



CATCH

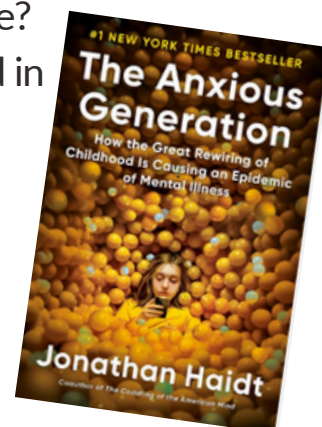
GUIDED CONVERSATIONS



THE ANXIOUS GENERATION

Here are some conversation starters for you and your friends to explore:

- *The Anxious Generation* says that today we overprotect children and adolescents in the real world and underprotect them in the virtual world. Do you see this happening? Where?
- Which of Haidt's practical strategies feel most realistic and effective? Can you see yourself really implementing them? What would stand in your way?
- What small steps could you take toward adding more free play to your children's lives?
- How are you different online and offline?



Here are steps you and your friends can take to start change in your home and community:

- Agree on the age at which your children and your friends' children will receive a phone. (check out [Wait Until 8th.](#))
- Together with several of your kids' friends (and their parents), find a time every week for the kids to get together in the absence of a structured activity. Let them run around together in a playground or in someone's backyard without direct parental supervision/oversight.

CATCH us up!

- What other question sparked conversations after your book discussion?
- What step did you and your friends make a pact to try?



Email your answers to info@catchiscommunity.org.