



WC PARENT GUILD BOOK CLUB



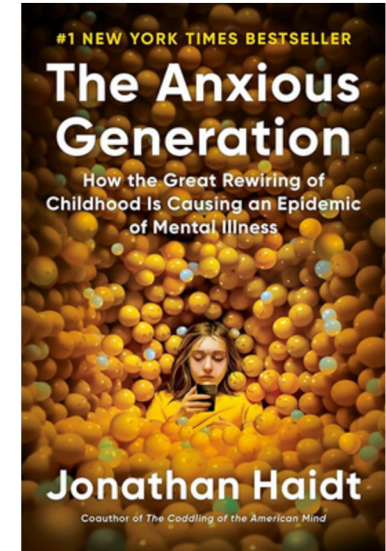
*Interested in joining us?
Scan to RSVP!*

The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness by Jonathan Haidt

Social Psychologist Jonathan Haidt shows how the play-based childhood began to decline in the 1980s and how it was finally wiped out with the arrival of the phone-based childhood in the early 2010s. He presents more than a dozen mechanisms by which this great rewiring of childhood has interfered with children's social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison and perfectionism.

West Catholic President/CEO Jill Annable will facilitate four open-ended discussions for parents, staff and community members in the MAK. Whether you choose to read the book cover-to-cover, skim it for intriguing points, or wish to join the conversation without reading, you are invited to our sessions.

A limited number of copies will be available in the school's main office. Stop by today to grab yours!



SESSION	PAGES	DATE / TIME	DESCRIPTION
Growing Up on Mars and the Surge of Suffering	Part I p. 1-45	Wednesday, September 4 6-7 p.m.	Part one stares at the raw data that got us to today, where a surge of anxiety and depression in adolescents leads us to ask, would you be the first to send your child to Mars?
The Decline of the Play-Based Childhood	Part II p. 49-110	Wednesday, September 11 6-7 p.m.	This section explores the essence of childhood - skinning knees, risky play, making mistakes and discovering resilience. As outdoor and social-based playfulness declines in our communities, the brains of adolescents are blocked from fully entering adulthood.
The Rise of the Phone-Based Childhood	Part III p. 113-218	Wednesday, September 18 6-7 p.m.	While society began to over-protect in the real world, an unprotected virtual world emerged. Pacifiers became touchscreens. Anxiety and depression rates rose. Where does our spirituality come into play? Hint: Our faith is GOOD NEWS in the face of this data!
Collective Action for Healthier Adolescents	Part IV p. 221-295	Wednesday, October 9 6-7 p.m.	What can parents do, what can West Catholic do, and what can our community do together to support families for mental wellness? Let's generate ideas and consider any calls to action.