

Raising Resilient Kids in the Digital Age: FAQ

What is this event all about? Why are smartphones or social media a bigger deal than books or normal social engagement for kids?

This event is about raising awareness and taking action to protect our kids from the impact of smartphones and social media. While books and social interaction help kids develop critical skills, smartphones and social media introduce risks like addiction, exposure to harmful content, cyberbullying, and pressure to conform to unrealistic standards. These tools often leave kids feeling isolated and anxious instead of fostering healthy relationships. They also take time away from developmental play and sleep. Exposure during puberty makes kids especially vulnerable to brain rewiring and disconnection from developing a healthy sense of self.

Satisfied with Oneself

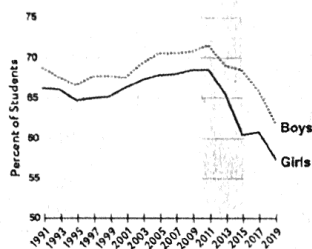


Figure 6.5. The sociometer plunge of 2012. Percent of U.S. students (8th, 10th, and 12th grade) who said they were satisfied with themselves. (Source: Monitoring the Future.)

Suicide Rates for Younger Adolescents

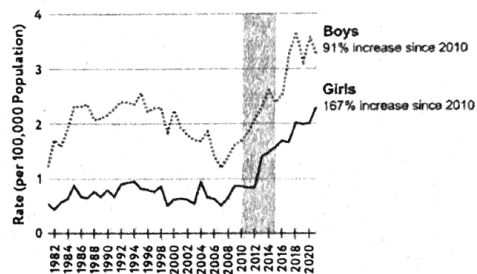


Figure 1.5. Suicide rates for U.S. adolescents, ages 10-14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²²

A selection of the graphs at <https://www.anxiousgeneration.com/research/notes-and-figures>, showing an alarming correlation between smartphone and social media use with mental health issues.

Is this event affiliated with *Anxious Generation* and Jonathan Haidt?

No. This event is NOT affiliated with Anxious Generation or Jonathan Haidt. We are parents who've seen these issues in our own community. Our goal is to foster collective action by delaying kids' access to social media and smartphones and empowering them with age-appropriate independence and responsibility and to build the skills to problem solve and think through tech in a critical way.

Why is it so hard to place limits around technology in my house? Am I a terrible parent? What am I missing?

Rest assured, you are not a terrible parent. Big Tech (Meta, Google, TikTok) hires highly paid experts to create products that are nearly impossible to put down, investing millions to make billions. Parents can't compete on this scale. If you feel like technology has a stranglehold on your kids, you are not alone. These products are addictive by design, launched without proper safeguards for children. Grassroots organizations like MAMA are working to demand oversight and bring about change.

Why do *I* have to take action? Why isn't this something that schools or the government addresses?

This issue *should* be addressed by professional guidelines, but it's not happening at the scale we need. That's why we're here! Here's how you can get involved:

- **Join MAMA:** Mothers (and others) Against Media Addiction - kaulmeghan@gmail.com
- **Encourage schools to ban smartphones for the full day**
- **Advocate for legislative policies** to protect our kids
- **Talk to other parents** to create community-wide change