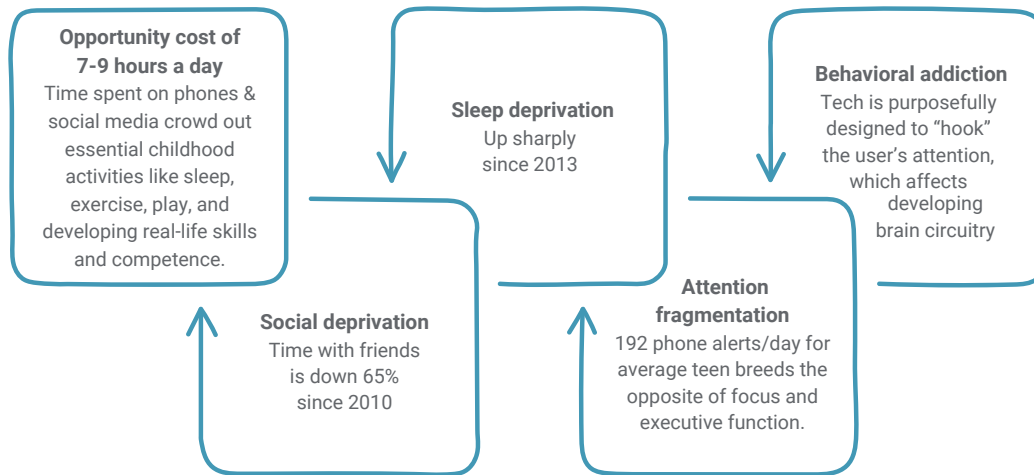


We are at a tipping point.

In [The Anxious Generation](#) (March 2024), Social Psychologist Jonathan Haidt calls for us to collectively roll back the phone-based childhood and reclaim childhood in the real world.

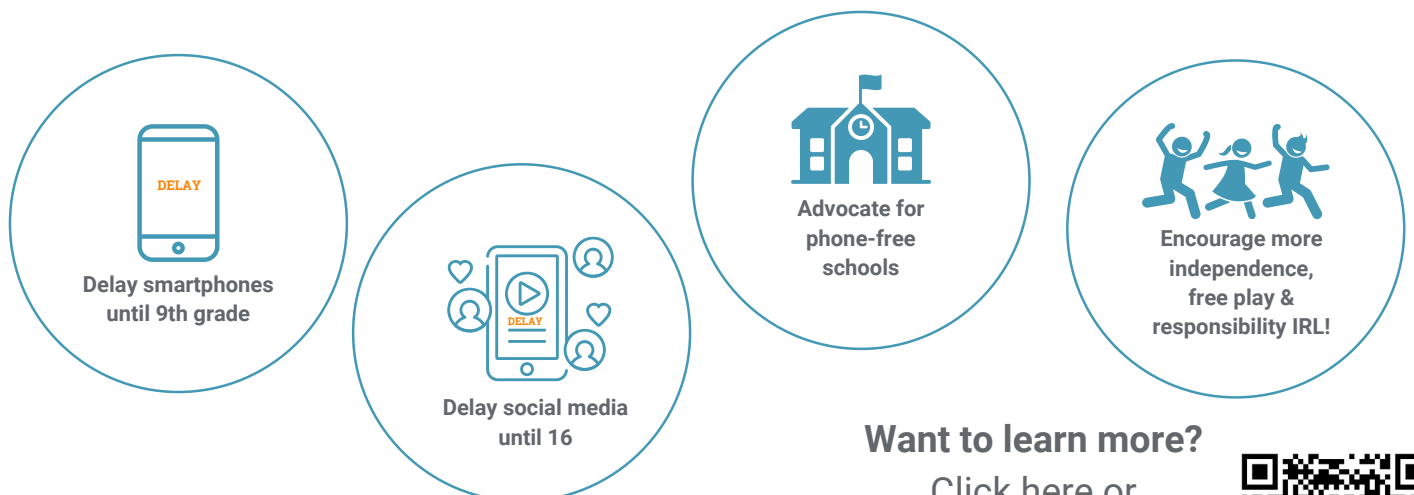
He outlines **five foundational harms** of a phone-based childhood:



He outlines additional harms specific to boys (e.g., apathy and retreating from the real world) and girls (e.g., increased perfectionism, toxic social comparison, and exposure to sexual predation). These research findings are resonating with parents, educators, and young people around the globe. But Haidt doesn't stop there - he also addresses what we can do about it.

A roadmap for collective action

Jonathan Haidt provides an achievable roadmap, suggesting we **roll back the phone-based childhood and restore the play-based childhood as a community** by focusing on establishing these four norms:



Want to learn more?

Click [here](#) or

