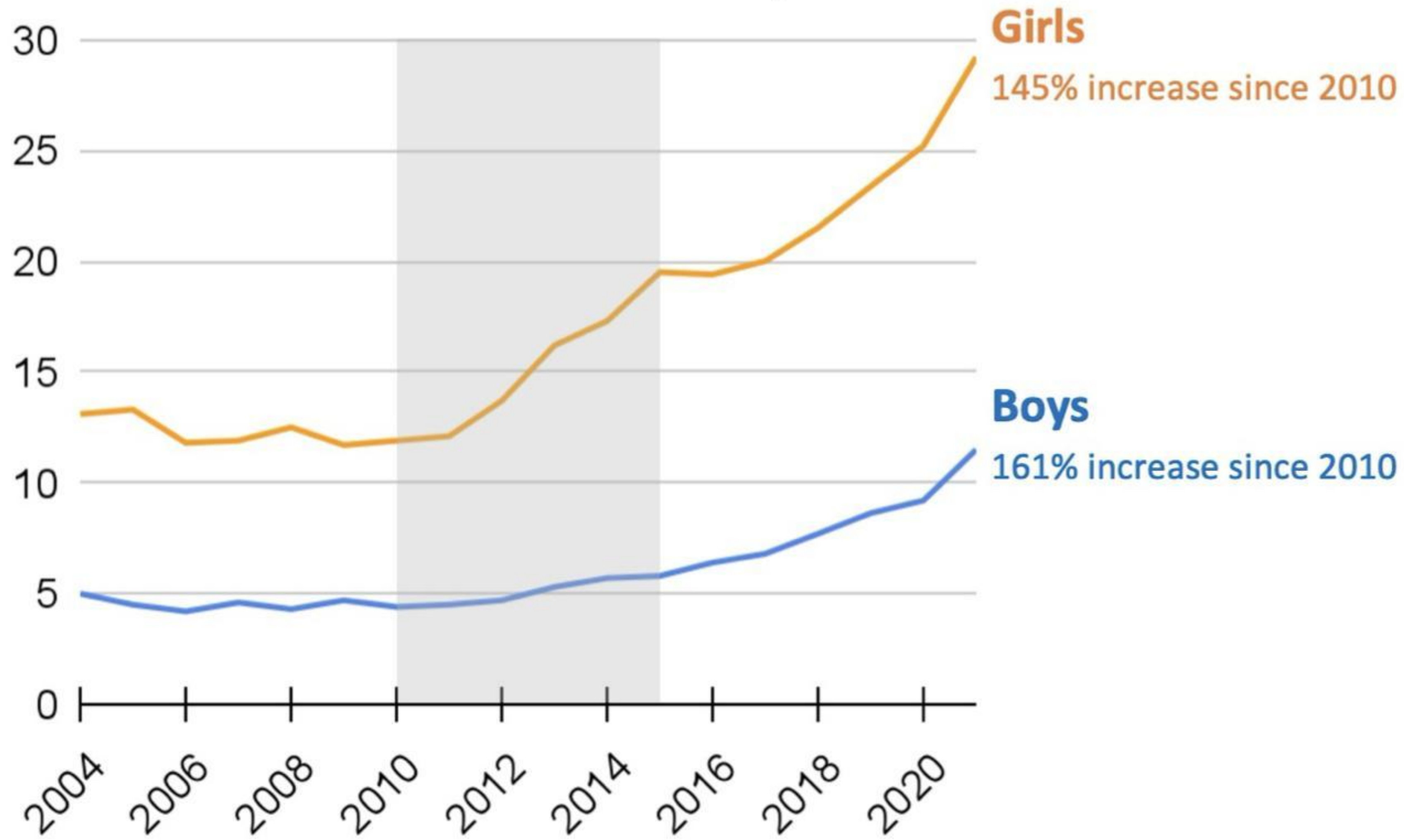
“This makes adolescence both a time of risk (because the brain’s plasticity increases the changes that exposure to a stressful experience will cause harm) but also a window of opportunity for advancing adolescent’s health and well-being (because the same brain plasticity makes adolescence a time when interventions to improve mental health may be more effective).”

Jonathan Haidt, The Anxious Generation (page 97)

Part 3: The Consequences

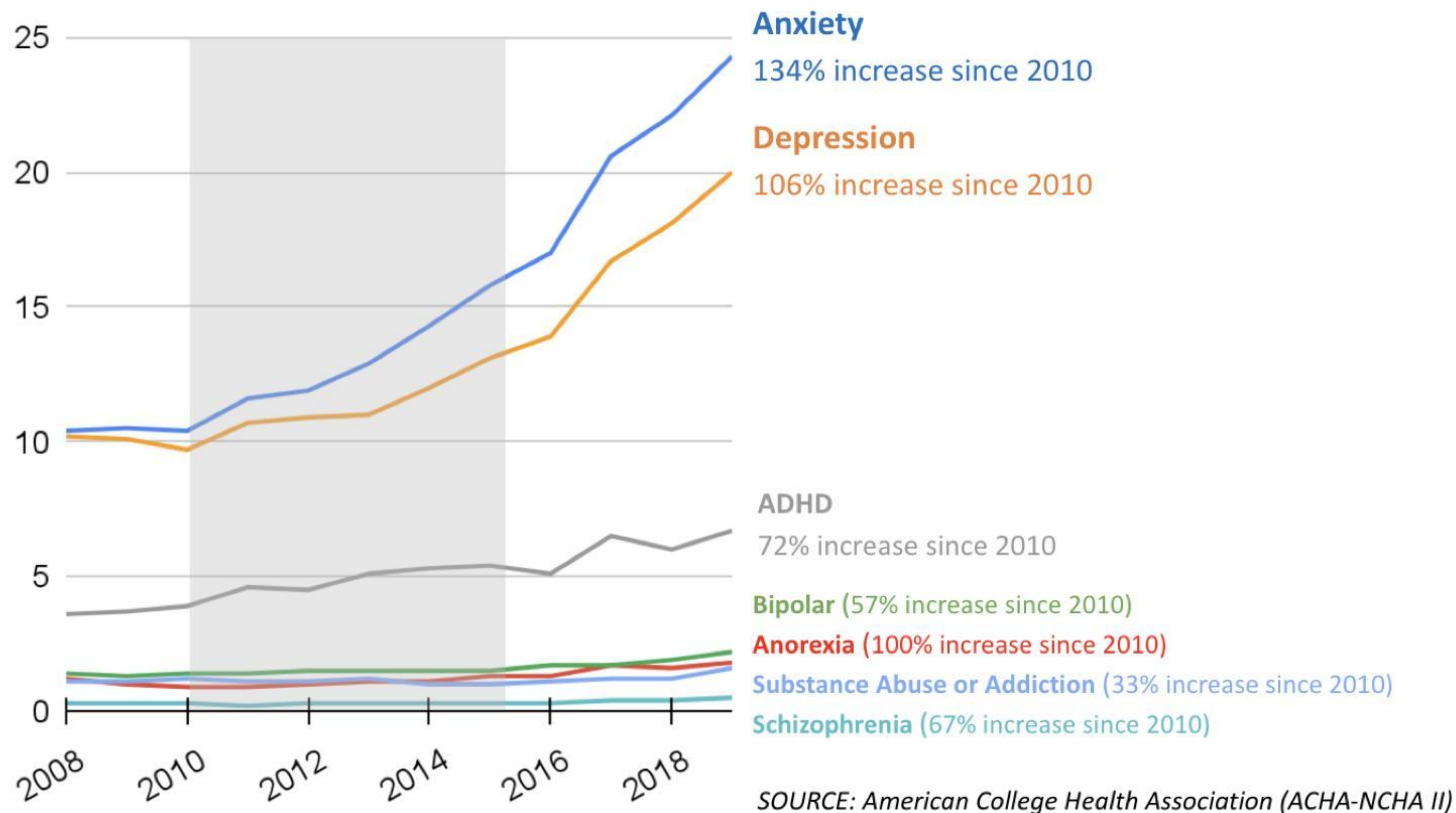
What is the Early Research Already Revealing?

Major Depression Among Teens

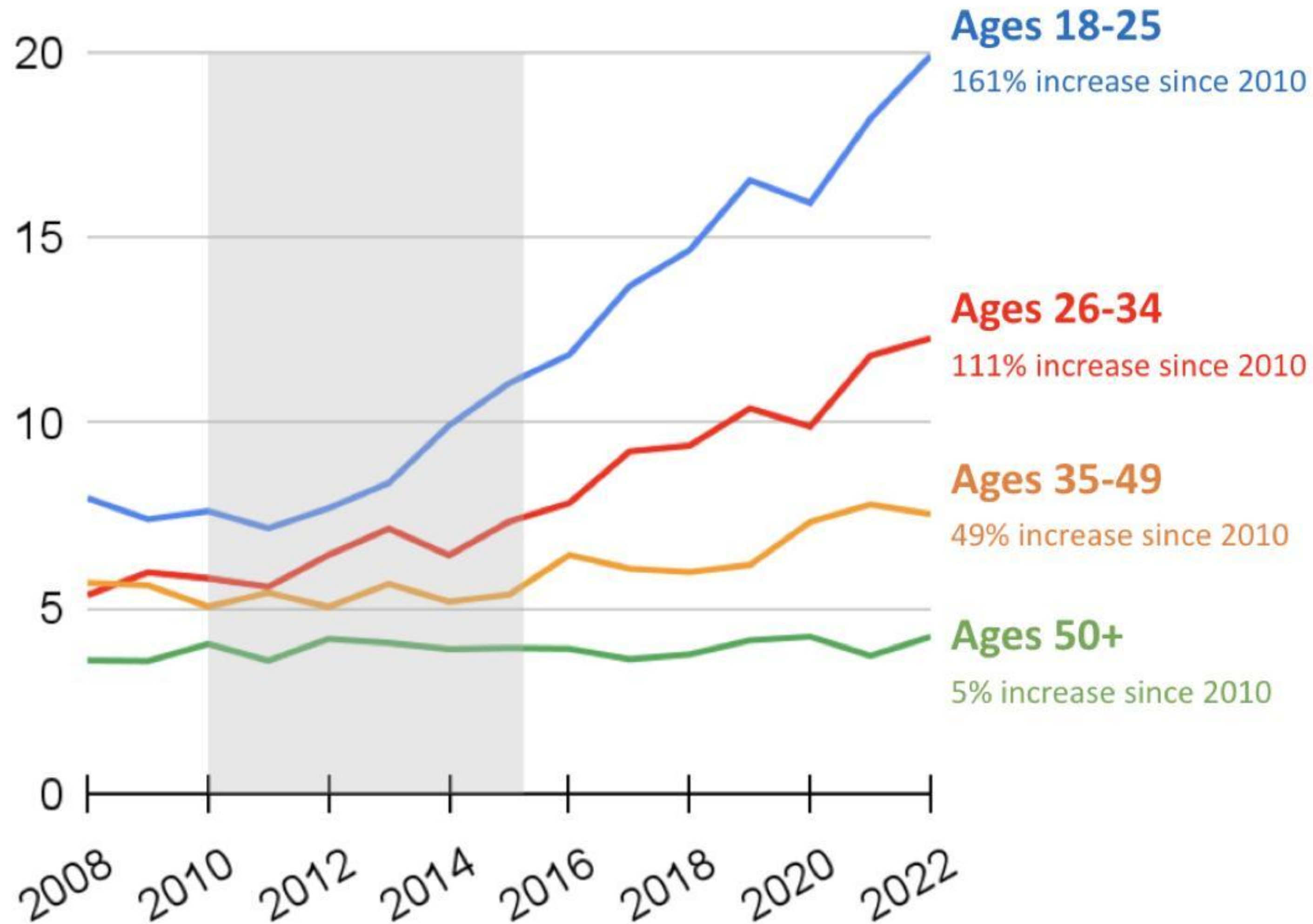


SOURCE: U.S. National Survey on Drug Use and Health

Percent of U.S. Undergraduates Diagnosed with a Mental Illness

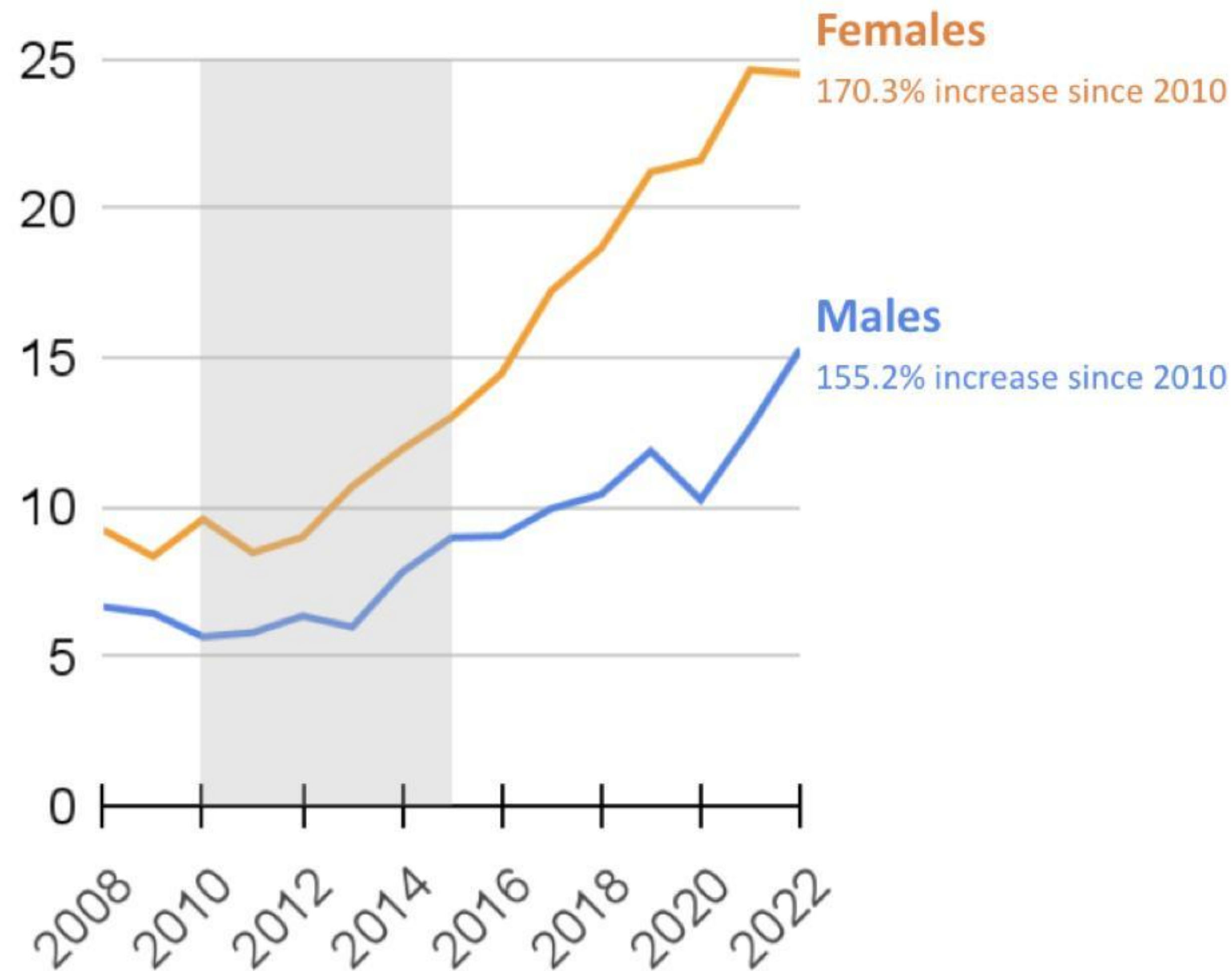


Percent U.S. Anxiety Prevalence



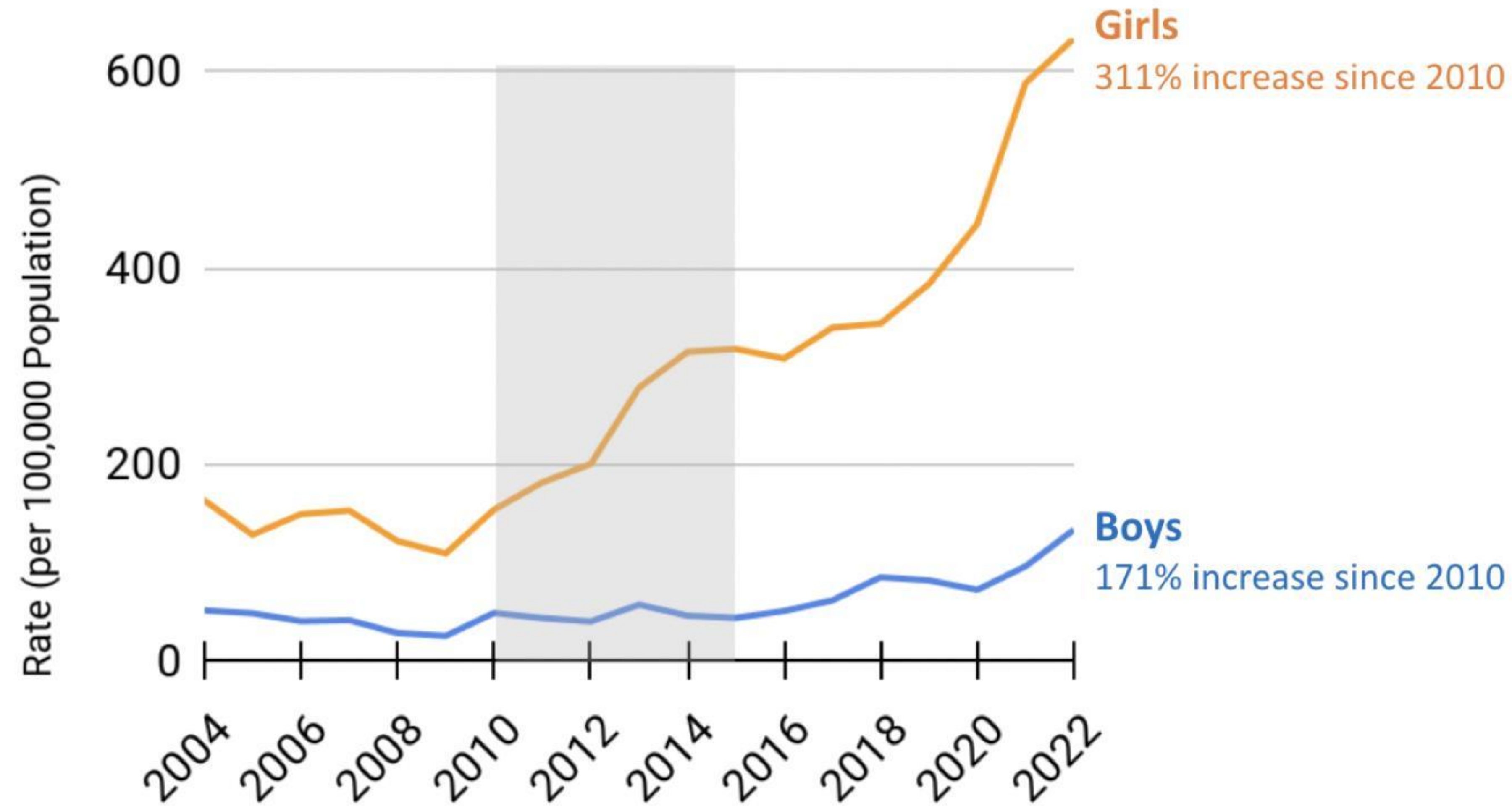
SOURCE: U.S. National Survey on Drug Use and Health

Percent Anxiety Prevalence, U.S. Young Adults (18-25)



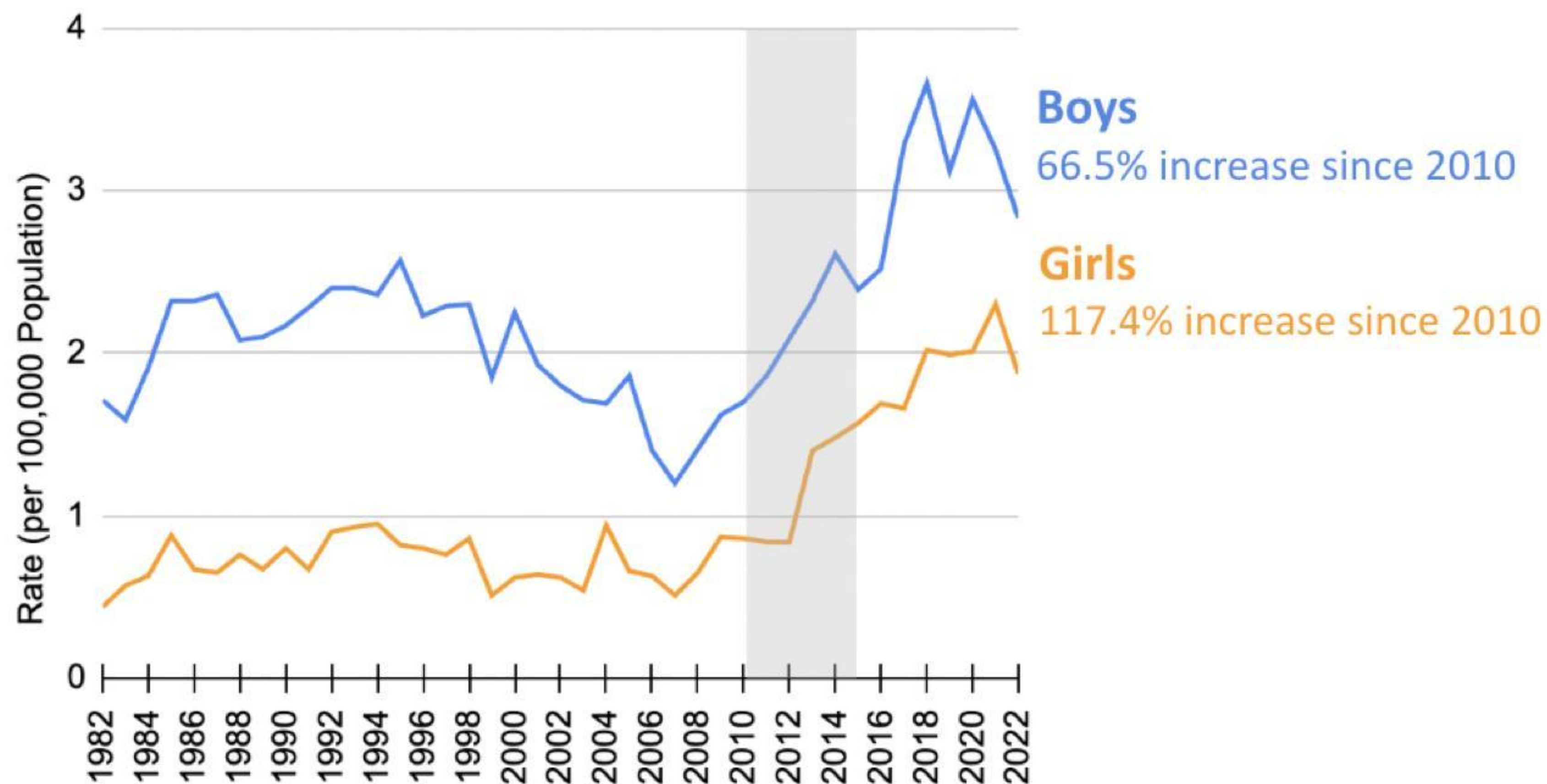
SOURCE: U.S. National Survey on Drug Use and Health

Emergency Dept Visits for Nonfatal Self-Harm, U.S. Teens (Ages 10-14)



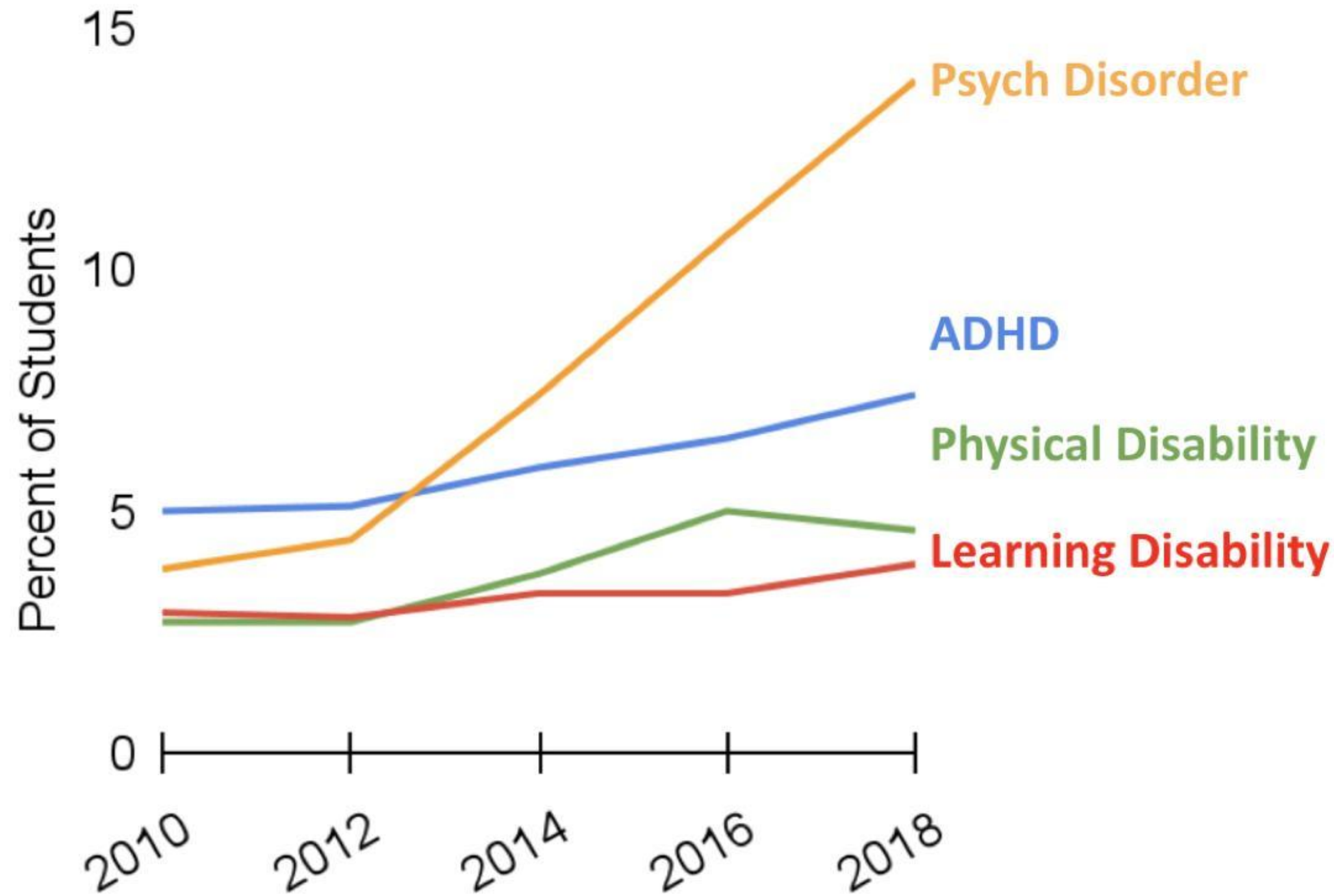
SOURCE: Centers for Disease Control and Prevention,
National Center for Injury Prevention and Control

U.S. Suicide Rates (Ages 10-14)



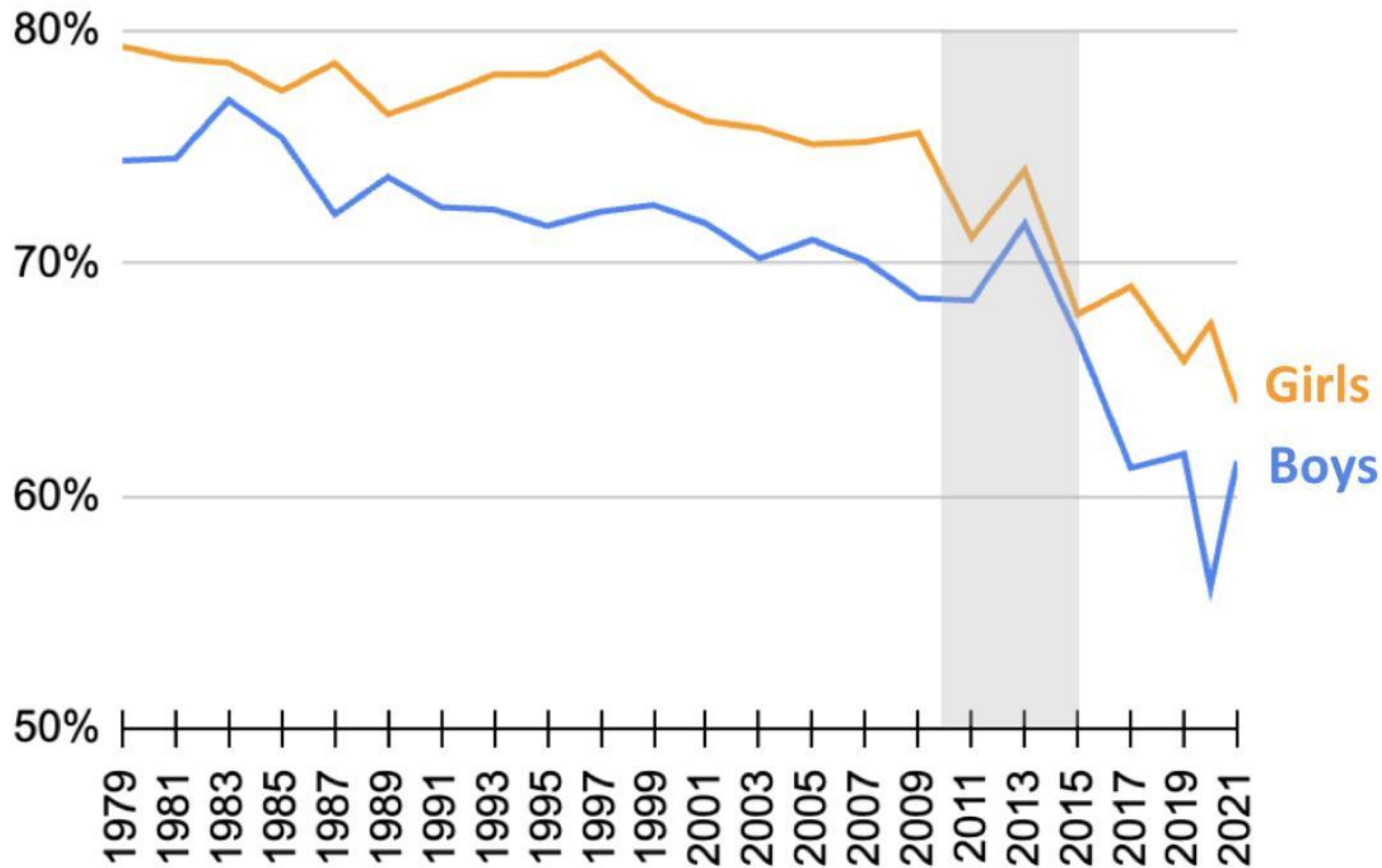
SOURCE: CDC Wisqars Fatal Injury Reports

Self-Described Disabilities of US College Freshman



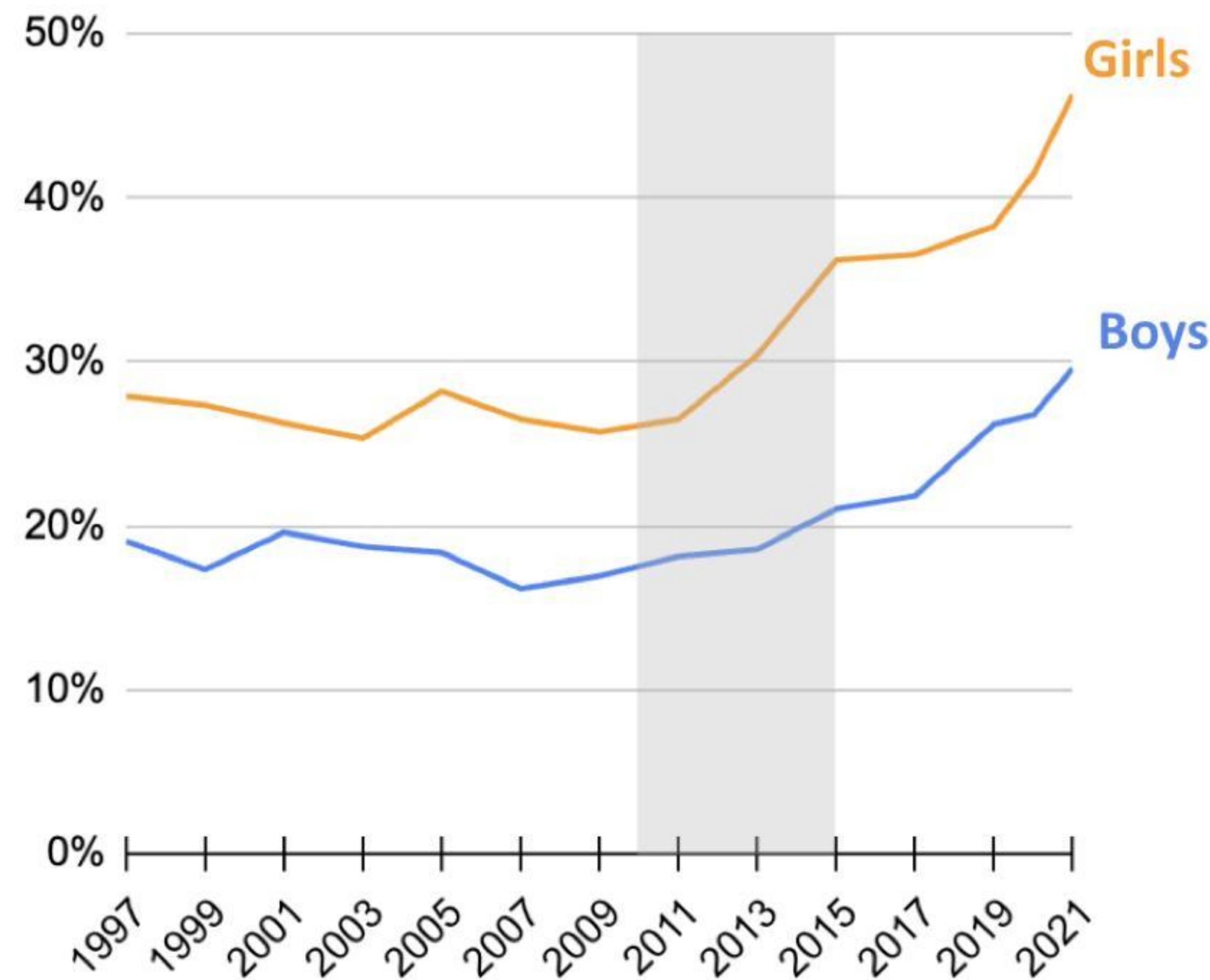
SOURCE: Higher Education Research Institute, Annual Freshman Survey

“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

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



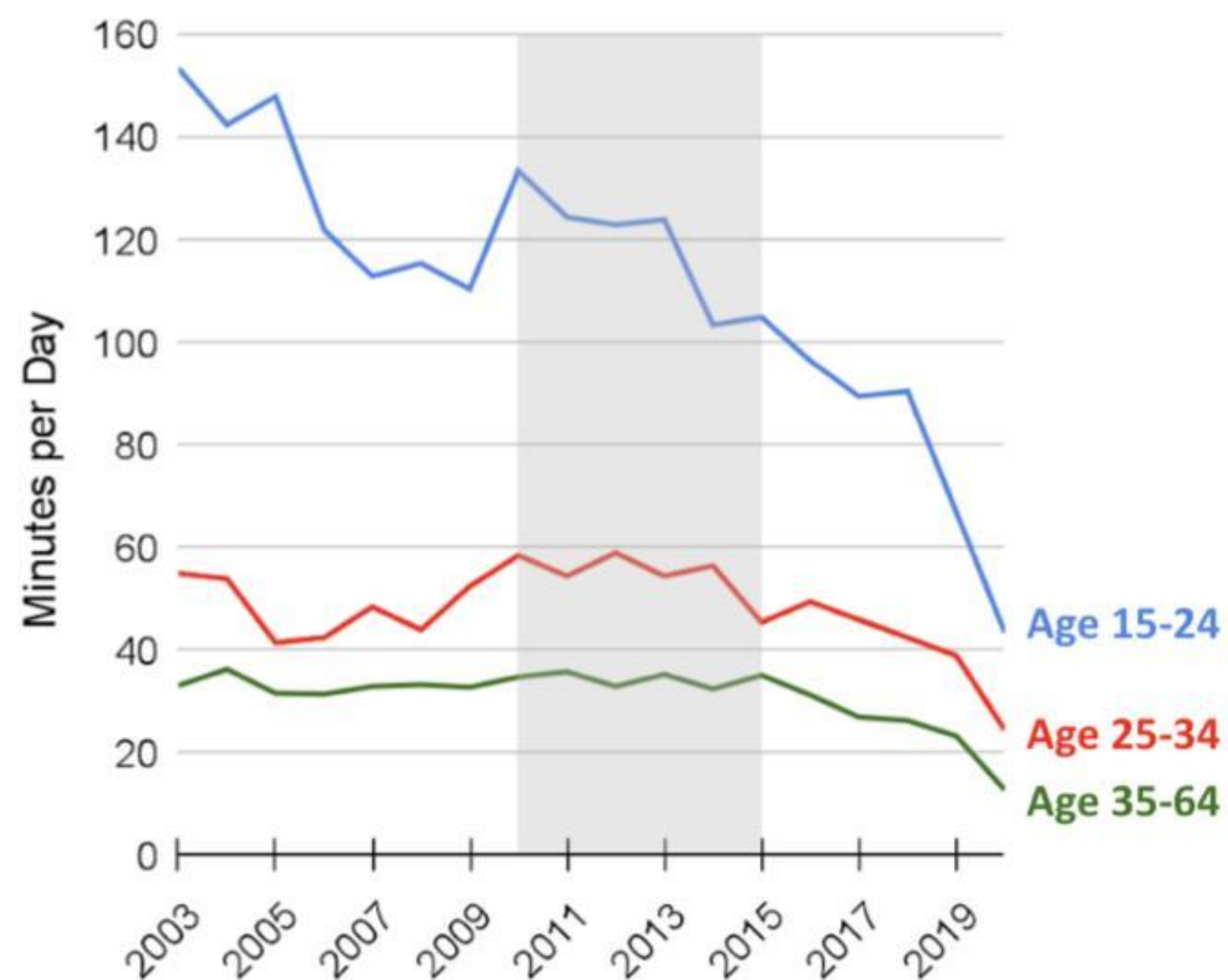
SOURCE: Monitoring the Future (MTF), 2 Year Buckets, Weighted

Four Foundational Harms

Major Consequences on Teens

1. Social Deprivation

Daily Avg Time with Friends (minutes)

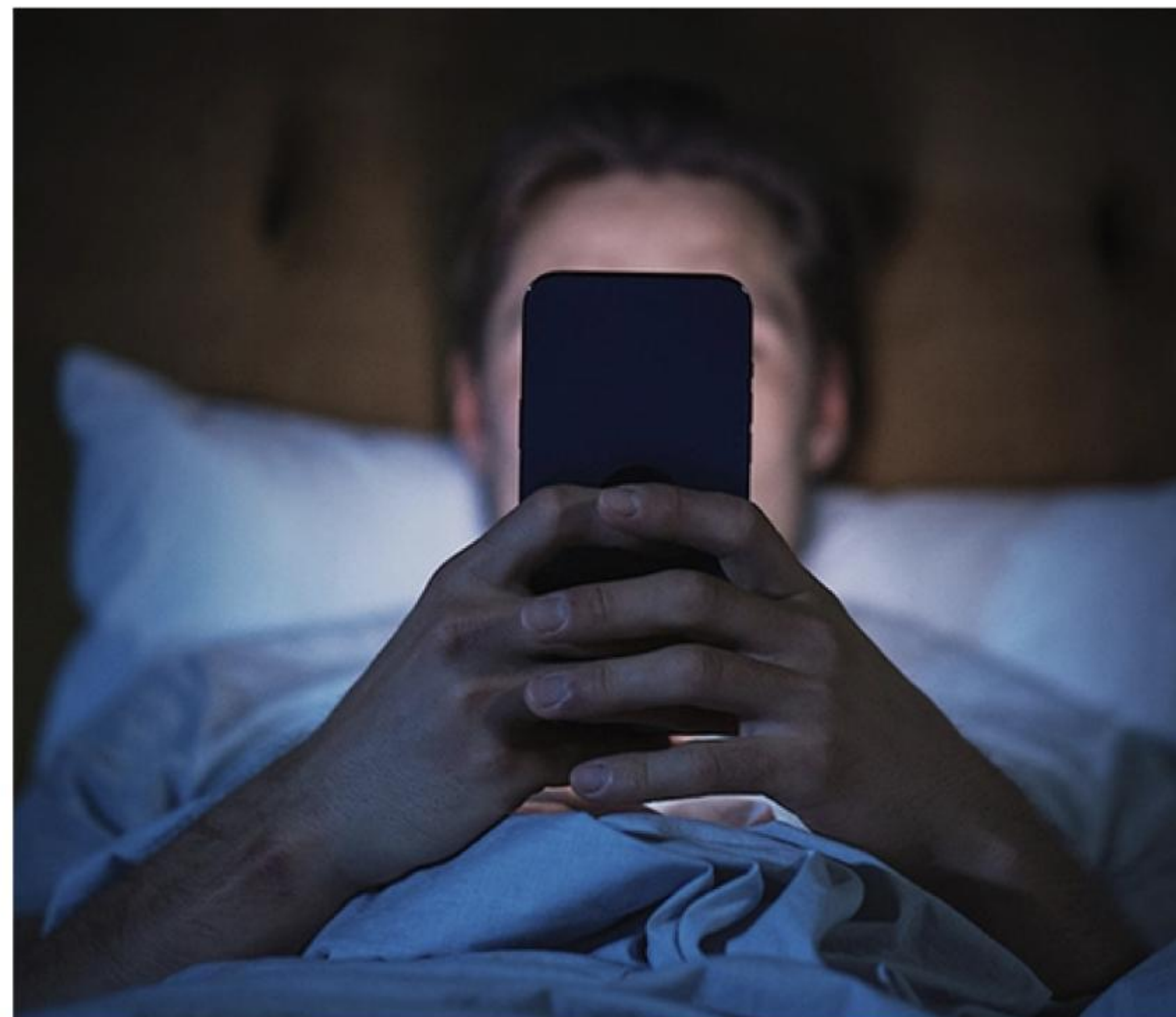


SOURCE: Kannan & Veazie (2023) analyzing the American Time Use Study.

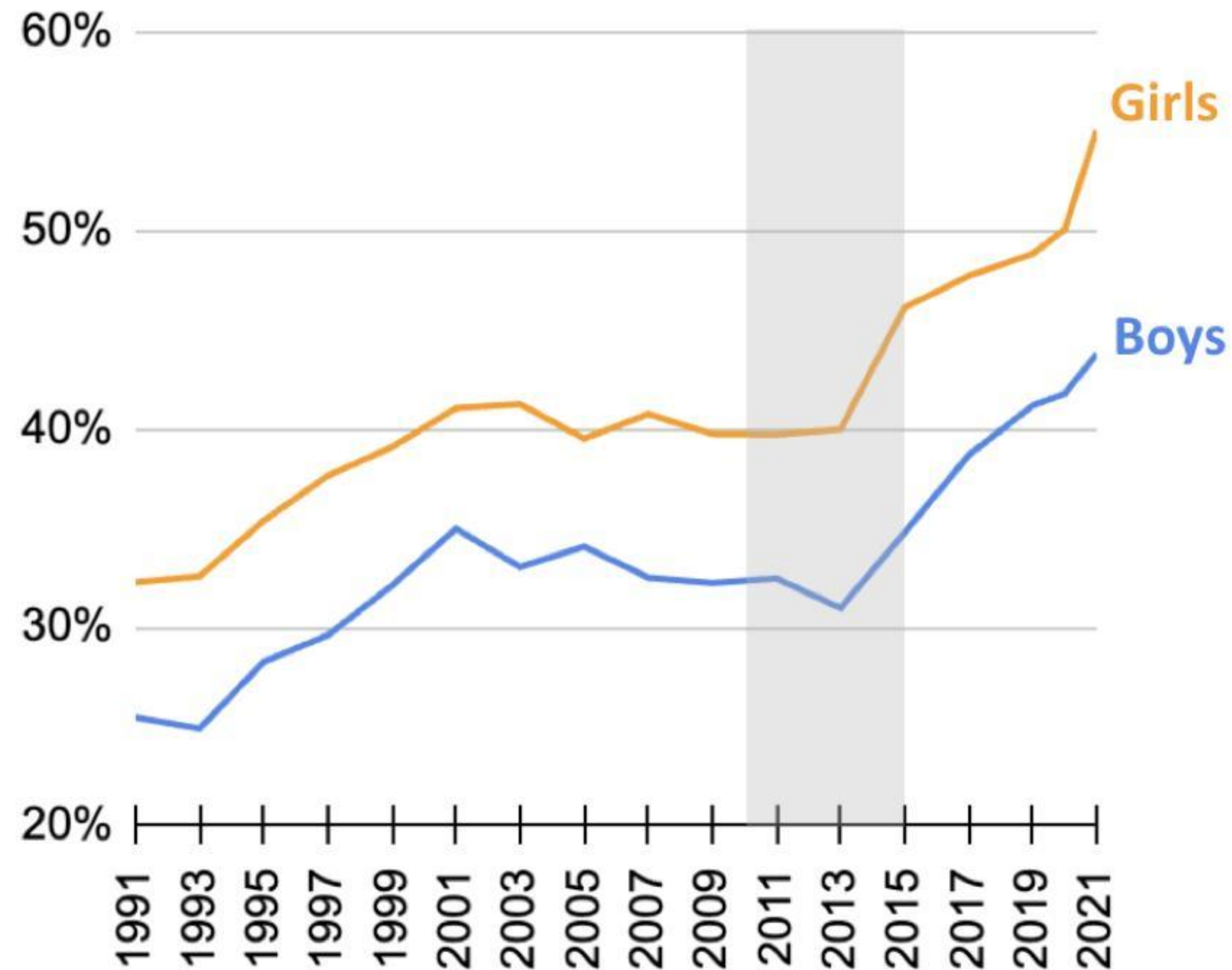
Four Foundational Harms

Major Consequences on Teens

- 1. Social Deprivation**
- 2. Sleep Deprivation**



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

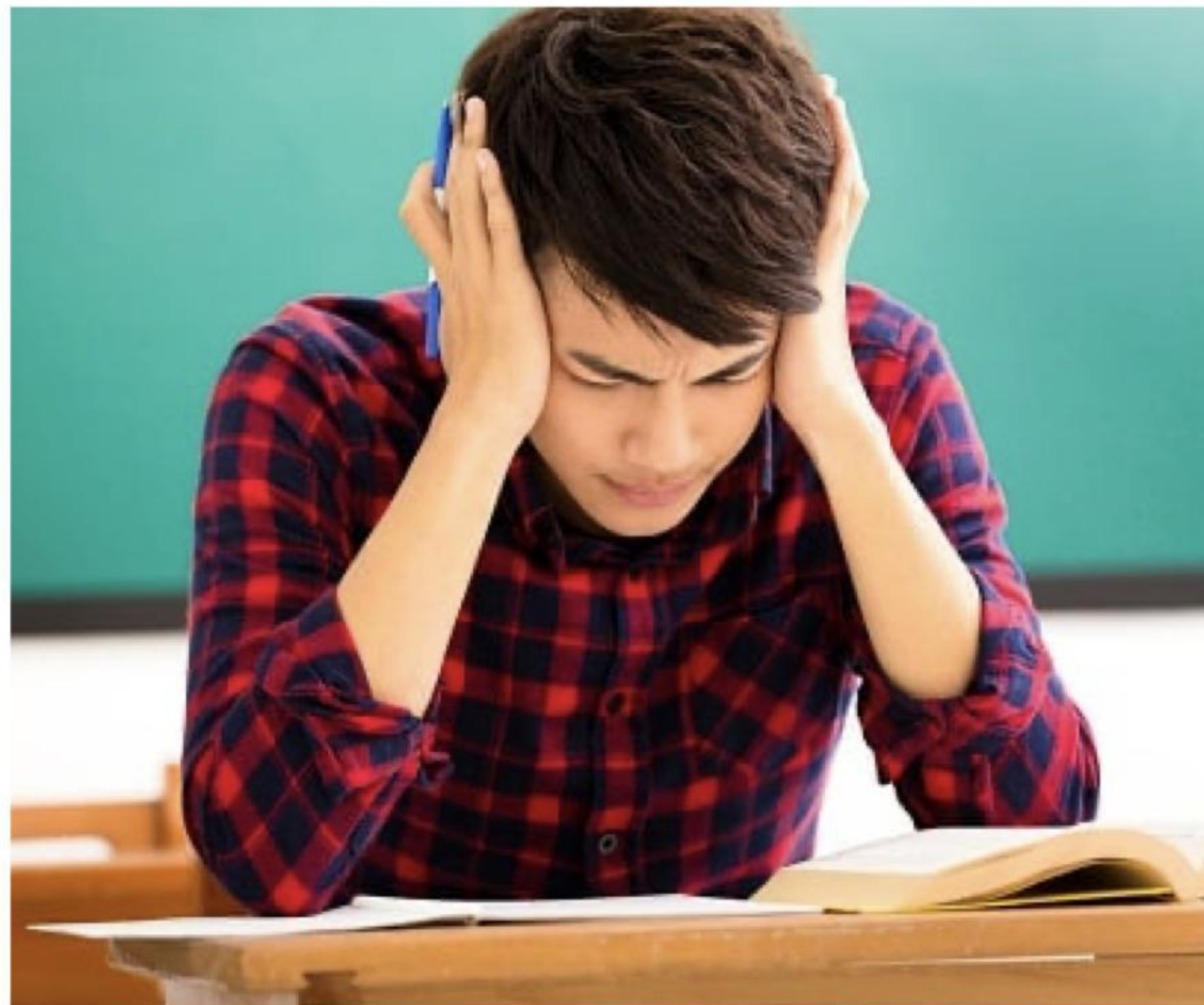


SOURCE: Monitoring the Future, Pooled Average, Weighted, 2020 and 2021 separate, 2-year-buckets

Four Foundational Harms

Major Consequences on Teens

- 1. Social Deprivation**
- 2. Sleep Deprivation**
- 3. Attention Fragmentation**



Four Foundational Harms

Major Consequences on Teens

1. **Social Deprivation**
2. **Sleep Deprivation**
3. **Attention Fragmentation**
4. **Addiction**

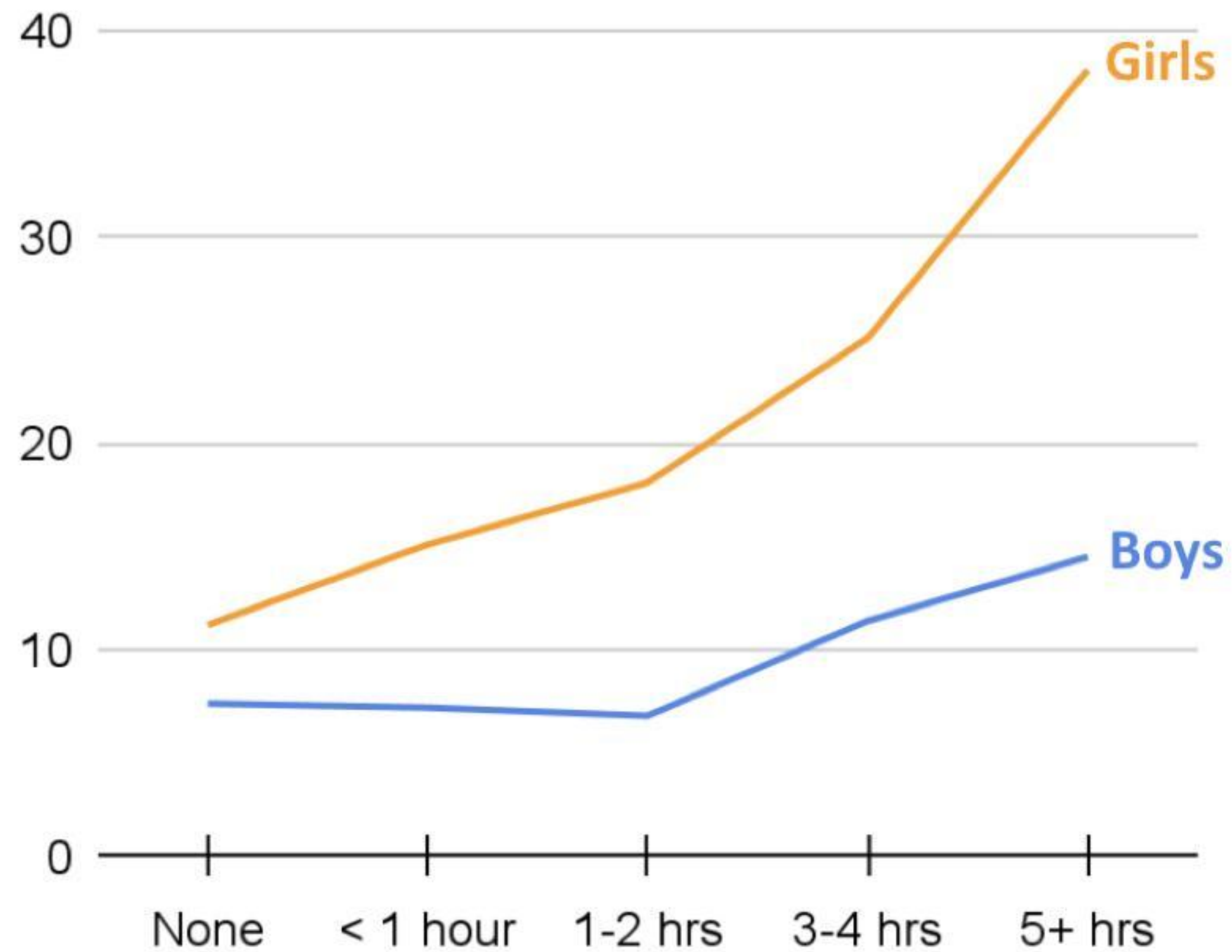


“I’m not saying 11-year-olds should be kept off the internet. I’m saying that the Great Rewiring of Childhood, in which the phone-based childhood replaced the play-based childhood, is the major cause of the international epidemic of adolescent mental illness. We need to be careful about which kids have access to which products, at which ages, and on which devices. Unfettered access to everything, everywhere, at any age has been a disaster...”

Jonathan Haidt, The Anxious Generation (page 139)

Effects on Girls

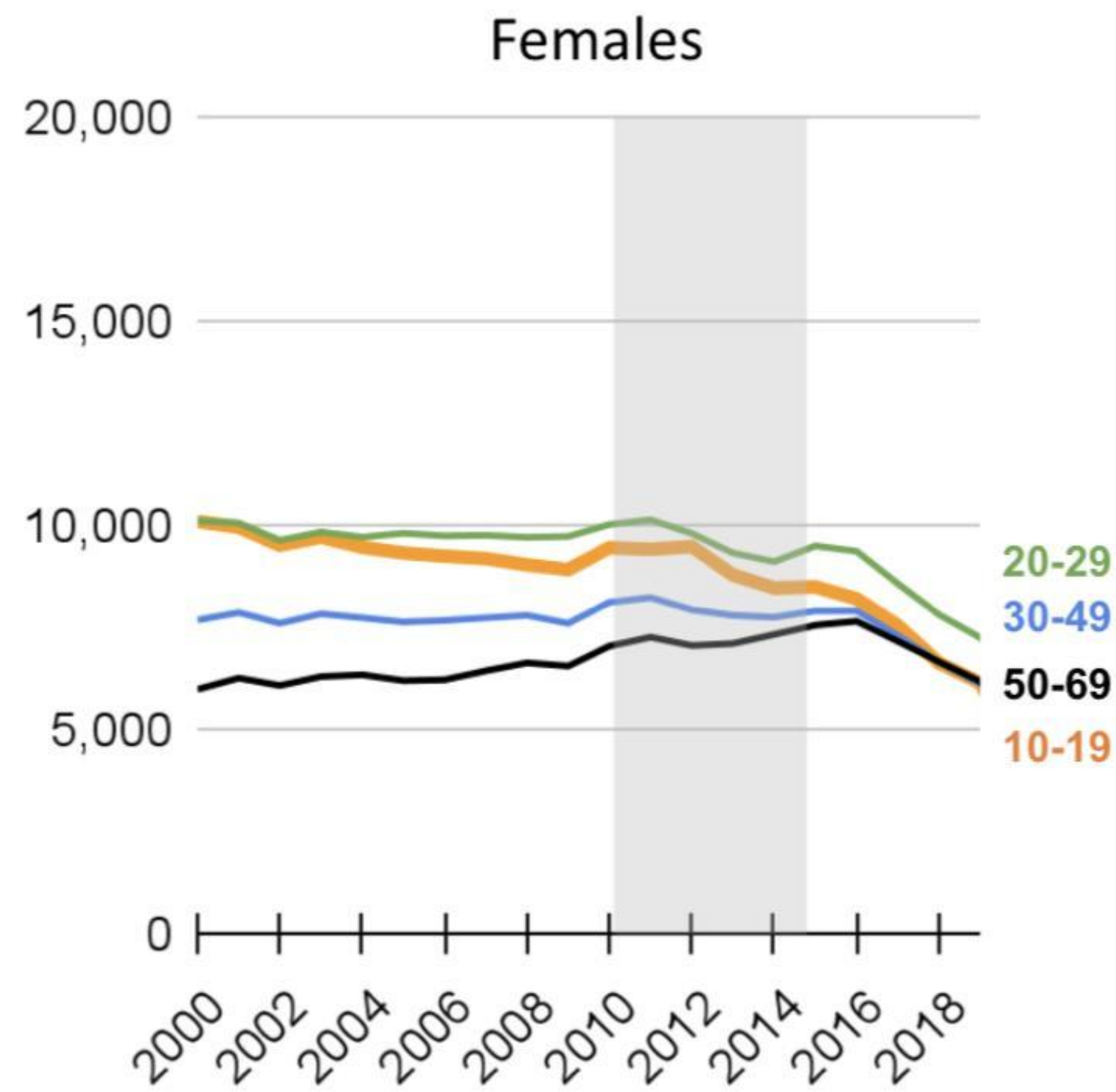
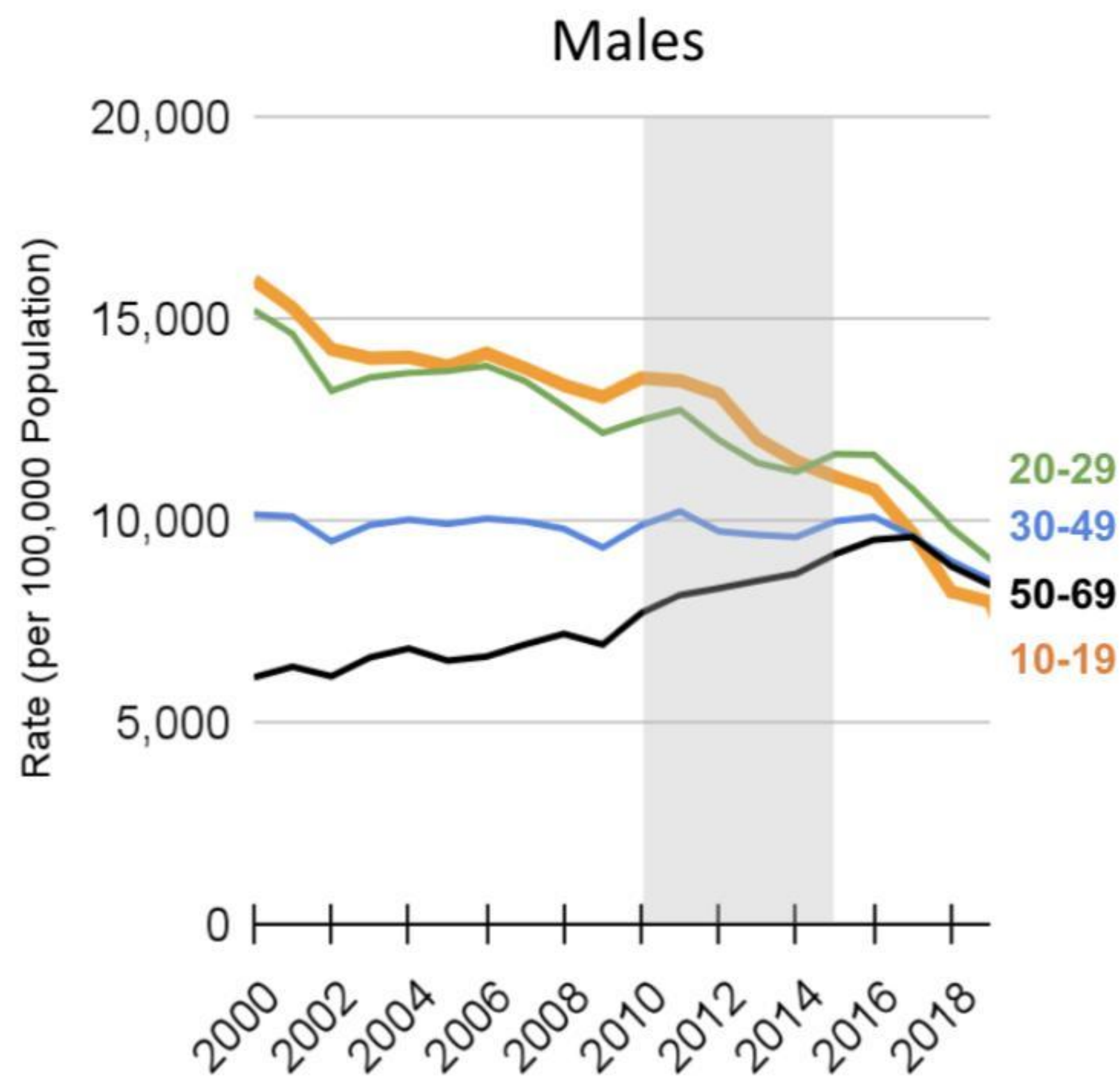
Percent of UK Teens Depressed as a Function of Hours per Weekday on Social Media



SOURCE: Millennium Cohort Study

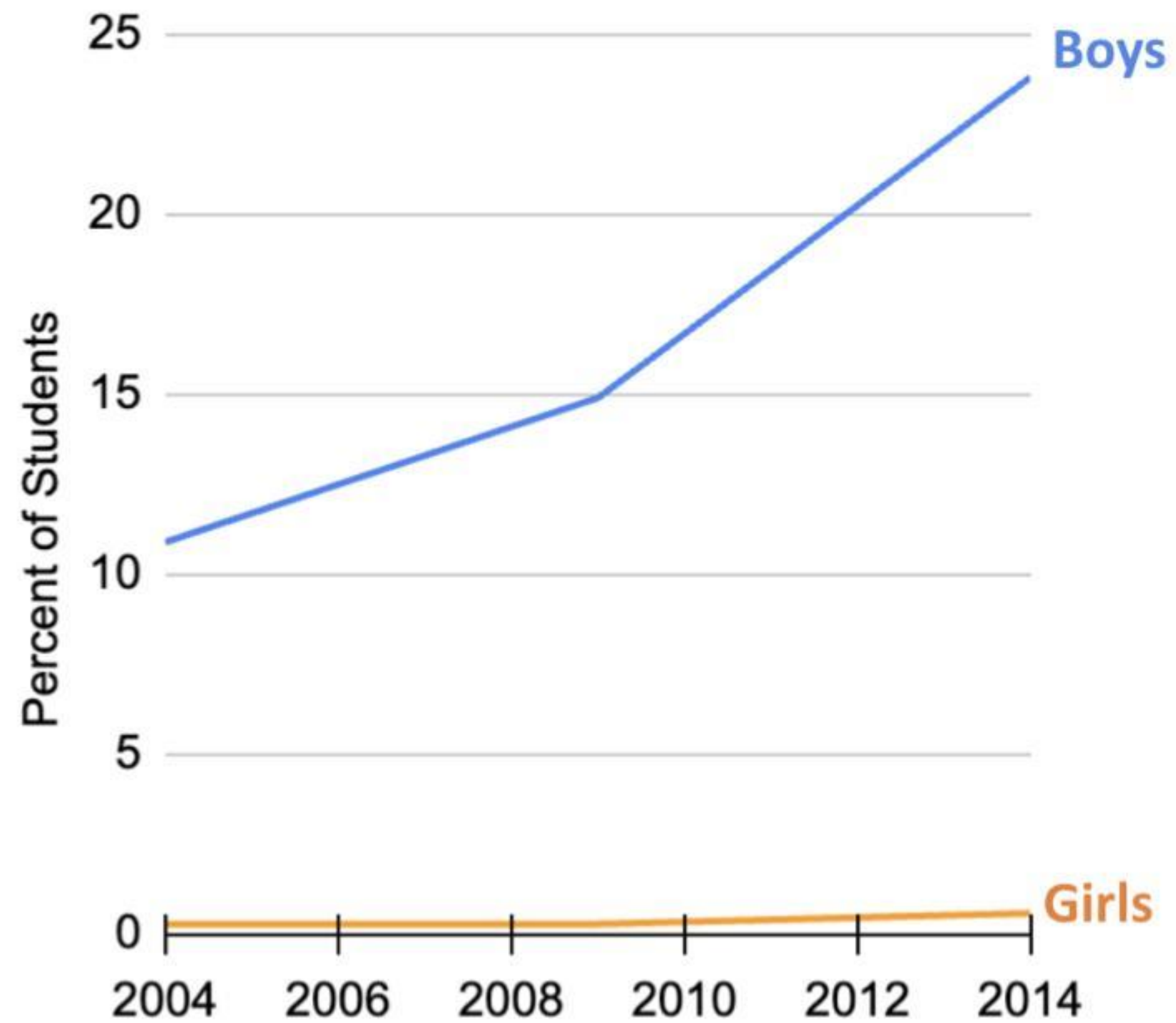
Effects on Boys

U.S. Teens and Adults Admitted to Hospitals for Unintentional Injuries



Effects on Boys

Percent of Daily Porn Users (Swedish 12th Graders)



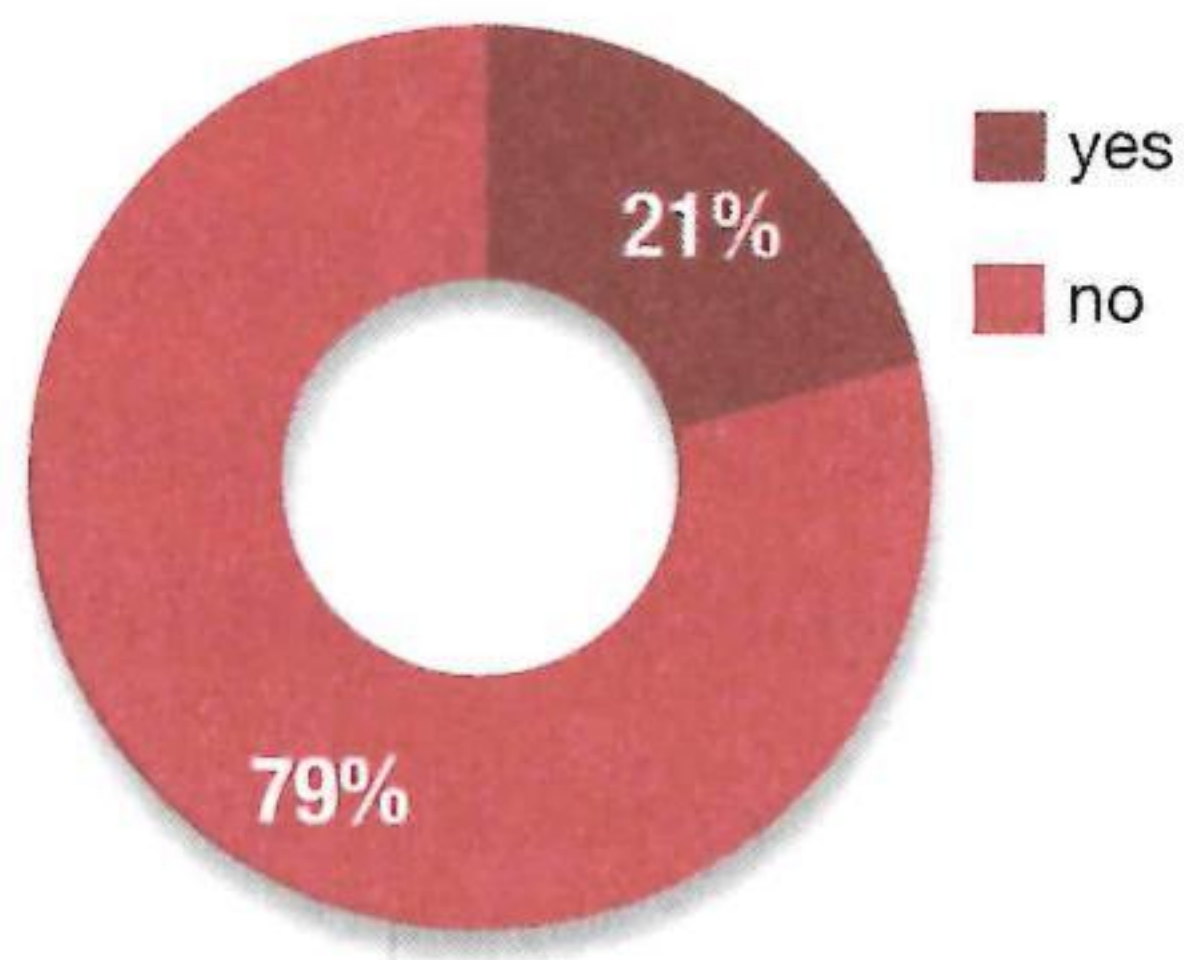
SOURCE: Donevan et al. (2022).

Effects on Boys

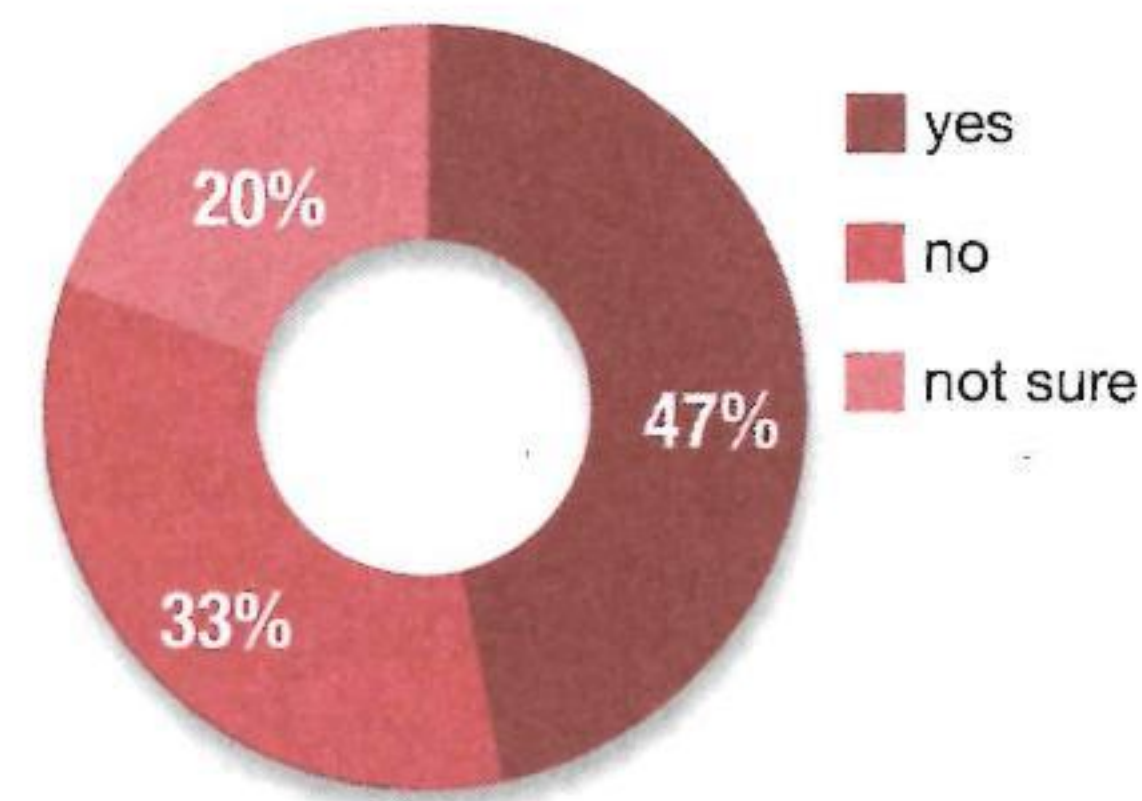
The Loneliness of Trying to Quit Porn

Do you have anyone in your life who is helping you avoid pornography?

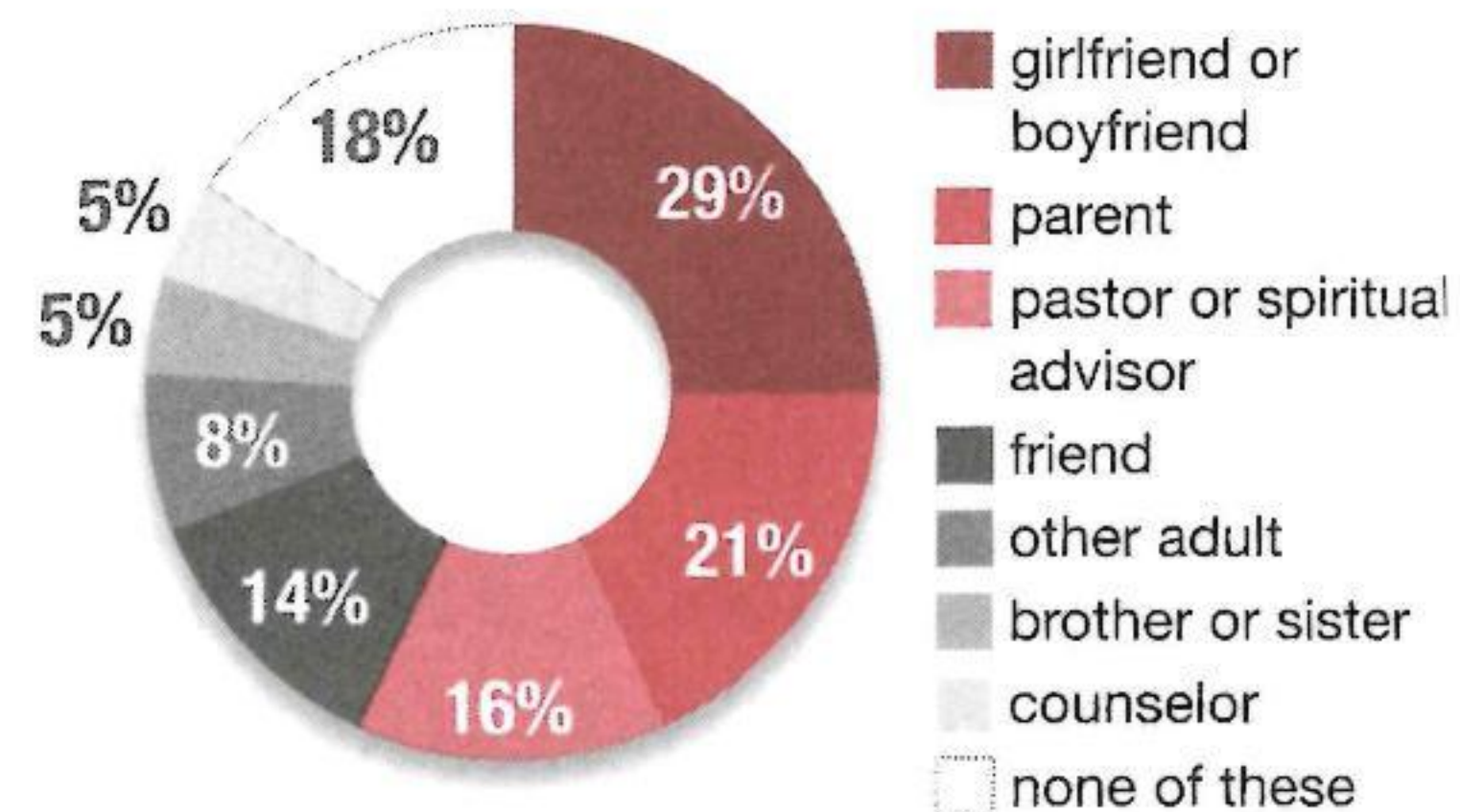
% among US teens and young adults who would like to stop using porn



NO
Anyone who could help?



YES
Who is helping?



Assessing the Spiritual Impact

Romans 12:1-2, ESV

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Assessing the Spiritual Impact

Psalm 135:15-18, ESV

- 15 The idols of the nations are silver and gold,
the work of human hands.***
- 16 They have mouths, but do not speak;
they have eyes, but do not see;***
- 17 they have ears, but do not hear,
nor is there any breath in their mouths.***
- 18 Those who make them become like them,
so do all who trust in them.***

Part 4: The Solutions

How Can We Help?

The Solutions

How can we help?

Haidt Recommends Four Reforms:

- 1. No smartphones before high school.**
- 2. No social media before age 16.**
- 3. Phone-free schools.**
- 4. Far more unsupervised play and childhood interdependence.**



The Solutions

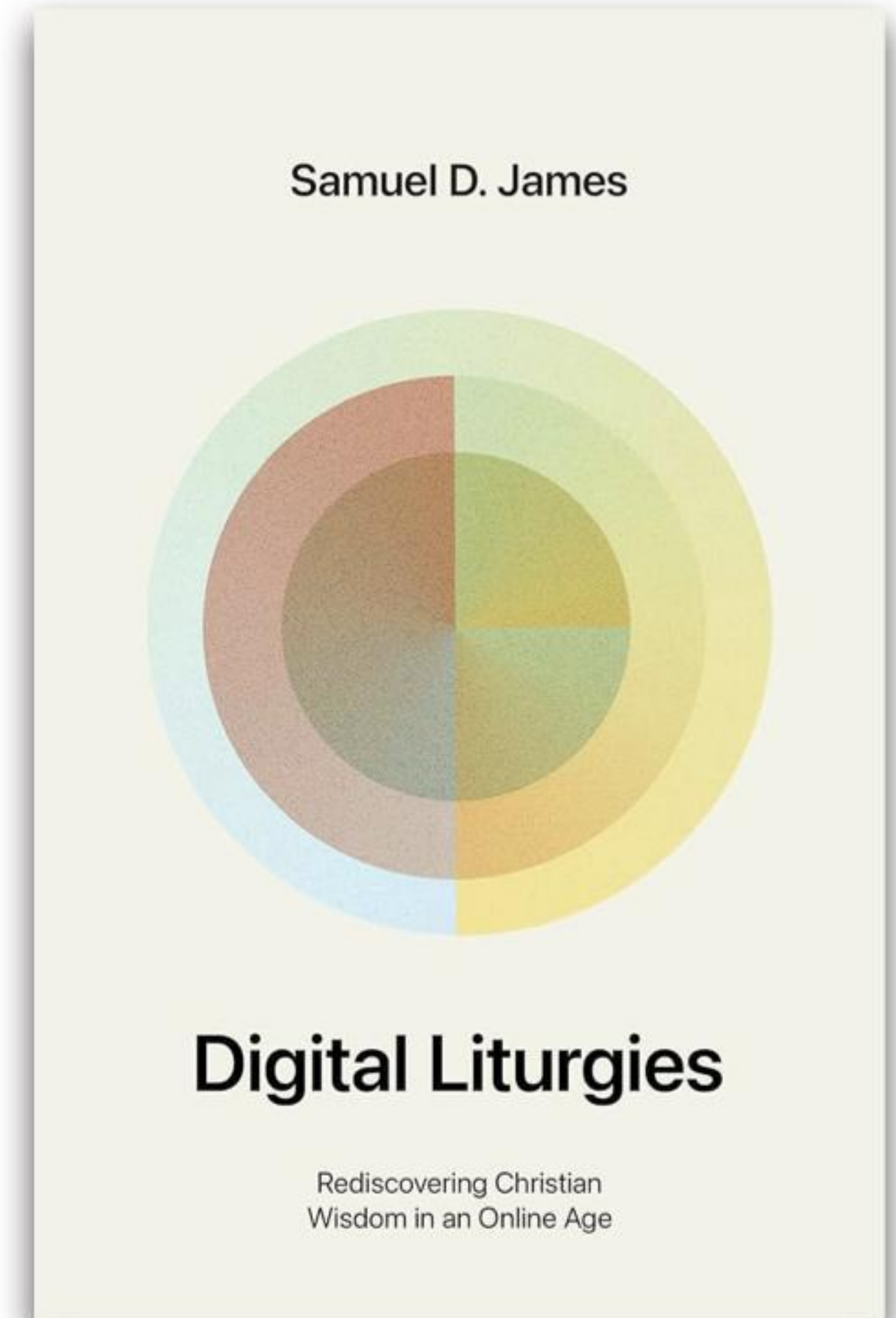
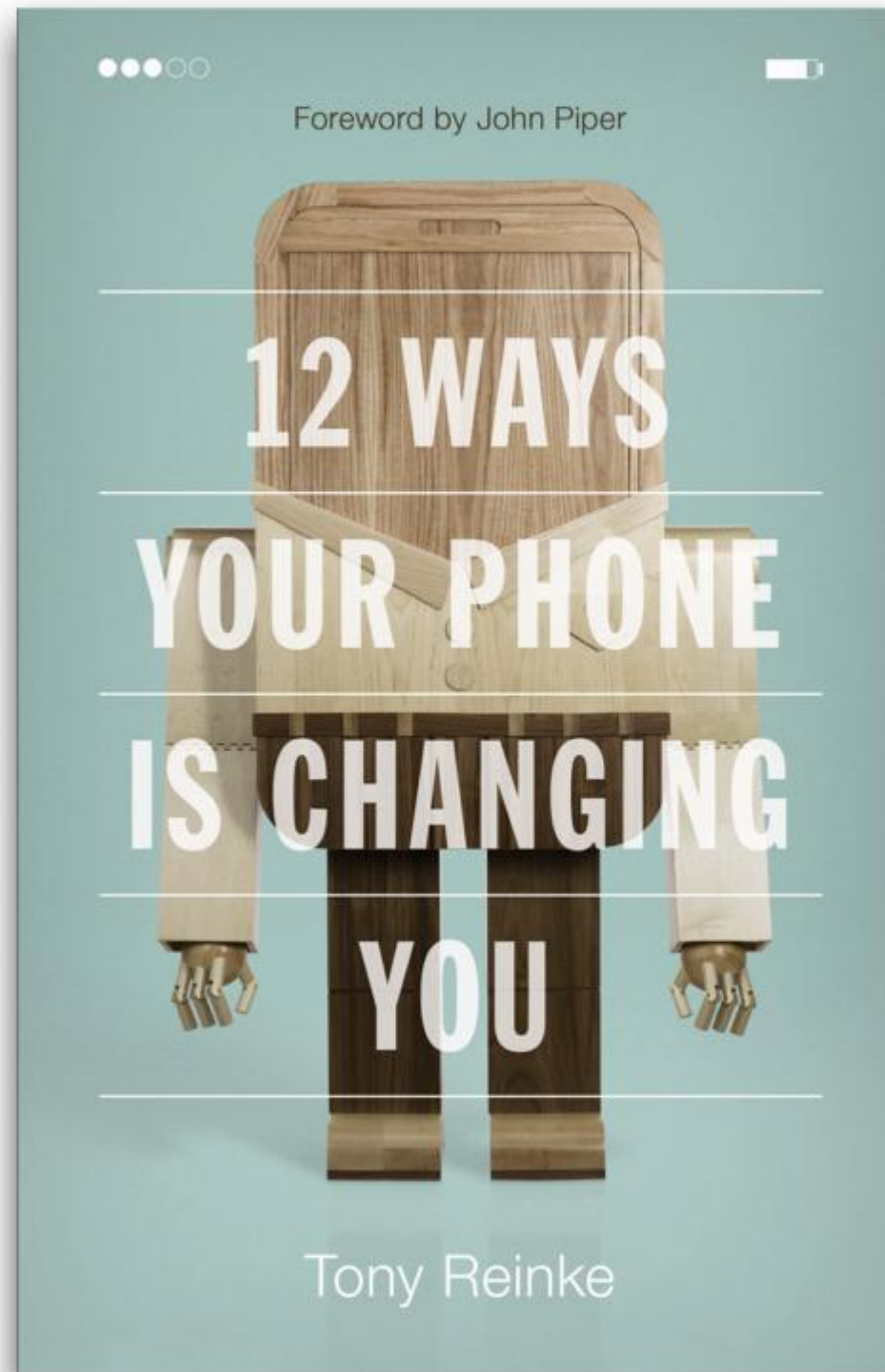
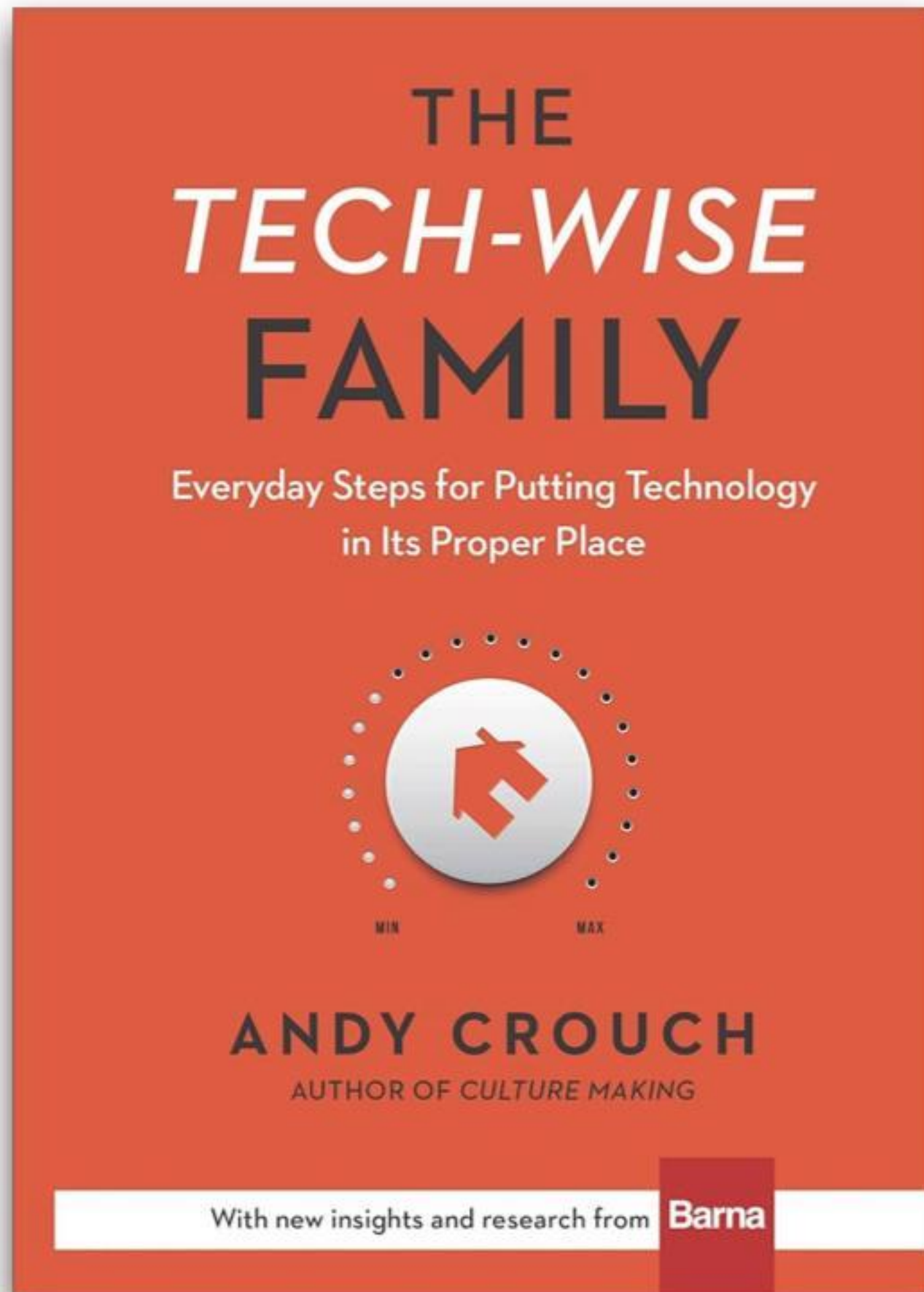
How can we help?

I'd Add Four More...

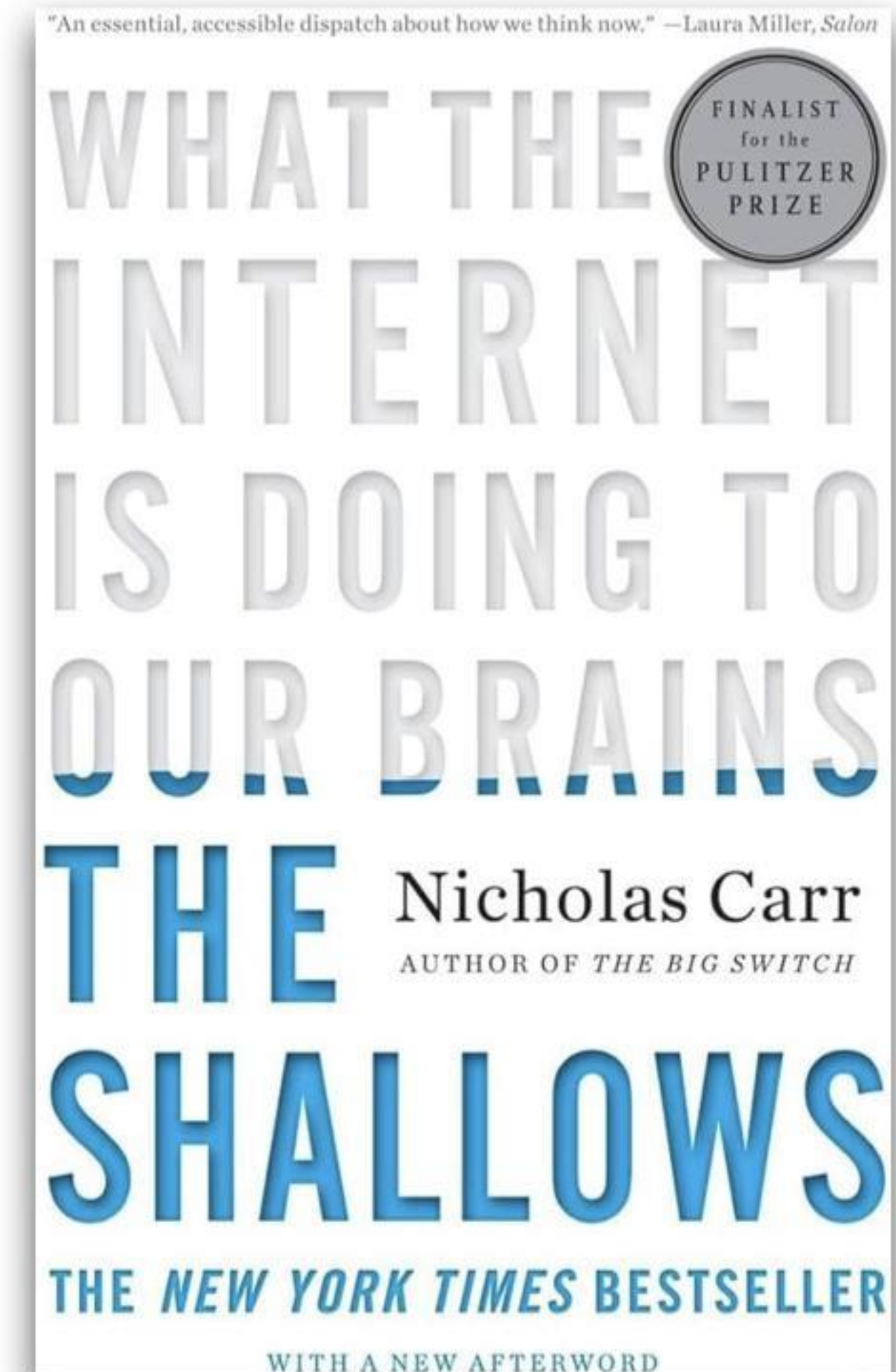
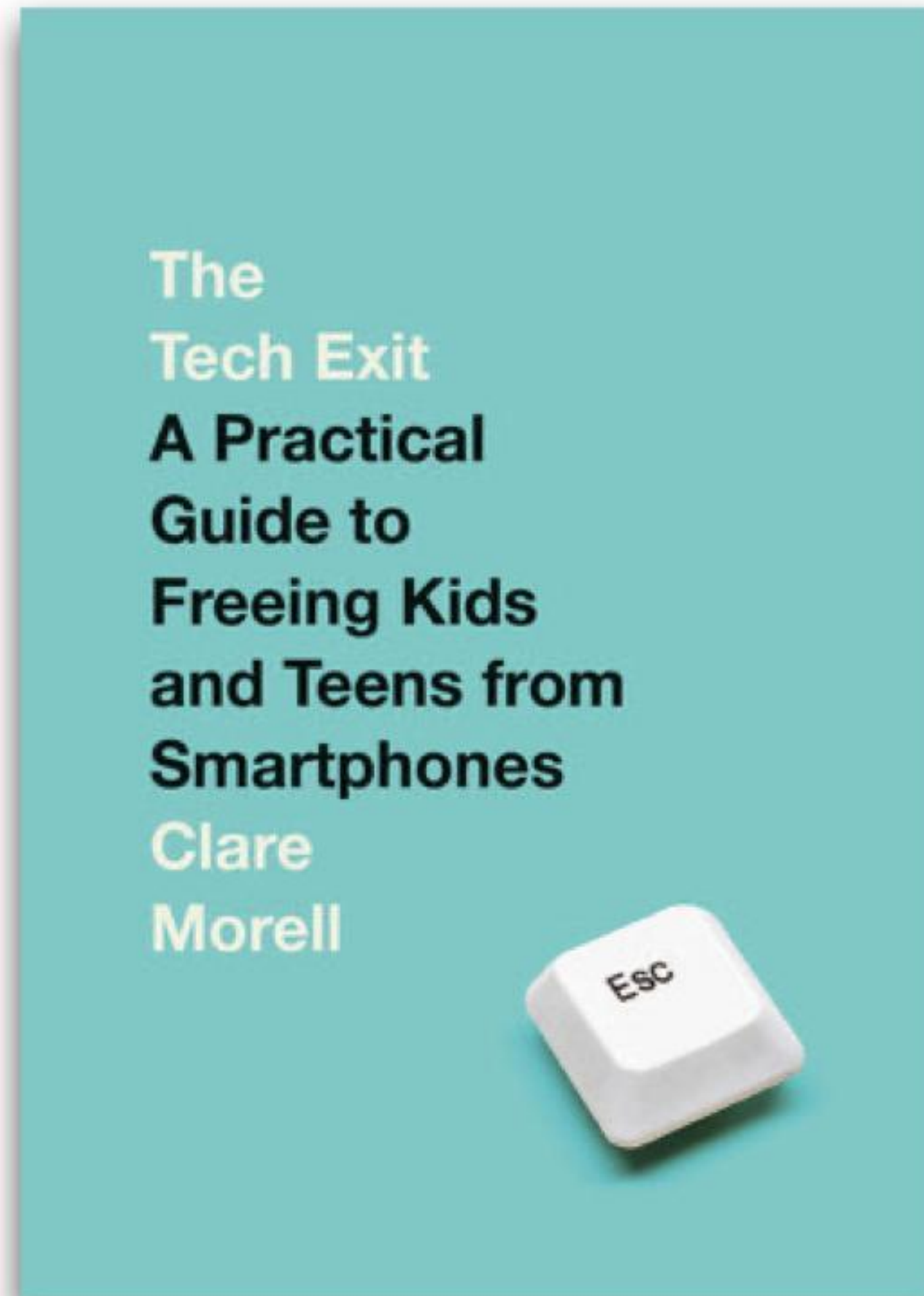
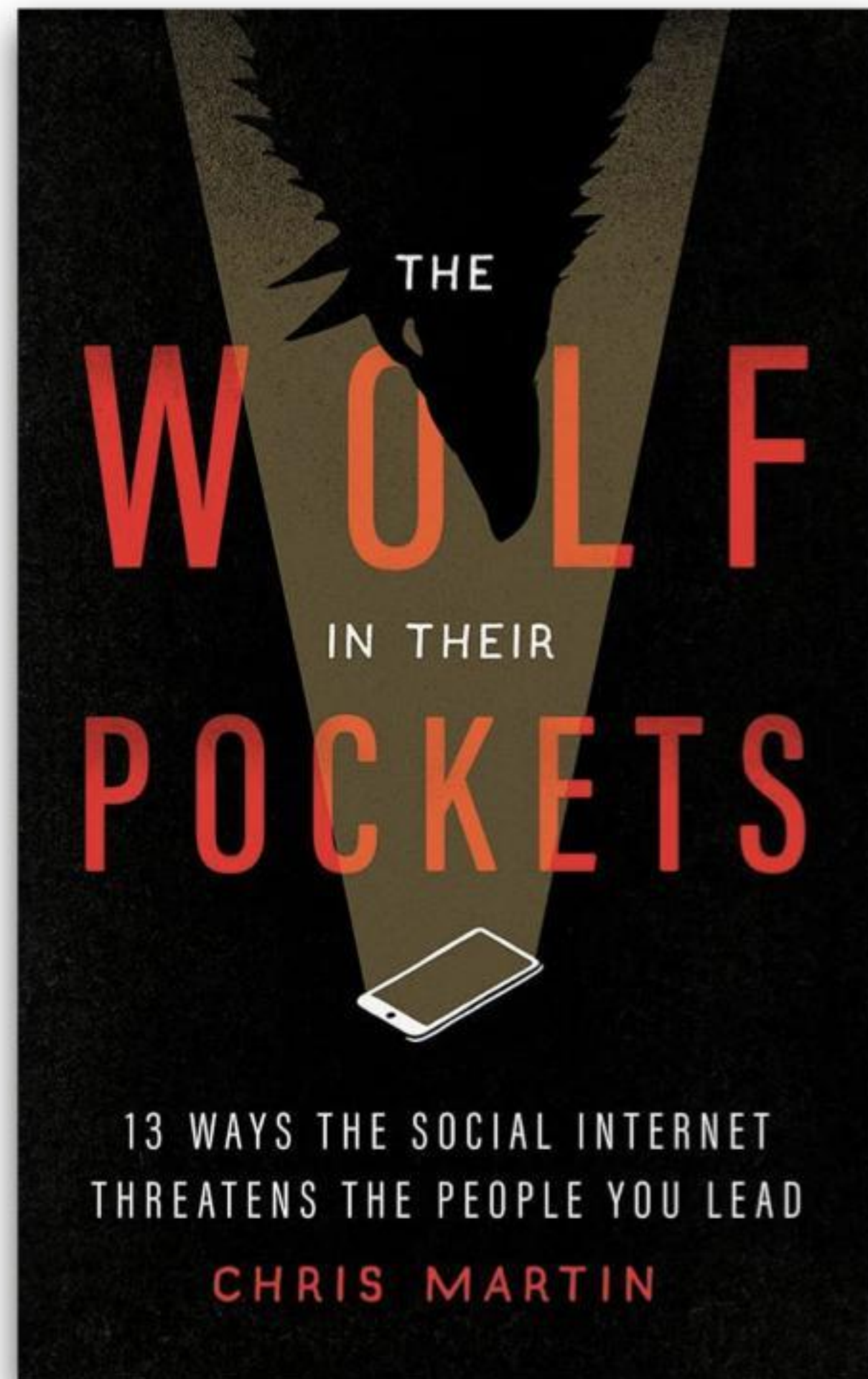
5. Limit and protect online access.
6. Model healthy behavior as adults.
7. Invest in spiritual development of your children at home.
8. Advocate for change with other parents and community leaders.

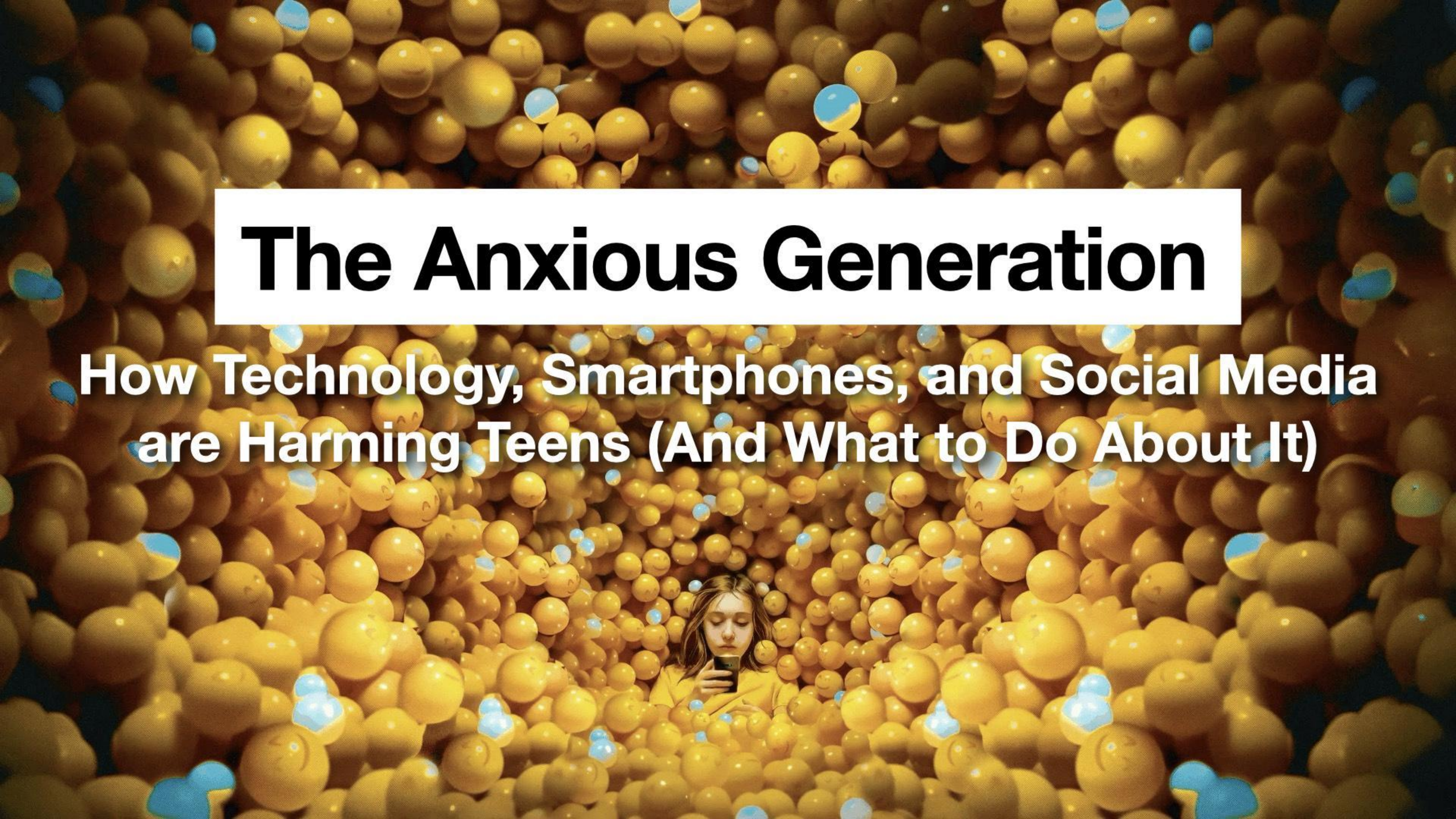


Recommended Resources



Recommended Resources



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