



The Anxious Generation

By Jonathan Haidt

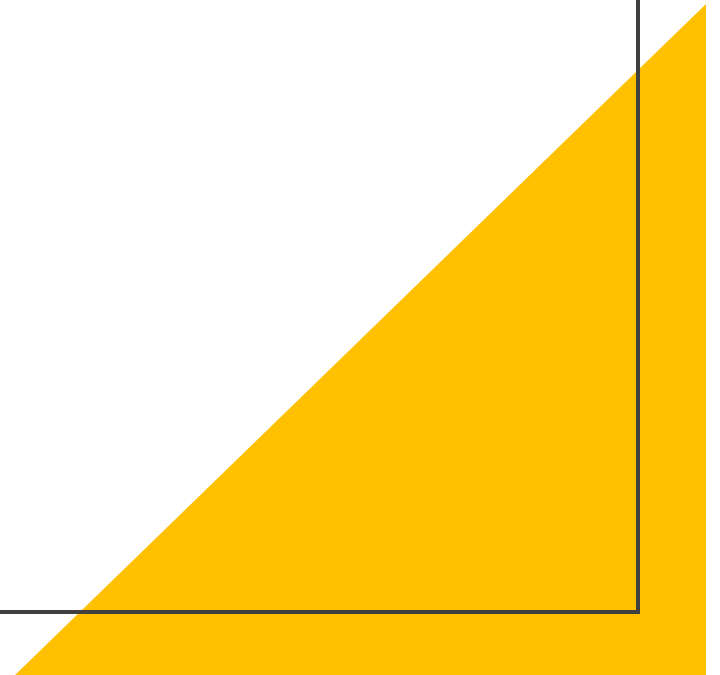
Chapters 2-4,

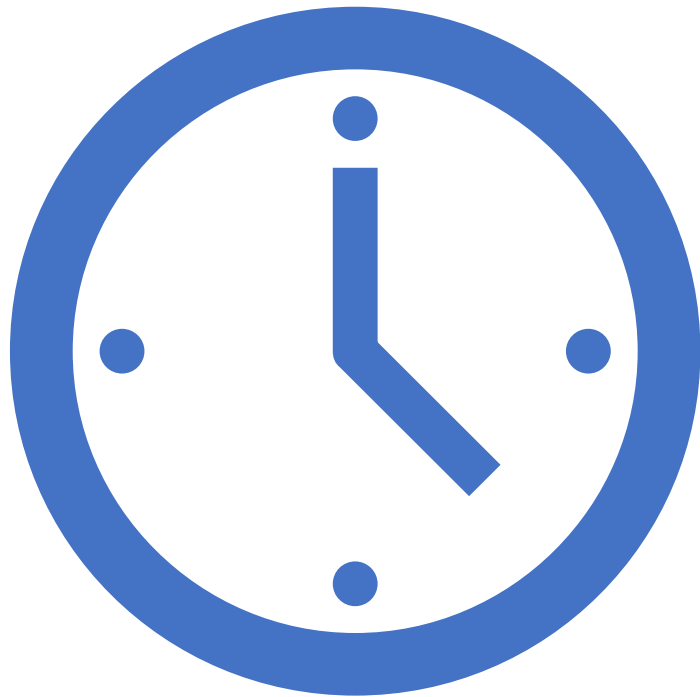
First Presbyterian Church Houston

February 9, 2025 – CINDY MARION



Dear God.





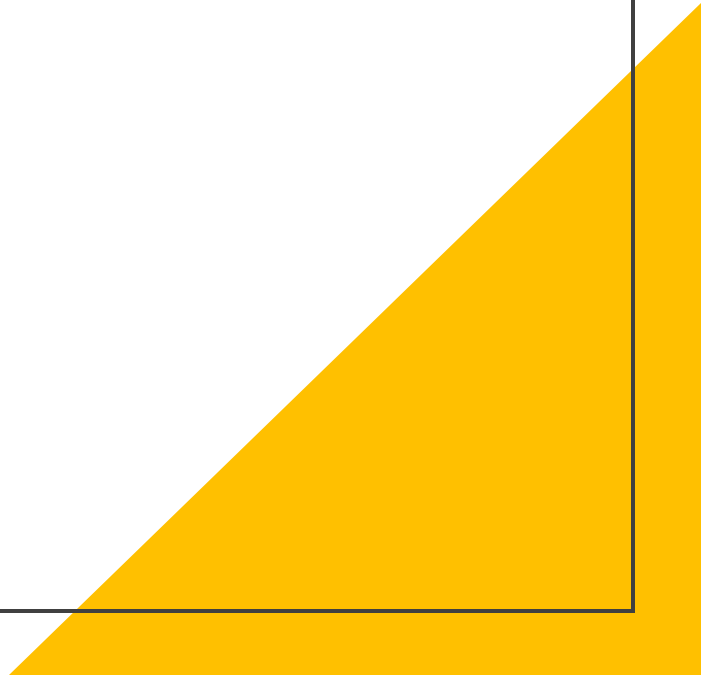
In this Hour: 3 Chapters
What's Childhood For
Discover vs. Defend Mode
Puberty & Transition to Adulthood

How do we get through this as Parents?

Focus on God's advice and anecdotal experiences that affirm that advice.



Where I'm Coming From





Where I Imagine You Are Coming From



I Have Dreams and Expectations for My Kid(s)

Don't want to see them in an Orange Penitentiary Jumpsuit.

Most Important:

I want them to have their own Head/Heart Faith and the Hope and Joy that comes from a walk with Jesus.



Three 'Must Shares'

God is Present and Participating.

The Pendulum Swings.

My Mom asked:
“Did you Love your childhood?”

In the Beginning.

||| Today.

Genesis 2: 15-17
Genesis 3: 1-7

We desire to be wise.

We want to be like God.

Knowledge –

All Knowing, Like God.

Cloning Ourselves to be

Everywhere, Like God.

We too
want to
eat of the



What do Children Need to Do in Childhood?



Free Play

“Activity that is freely chosen and directed by the participants and undertaken for its own sake, not consciously pursued to achieve ends that are distinct from the activity itself.”



Attunement

2 Hours of Phone
Time Per Day =
1 month a Year 24/7


GEMs =
Genuine Encounter
Moments



Social Learning

Parents. Then very early on... Replaced by Peers.





Expectant Brains & Sensitive Periods

Ages 9 - 15





Discover Mode vs. Defend Mode

Overprotecting our Children in the
Real World

While Underprotecting them Online



John Walsh Tragedy in 1981



Discover Mode

Biosphere 2 in Arizona

Antifragile = things that need to get knocked over now and then in order to become strong.





My Prayer

Minor Car Accident for Every American Child at
Age 16 – JK

Gen X (1965 – 1980)

Baby Boomers (1946 – 1964)

Silent Generation (1928 – 1945)



Gen Z (1996 or Later)

Excluding Millennials (1981 – 1995) from this exercise



Stranger
Danger

We are raising Adults.

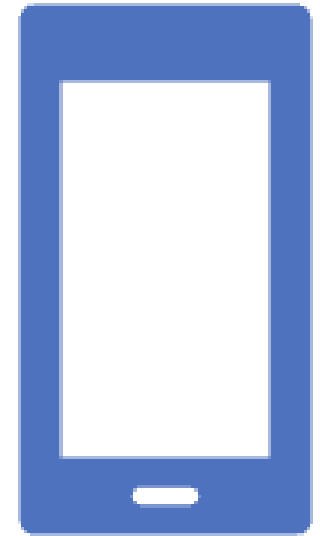
Avoiding the Blocked Transition to Adulthood.



Addiction to Food vs. Addiction to Alcohol

You can't live without food.

Can we live without our phones?



Rites of Passage

I kind of like his Birthday Idea:

- Age 6: Age of Family responsibility.
- Age 8: Age of Local Freedom.
- Age 10: Age of Roaming.
- Age 12: Age of Apprenticeship.
- Age 14: Beginning of High School.
- Age 16: Beginning of Internet Adulthood.
- Age 18: Beginning of Legal Adulthood.
- Age 21: Full legal Adulthood.

What are your Thoughts?

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?

What experiences are children missing when constantly drawn to their phones?

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?

Free Play means playing without adults organizing or even supervising. What reservations do you have about allowing your own children more unsupervised time?

Must Shares:

Deuteronomy 6: 4-9

I Timothy 4: 12, 16



The joy of discovery mode.....

