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To: [Lise Bradshaw](#)
Subject: Fw: How smartphones created The Anxious Generation of kids
Date: Thursday, December 19, 2024 9:25:25 AM

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How smartphones created The Anxious Generation of kids
https://www.youtube.com/watch?v=kE0dwWp_88s

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<https://www.cbc.ca/listen/live-radio/1-63-the-current/clip/16116427-time-push-back-smartphone-based-childhoods-jonathan-haidt>

Dec. 17, 2024

Jonathan Haidt says technology and social media have rewired our children's brains, and taken a heavy toll on their mental health. The social psychologist talks to Matt Galloway about his blockbuster book The Anxious Generation and the dangers of a childhood spent on screens.

<https://www.amazon.ca/Anxious-Generation-Rewiring-Childhood-Epidemic/dp/0593655036/>