

THE *Counseling* CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

The Anxious Generation

by Jonathan Haidt

A few key points from the book and parent discussions held at St. Hilary School:

We are overprotecting our children in the real world while underprotecting them online.

“Children are most likely to thrive when they have a play-based childhood in the real world. They are less likely to thrive when fearful parenting and a phone-based culture deprive them of opportunities for growth.”

Four Basic Harms of Phone-Based Childhood:

Social Deprivation, Sleep Deprivation, Attention Fragmentation, Addiction

What Schools Can Do:

Phone free school, Increased play

What Parents Can Do:

- Learn how to use parental controls and content filters
- Focus more on maximizing in-person activity and sleep than on total screen hours
- Provide clear structure to the day and week
- Look for signs of addiction or problematic use
- Delay the opening of social media accounts until 16
- Talk with your preteen about the risks and listen to their thoughts

March's Focus:

The Anxious Generation

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

by Jonathan Haidt



Am I ready for a personal device?



A SELF-EVALUATION FOR TEENS

Is my teen ready for a personal device?



A SELF-EVALUATION FOR PARENTS

- 1 Do I complete my homework without being asked?
Still Learning Sometimes Almost Always
- 2 Do I get up and get ready for school on my own?
Still Learning Sometimes Almost Always
- 3 Do I have good personal hygiene?
(I shower and brush my teeth and hair without being reminded.)
Still Learning Sometimes Almost Always
- 4 Am I responsible with my belongings?
Still Learning Sometimes Almost Always
- 5 Am I consistently kind to my family members?
Still Learning Sometimes Almost Always
- 6 Do I feel comfortable communicating with others face-to-face?
Still Learning Sometimes Almost Always
- 7 Do I remember to do my chores on my own and do them without complaining?
Still Learning Sometimes Almost Always
- 8 Am I able to have calm conversations with my parents about proper use of technology?
Still Learning Sometimes Almost Always
- 9 Am I okay with my parents knowing my passwords and checking in on my online activities as needed?
No Yes
- 10 Do I get off family devices when asked and without getting upset?
Still Learning Sometimes Almost Always
- 11 Do I have self-control over my emotions when things don't go my way?
Still Learning Sometimes Almost Always
- 12 Do I have screen-free activities and hobbies that I purposely devote my time to?
Not yet Yes
- 13 Do I need a personal device for essential communication?
Not yet Yes
- 14 Do my parents feel that I am ready?
Not yet Yes

- 1 Have I worked with my family to create a family tech plan?
No Yes We will get started on _____
- 2 Am I familiar with safe tech options such as starter phones and watches?
No, [tell me more](#) Yes
- 3 Have I taught my teen about phone etiquette?
No Sometimes Yes
- 4 Have I talked to my child/teen about digital dangers such as: online predators, sexting, pornography, nudes, deep fakes, gaming addiction, cyberbullying, body image, self-harm content, online privacy, sextortion, phishing, mental health, AI, etc.?
No Some topics, but not all Yes
- 5 Can I have calm conversations with my teen about their tech use?
No Sometimes Yes
- 6 Am I willing to research apps and the safety precautions or risks with each app before giving access to my teen?
Not ready Yes
- 7 Do I know how to use parental controls and safety settings on the device?
Not yet Yes
- 8 Do I have a plan for respectful "tech checks" on my teen's device?
Not yet Yes
- 9 Is my teen respectful of our family's tech boundaries?
No Sometimes Yes
- 10 Is my teen learning to manage their time wisely?
No Sometimes Yes
- 11 Does my teen demonstrate mature and respectful relationships and communication with their peers?
No Sometimes Yes
- 12 Do I feel my teen has developed a healthy foundation of screen-free activities to purposely devote their time to?
No Sometimes Yes
- 13 Has my teen demonstrated they can make good choices online?
Not yet Yes
- 14 Does my teen really need a device right now for communication or safety?
No, it can wait until we're more prepared Yes