

The Anxious Generation Parenting Series

Week 1 Discussion Questions

1. Do these chapters convince you that smartphones are the primary cause of rising anxiety and depression in Gen Z? Why or why not?
2. Does the anxiety experienced by today's youth make you feel anxious? Why or why not?
3. As a parent, do Haidt's suggested strategies for reducing children's anxiety (e.g., no smartphones before high school, no social media before 16, phone-free schools, and more unsupervised play) give you hope or cause concern? Why?
4. Do you feel able to model how to handle anxiety for your child? Do you feel equipped to disciple your child?