

From Play-Based to Phone-Based Childhood

50%

Depressive symptoms in US 8th, 10th and 12th graders

40

49.5%

48.9%

44.2%

I can't do anything right

My life is not useful

I do not enjoy life

30

20

'91

'95

'00

'05

'10

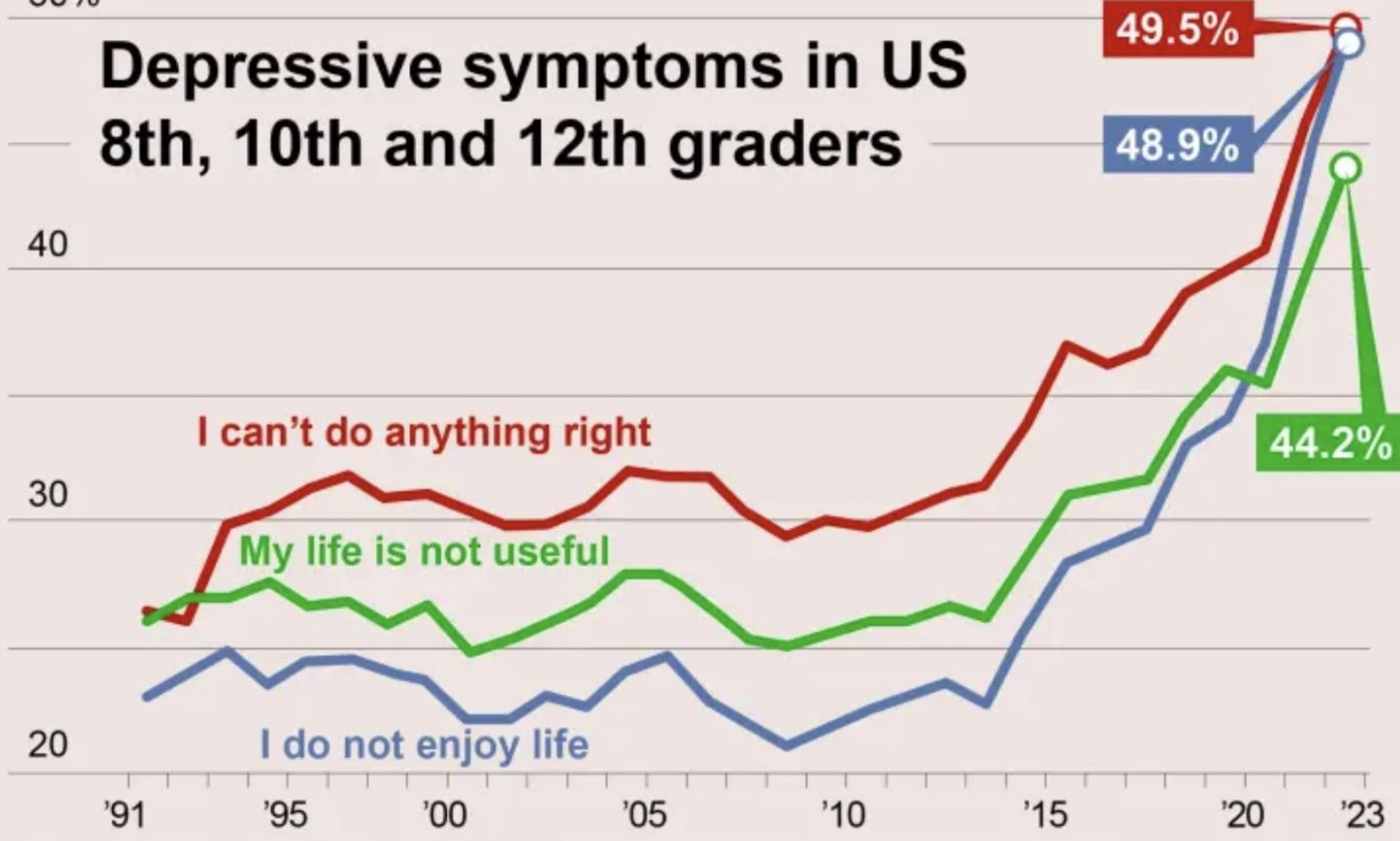
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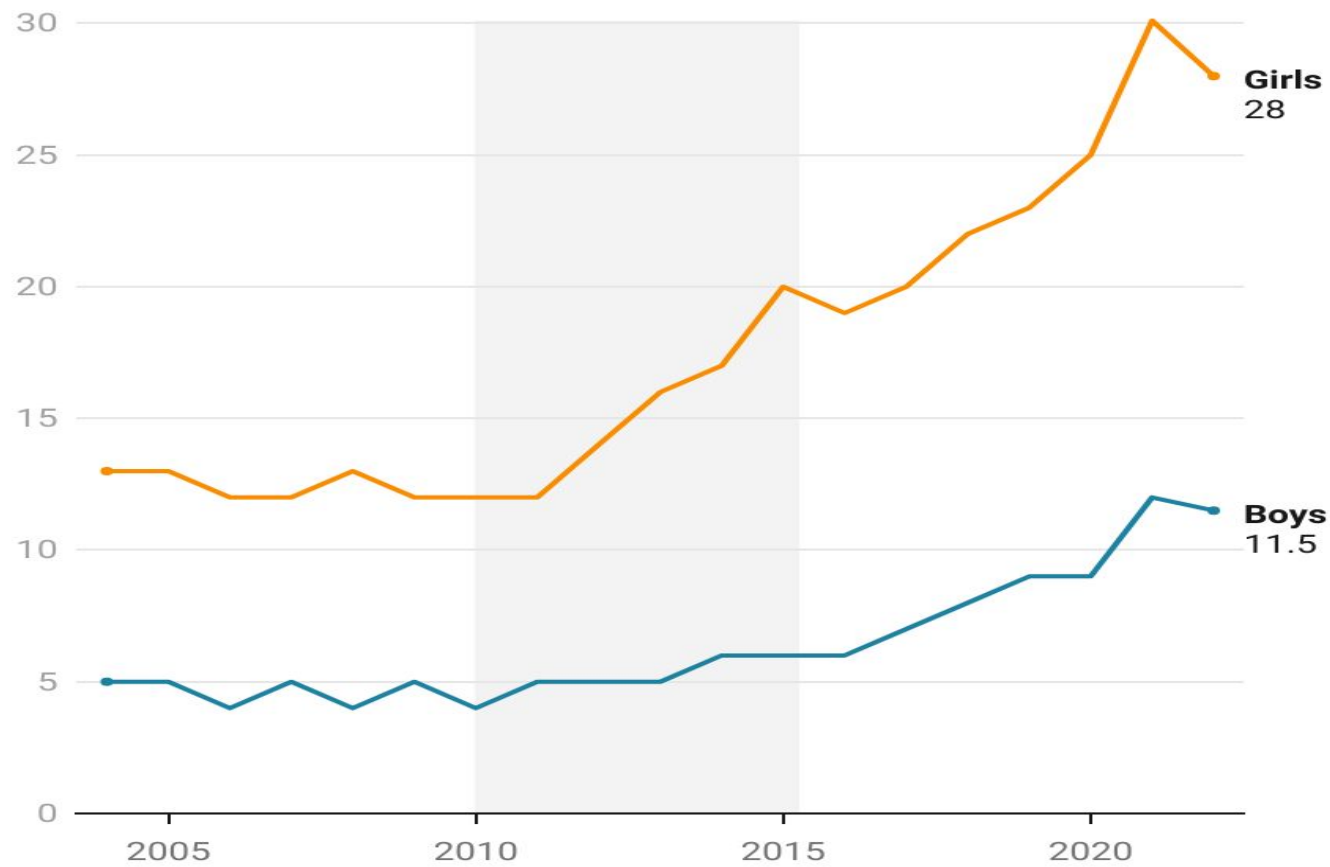
Source: Monitoring the Future, analyzed by Jean Twenge

Note: 2020 data was collected in February and early March, before schools shut down during the COVID-19 pandemic.

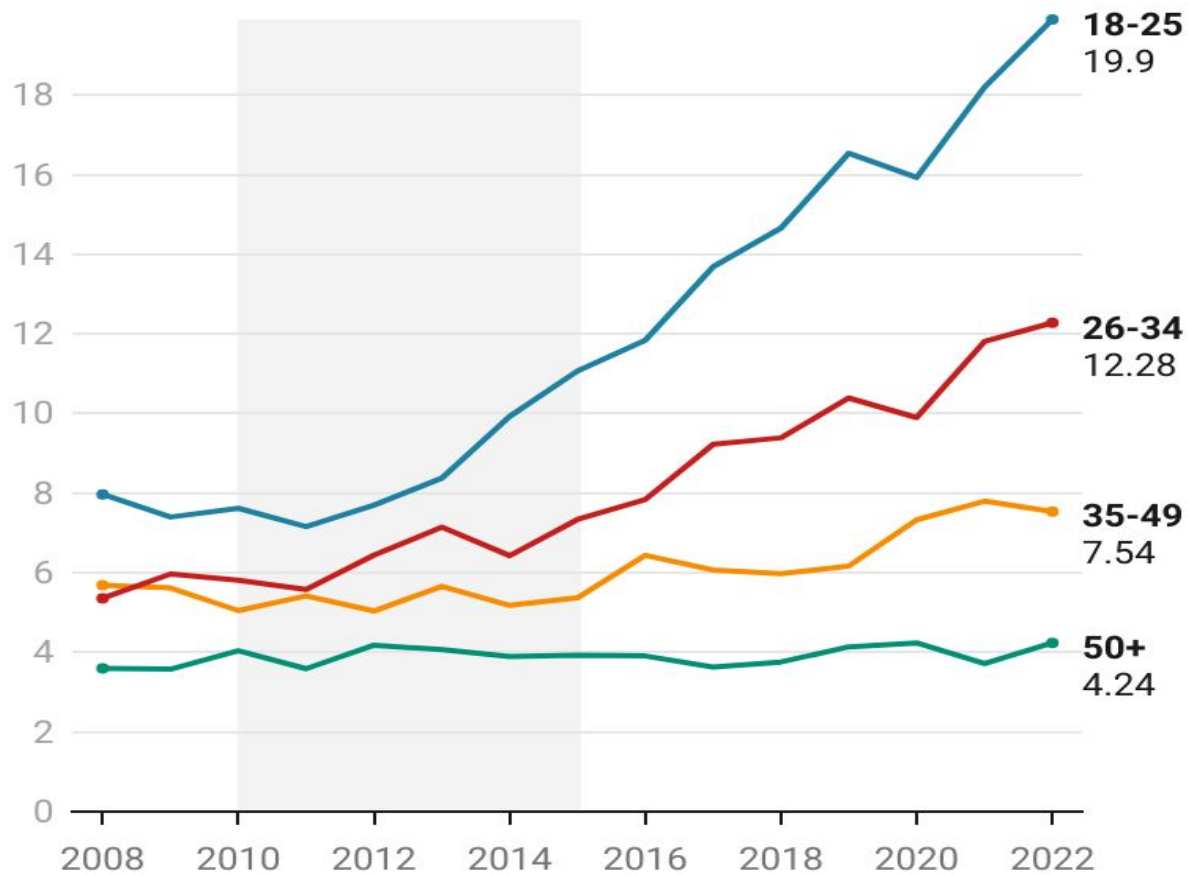


Major Depressive Episodes in the Last Year (U.S. Teens)

Percent of 12-17-Year-Olds

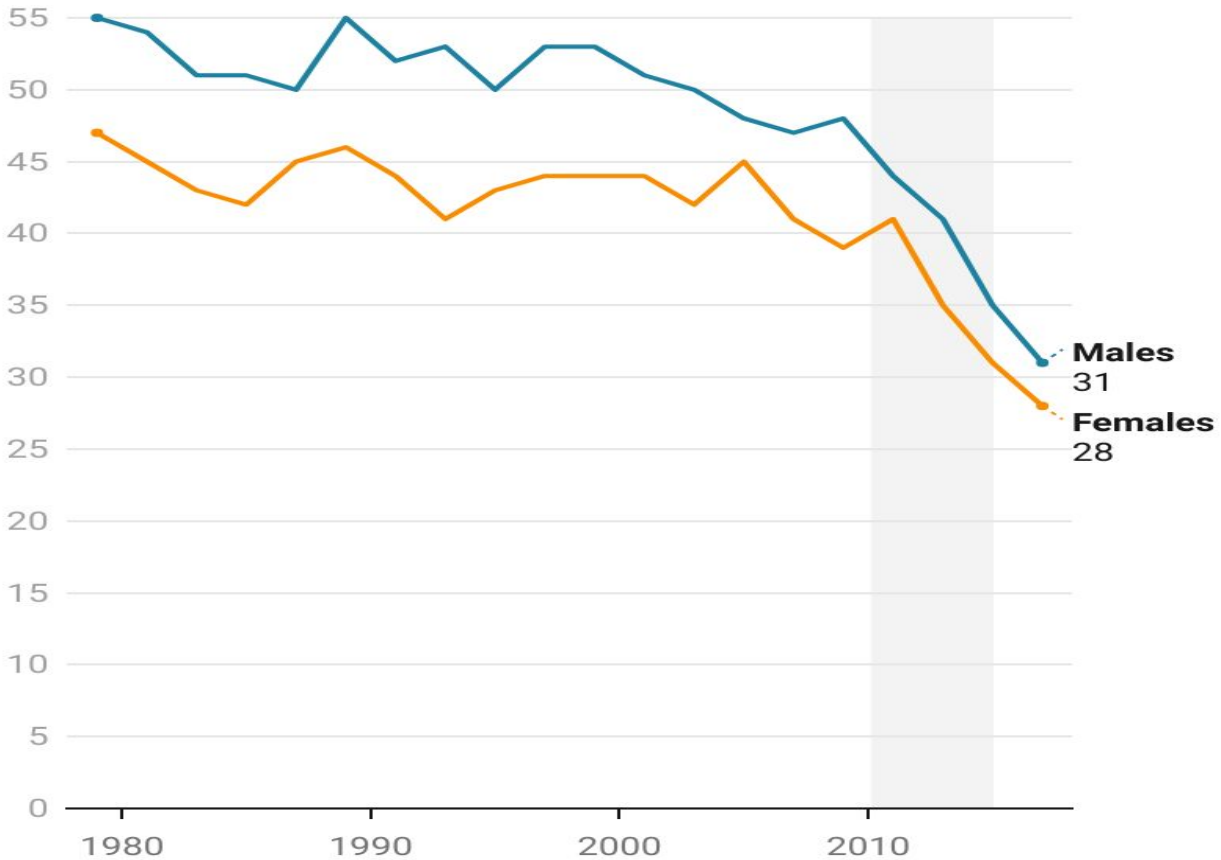


Percent U.S. Anxiety Prevalence



Meeting Up With Friends Every Day (U.S. 12th Graders)

Percent of High School Seniors

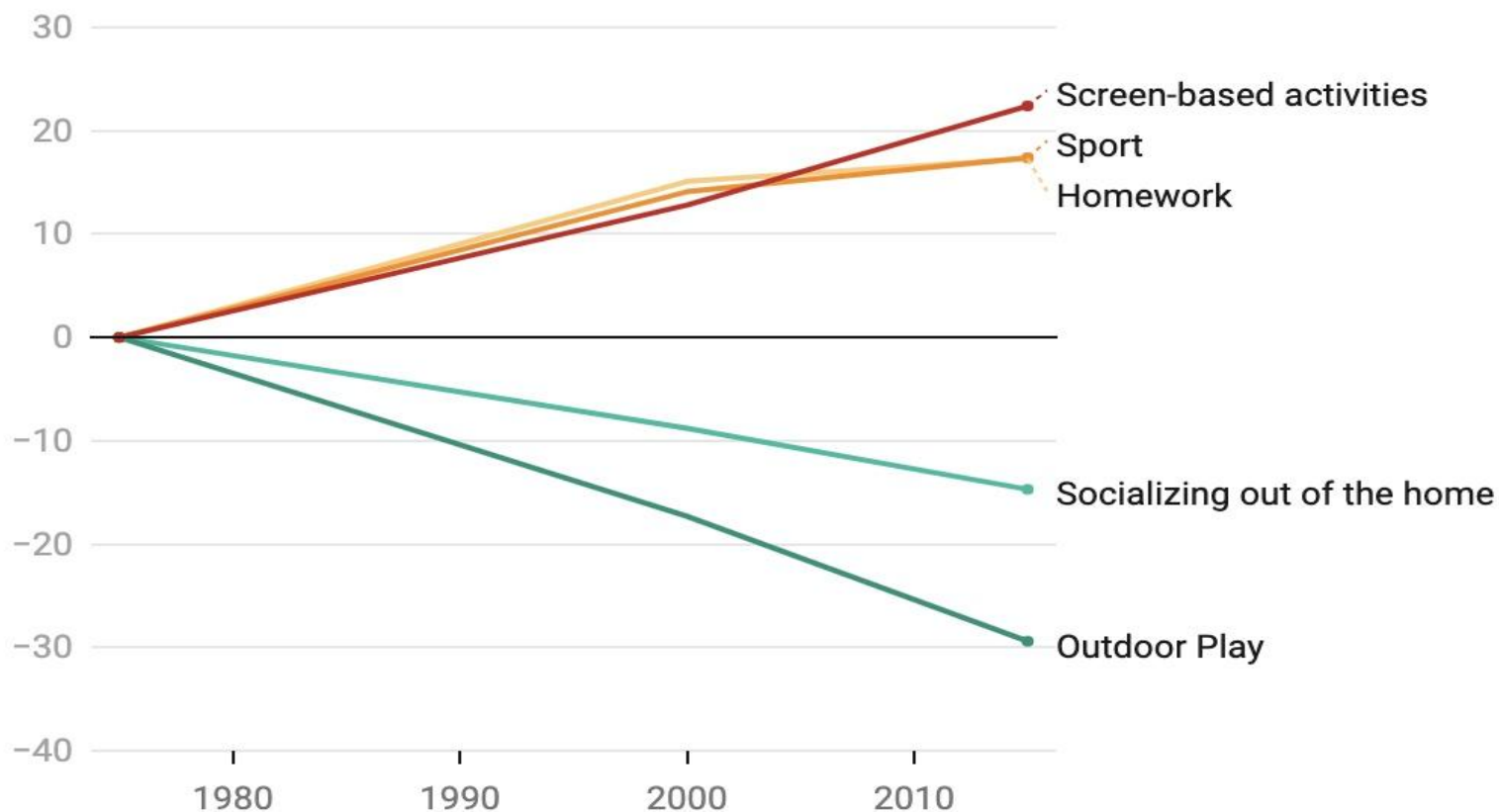


Loneliness amongst 15-16
year olds has doubled from
2012 to 2018 in the US.

Journal of Adolescence. Twenge et al
(2021)

UK Children's Daily Time Use, 1975-2015

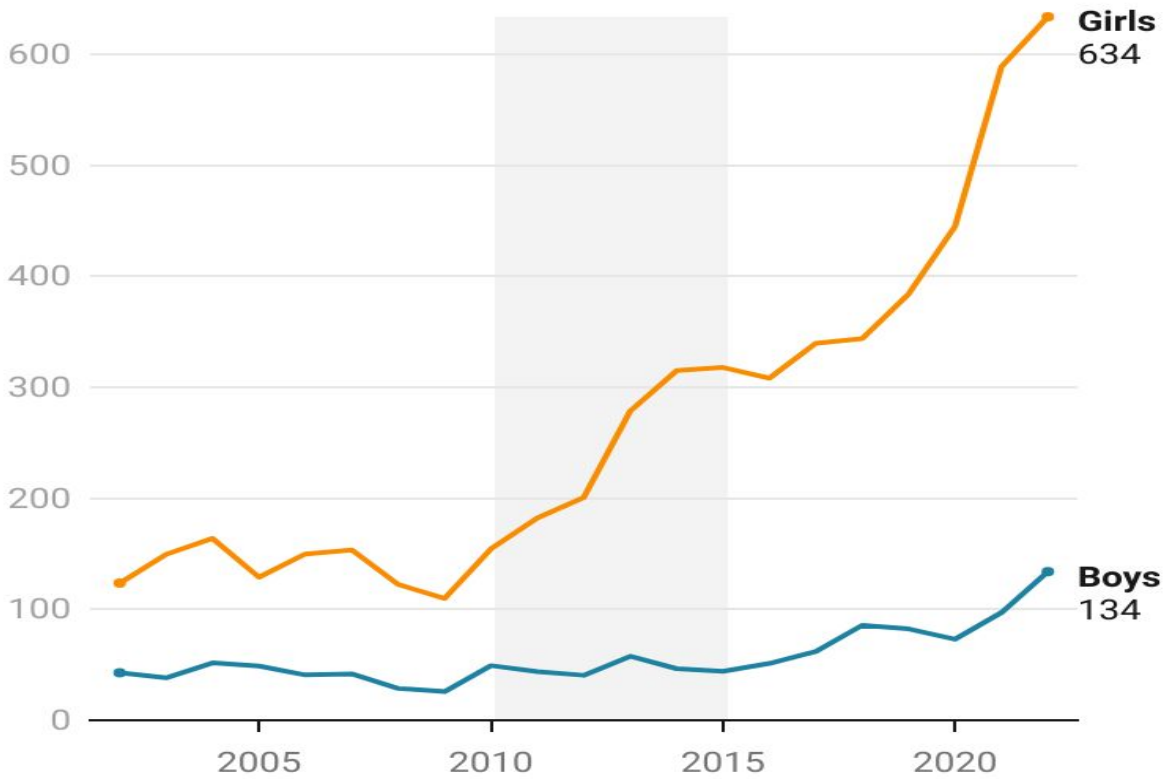
Percent Change Since 1975



Carbon Monoxide

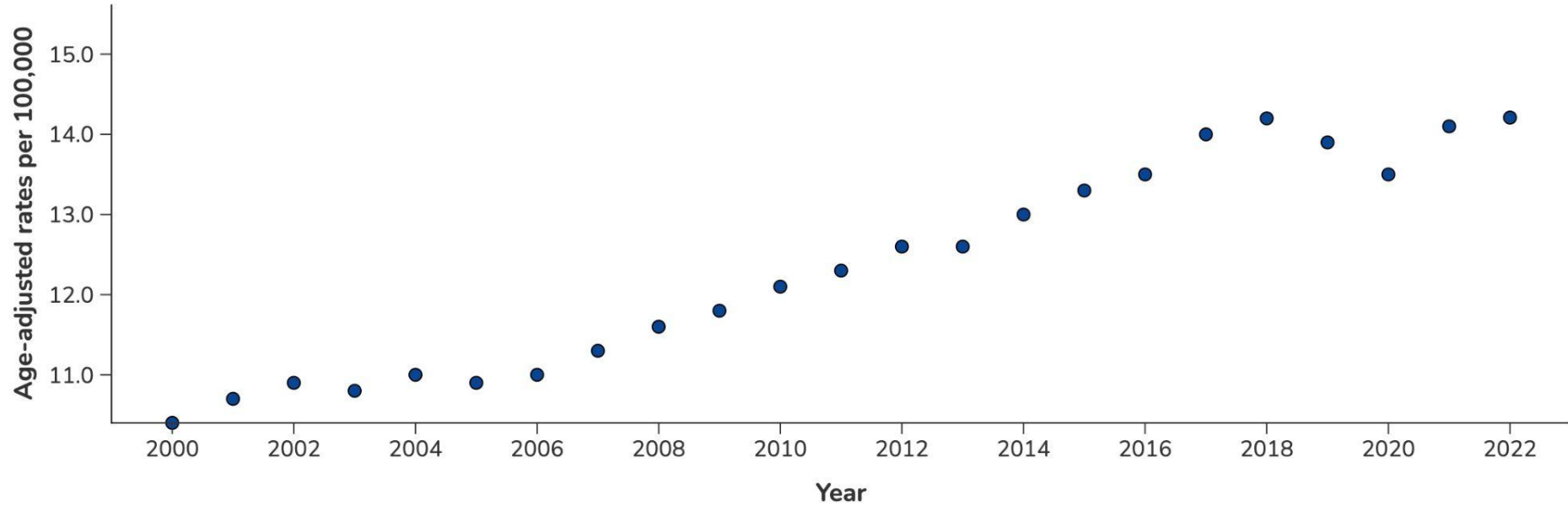
U.S. Emergency Department Visits for Self-Harm (Ages 10-14)

Rate per 100,000 Population



Suicide rates

Suicide rates increased 37% between 2000-2018 and decreased 5% between 2018-2020. However, rates returned to their peak in 2022.



Ai

What can be done?

Learn to Use the Family Media Plan

- Home
- Tutorial**
- My Family
- Priorities
- Media Balance
- Communicating About Media
- Kindness & Empathy
- Digital Privacy & Safety
- Screen Free Zones
- Screen Free Times
- Choosing Good Content
- Using Media Together
- Review



Source: American Academy of Pediatrics ©2022



Supported by



What to do with that Time?

Unstructured Unsupervised Play Time

Let Grow

PARENT PLEDGE

WHEREBY: We all know that kids need some unstructured free time, play time, and a chance to figure things out on their own, because that's how they develop life skills, deep interests and resilience.

AND WHEREBY: We also know that it's really hard not to jump in to make things easier for them, or give them our great advice, or just take over. (But we get it: When we do that, we're actually denying our kids some powerful learning experiences.)

THEREFORE BE IT RESOLVED: That we make a commitment to *step back*! We will allow some frustration and imperfection! We will let the kids be bored long enough to find something to do (besides TikTok). We will supply some Band-Aids and try not to freak out!

THIS NEW ATTITUDE will take some pressure off the kids (and us!) and let us see just how much they're capable of.

WE THEREBY: Take The Let Grow Parent Pledge to STEP BACK SO OUR KIDS STEP UP!

AND IN RETURN: Let Grow will send us a cool series of 10 Independence Actions - one a week - that will inspire us and our kids to new heights of confidence and independence.

KID PLEDGE

WHEREBY: This coming year I will, of course, grow older. (So will everyone else. But anyway —)

WHEREBY: I would like some more independence, and I know that also means I have to show how responsible I am.

BE IT THEREFORE RESOLVED: That day by day:

- I will start to do more things on my own, after getting my parents' permission.
- I will not deliberately do anything bad, like hurt someone. And I will not go someplace I'm not allowed.
- I will basically be a good kid, just with some more independence, responsibility, and excitement.

That's it! This is my first semi-legal document so here it goes!



START AT HOME NOW

Join us and we'll send you the Family Editions of our school programs to get started at home. Then enjoy our blogs, updates, newsletters, and more!

- The Let Grow Experience: Independence Kit for Kids and Tweens
- The Let Grow Experience: Independence Inventory for Tweens and Teens
- Play Club Guide for Parents

REQUEST NOW

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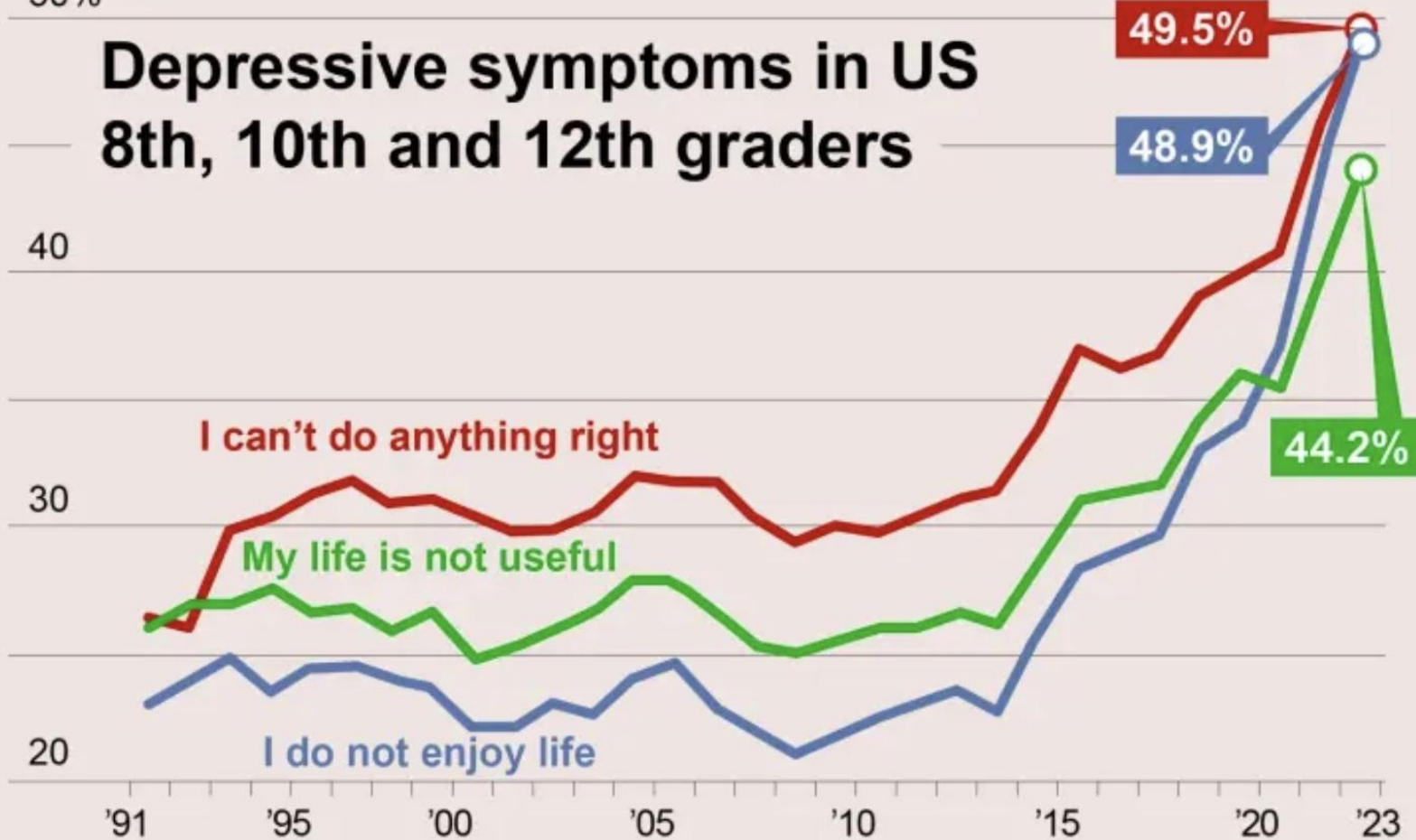
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