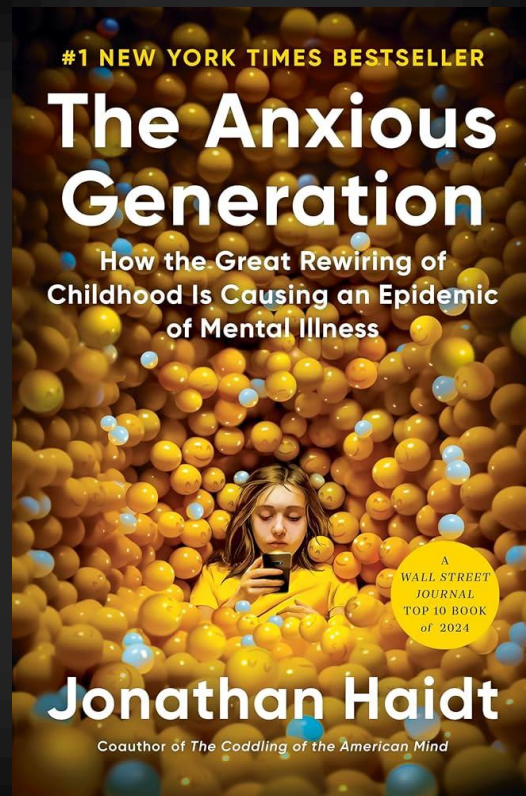


The Anxious Generation: What Every Educator/ Parent Needs to Know



Ingham Intermediate
School District
A Regional Educational Service Agency

*Student Instructional Services
Director:*
Shelley Ruh



What if..

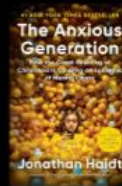
We could work together to support a healthier childhood in the digital age?

Ingham ISD Anxious Generation Book Study

Resources

- [Anxious Generation Website](#)
- CBS News Segment
- Author Talk
- Locally Published Book Review
- WS-L110 Best Books of 2024

**CLICK HERE
TO REGISTER**



You'll want a copy of the book. It's available for purchase on Amazon and at your local bookstore. You could also check out your local library, Hoopla, or Libby for a free copy.

what

October 28th 4pm-5pm	Part 1-A Tidal Wave Part 2-The Backstory
January 13th 4pm-5pm	Part 3-The Great Rewiring
February 24th 4pm-5pm	Part 4-Collective Action for Healthier Childhood

why

Gain a deeper understanding of how the 'Great Rewiring of Childhood' (the shift from play-based to phone-based childhood) may be contributing to the mental health crisis among young people and to explore strategies for creating healthier learning environments and fostering student well-being.

how

1. Register for the session and obtain a copy of the book.
2. Review the schedule and start reading.
3. As you read, make note of:
 - ! Anything that surprises you
 - ? Ideas you'd like to know more about
 - Passages that affirm prior knowledge
4. Meet *virtually* with Ingham area educators to discuss the text, consider implications for school communities, and plan next steps.

Consider this...

- Between 2010 and 2015, in the wake of the smart phones debut, depression became roughly two and a half times more prevalent for U.S. teens. (US National Survey on Drug Use and Health)
- Ingham County's rates of chronically absent students is higher than the state and national rates.
- A 2025 study identified a 25% drop in engagement during transition to secondary school. Trust, enjoyment, and safety declined between grades 7 and 8. (Research Commission on Engagement and Lead Indicators, UK)

There is hope: At least 31 states and the District of Columbia require school districts to ban or restrict students' use of cellphones in schools. (Education Week)

Let's work together to support a healthier childhood in the digital age.

While you watch...

What do you
notice and
wonder?

How does this
video *connect*
with your
experience as
an educator
and/ or parent?



Part 1 & 2

Haidt explains:

- Between 2010-2015, the social lives of American teens moved online, triggering a tidal wave of adolescent mental illness.
- The mental health of both girls and boys have been affected, but somewhat differently.
- Roughly the same pattern is seen across the Western world, and there **does not** seem to be another theory to explain why.



The Backstory: The Decline of the Play-Based Childhood

- The human, slow-growth childhood is an apprenticeship for learning skills needed for success in our culture. Social media seems to be **hijacking adolescents' opportunities** to learn the cultures of their families and communities.
- **Free play** is essential for building essential skills.
- The human brain can go into discover mode or defend mode. Young people born after 1995 are more likely to be stuck in **defend mode**.
- Children are antifragile, and need **exposure to setbacks** to grow, which means they need some level of risk.
- Early puberty is a period of rapid brain rewiring, guided by the adolescent's experiences. We should be concerned about those experiences and not let **strangers and algorithms** choose them.
- Safetyism and smartphones are **experience blockers**.



Video Reflection & Discussion

01

Brain Dump (3 minutes)

Independent Written Reflection

02

Group Discussion (10 minutes)

- ✓ Share your thoughts with a partner
- ✓ What problems do smartphones and social media **create**? What problems do they **solve**?

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Let's work together to support a healthier childhood in the digital age.

Book Study Connection Activities

As a small group, share key ideas you made note of as you read:

! Ideas that surprise you

? Ideas you'd like to know more about

☒ Ideas that affirm prior knowledge

*Breakout
Groups*

Learning Opportunities

01

Ingham ISD August Kick-Off County-Wide Book Study Partnership with districts

02

County-Wide Book Study *62 participants*

Ingham ISD
**Anxious Generation
Book Study**

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State policies on restricting cellphones at-a-glance

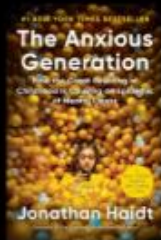
Policy Enforcement Requirement	Number	States
Bell to bell	22	Alabama, Arizona, Arkansas, California, District of Columbia, Florida* , Georgia*, Idaho, Louisiana , Missouri, Nebraska, New Hampshire, New York, North Dakota, Ohio, Oklahoma, Oregon, Rhode Island, South Carolina , Texas, Vermont, Virginia
Instructional time	8	Indiana, Iowa, Kentucky, Nevada, New Mexico, North Carolina, Tennessee, Utah
Not specified	2	Minnesota, West Virginia
Policy not required	19	Alaska, Colorado, Connecticut, Delaware, Hawaii, Illinois, Kansas, Maine, Maryland, Massachusetts, Michigan, Mississippi, Montana, New Jersey, Pennsylvania, South Dakota, Washington, Wisconsin, Wyoming

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Next Session

✓ January 13, 2026, 4:00-5:00

✓ Prepare to discuss
Part 3: The Great Rewiring



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Thank You!

*Thank you for your district leadership in
advocating for our children!*

