

Figure 1: Instagram posts from Jonathan Haidt, PhD, Professor of Ethical Leadership at NYU's Stern School of Business and author of *The Anxious Generation*

We are forever elsewhere.

— MIT professor Sherry Turkle

@jonathanhaidt #freetheanxiousgeneration

jonathanhaidt and freetheanxiousgeneration

jonathanhaidt 46% of teens are online "almost constantly," per @pewresearch. These numbers are startling. They suggest that even when members of Gen Z are *not* on their devices and *appear* to be doing something in the real world, such as sitting in class, eating a meal, or talking with you, a substantial portion of their attention is monitoring or worrying (being anxious) about events in the social metaverse.

As the MIT professor Sherry Turkle wrote in 2015 about life with smartphones, "We are forever elsewhere." This is a profound transformation of human consciousness and relationships, and

468 likes
May 4

Add a comment... Post

The phone is an experience blocker.
You spend a lot less time in the presence of other people. You're not with your friends. You're sleeping less, you're in nature less, you read fewer books, you don't have time for anything else, you have less of almost everything.

@jonathanhaidt #freetheanxiousgeneration

jonathanhaidt

jonathanhaidt The phone is an experience blocker. Parents know this. Kids know this. If enough of us adopt new norms, we can mitigate the harms of social media and smartphones on children and teens.

Join us at anxiousgeneration.com (link in bio)

#anxiousgeneration #theanxiousgeneration #freetheanxiousgeneration #GenZ #smartphonefreerchildhood #phonefreerchildhood #GenZmentalhealth #GenAlpha #parenting #mentalhealth #kidsmentalhealth #teenagersmentalhealth #anxiety #depression #kidswithanxiety #phonebasedchildhood #anxiety support #anxietyawareness #smartphones #socialmedia #Instagram #JonathanHaidt #JonathanHaidtbooks

5w

jessicaboro Yes! It was surprising to me though that you suggested smartwatches or basic phones for young kids to stay connected to parents as they gain independence in their neighborhood. It's not been my experience that this is what kids end up using these types of devices for even if it's what their initial intended use is. It's becoming a distraction even in elementary school with kids sending and receiving messages with their parents during the school day, and then with other kids after school hours.

5w 3 likes Reply

View replies (1)

graceseidel This is true also for adults. I hate that I spend so much time on a screen. But it's impossible to get away from today.

Liked by jennkittle and 6,530 others
April 4

Add a comment... Post

Figure 2: Instagram post from Scott Galloway, Clinical Professor of Marketing at NYU's Stern School of Business



Figure 3: Widely shared Facebook post of an unofficial class experiment

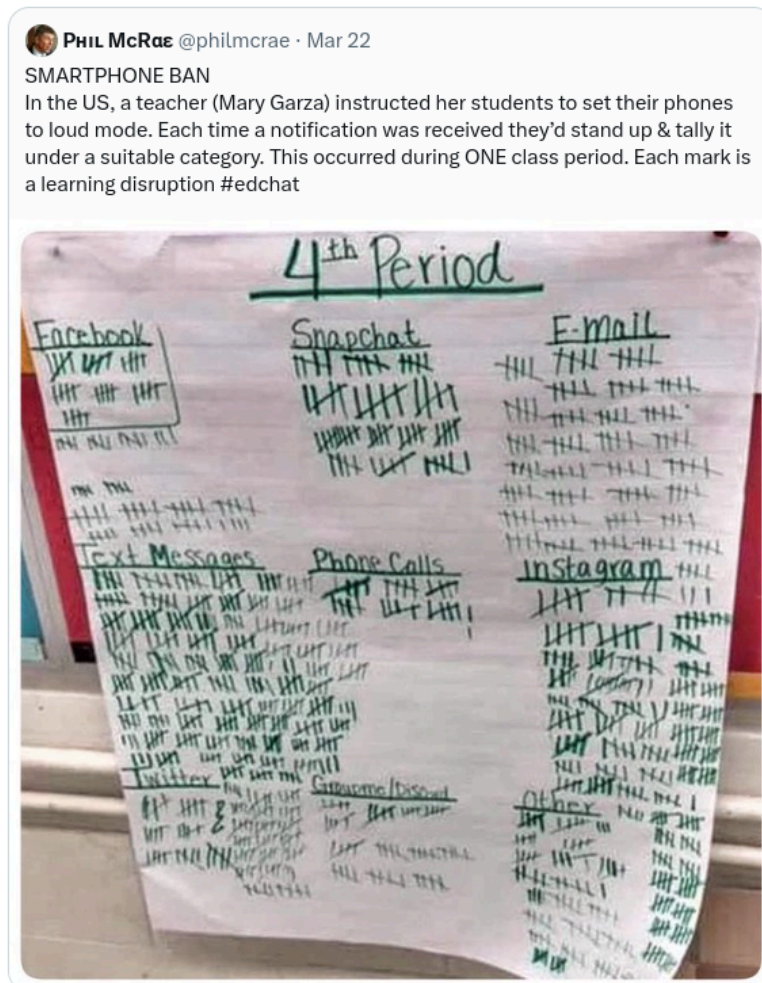


Figure 4: Student self-report data from the 2023-2024 *Harwood School Community Survey* administered in spring 2024

1 = Not at all or disagree / 4 = Always or strongly agree

Harwood has a positive school climate that I take pride in.

295 responses

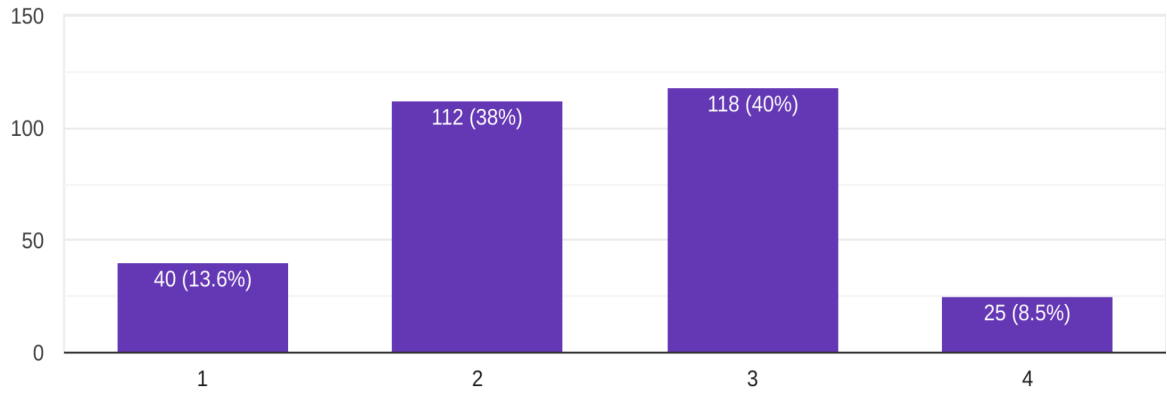


Figure 5: Student self-reported DESSA data from fall 2023

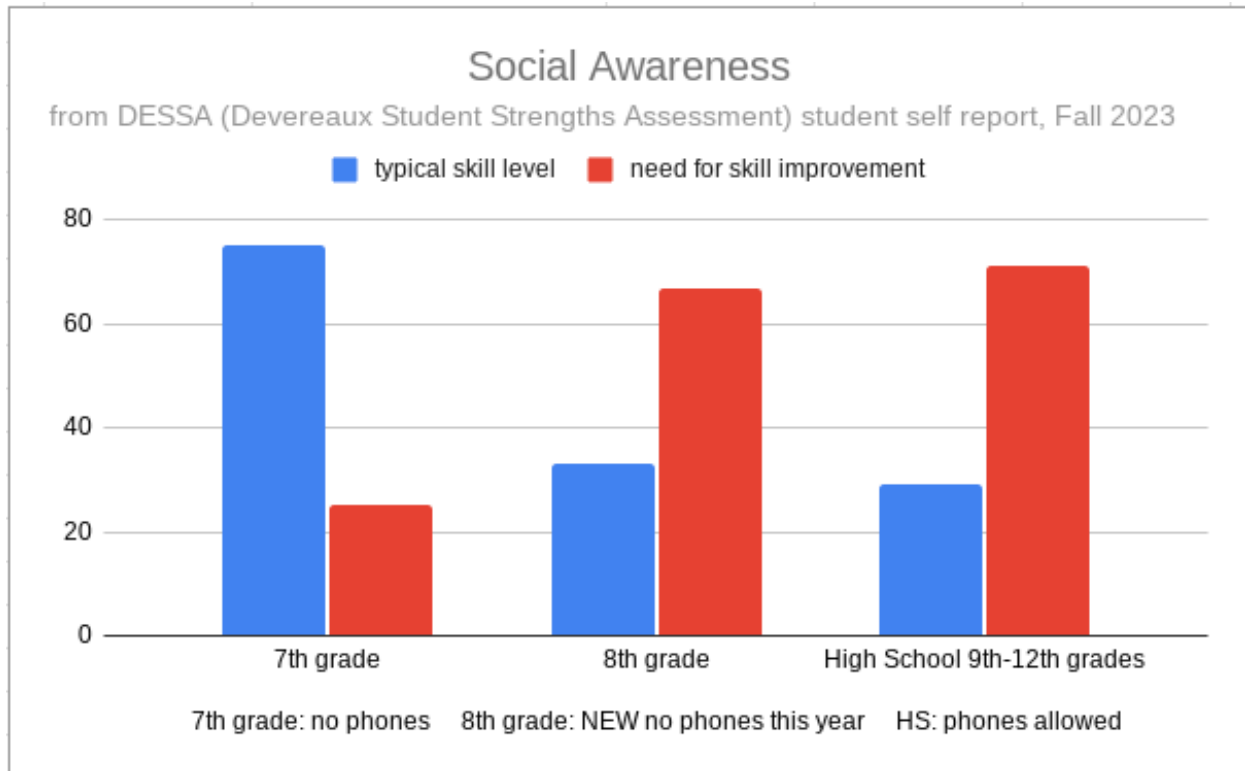
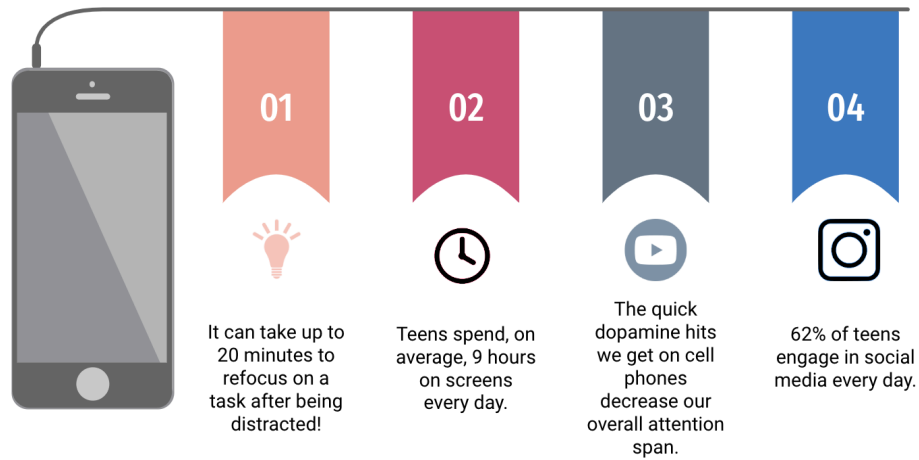


Figure 6: Statistics from the *Common Sense Media Census, 2021*



[Common Sense Media Census, 2021](#)

Physical Responses

In one study, subjects who were not allowed to respond to notifications on their phone demonstrated increased heart rate, blood pressure and other physical indicators of anxiety.

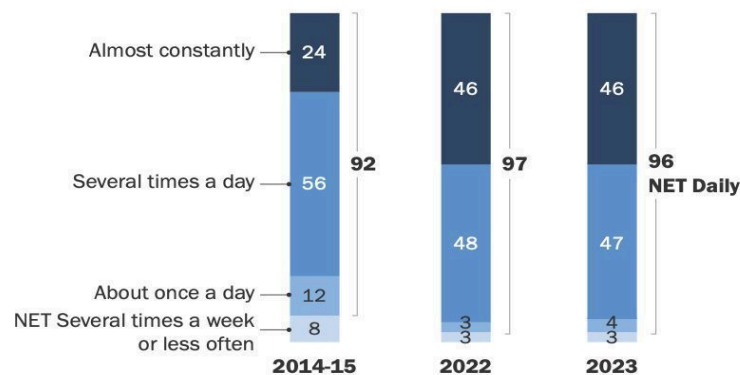


<http://onlinelibrary.wiley.com/doi/10.1111/jcc4.12109/full>

Figure 7: Data from [Pew Research Center](#), also referenced by Jonathan Haidt

The share of teens who say they are online ‘almost constantly’ has roughly doubled since 2014-2015

% of U.S. teens ages 13 to 17 who say they use the internet ...



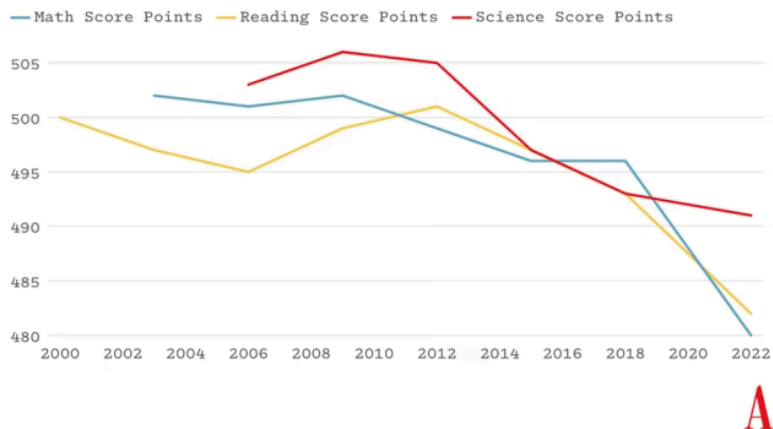
Note: Figures may not add up to NET values due to rounding. Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023. “Teens, Social Media and Technology 2023”

PEW RESEARCH CENTER

Figure 8: Data and quote from [It Sure Looks Like Phones Are Making Students Dumber](#) published by The Atlantic, December 2023

Global PISA test scores in decline



Data from OECD

PISA finds that students who spend less than one hour of “leisure” time on digital devices a day at school scored about 50 points higher in math than students whose eyes are glued to their screens more than five hours a day.

Figure 9: Assorted additional data

MENTAL HEALTH



A cross-sectional study of almost 500 adolescents (age = 11–15) found a **positive association** between **social media use and poorer sleep quality, anxiety, and depression**; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults

The mere presence of **smartphones diminishes the attention resources** for engaging with the task at hand. Defined and protected periods of separation from devices are recommended to reduce interruptions and to increase available cognitive capacity.

Adrian Ward, et al., “Brain Drain,” *Journal of the Assoc. for Consumer Research*, 2017



ACADEMIC PERFORMANCE & BEHAVIOR

- After a ban on phones in high schools, students in the lowest quartile improved by 14.23% of a standard deviation.
- Banning cell phones could be a low-cost way for schools to address educational inequality.

Beland and Murphy, “Ill Communication,” *London School of Economics*, 2015



An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

Media Multitasking and Cognitive, Psychological, Neural, and Learning Differences

How will a change in our use of cell phones affect engagement, connection and learning at Harwood?

- What was life like without cell phones? (What could life be like without cell phones? - students)
- How might relationships with those around us be different without cell phones?
- When do you feel most connected to others?
- What helps you minimize distraction?
- How do you feel when your phone is not near you?
- How might it change all of our lives (as students, parents, teachers) to not have cellphones during the school day?
- How do you think it impacts students to have cellphones during the day?
- What are ways we can address the impact cell phones have on us as individuals and a community?
- What are your practices at home around cell phone use?

Exit Ticket Questions

- What are you left thinking and feeling based on tonight's dialogue?
- What are you still wondering about regarding the implementation of our new cell phone expectations & procedures?
- What would you like Harwood to consider as we move forward with implementation of our new cell phone expectation & procedures?

Thank you for coming!