

The Anxious Generation Parenting Series

Week 2 Discussion Questions

1. What do you think the average 13-year-old would say if given the news that they couldn't have access to social media until age 16? Do you agree with this guideline?
2. What experiences are children missing when constantly drawn to their phones?
3. 2 Hours of Phone Time a Day = 1 month of time each year spent on the phone 24/7. How do you react to this fact? Do you think your children would be surprised if they knew this?
4. Free Play means playing without adults organizing or even supervising. What reservations do you have about allowing your own children more unsupervised time?