

The Anxious Generation

by Jonathan Haidt

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Delay the Smartphone**

If you are a parent: give your child a basic phone (calls and texts only) until high school. Coordinate with other parents - the Wait Until 8th pledge exists for this reason. One family cannot do this alone, but four families in the same class can.

MON TUE WED THU FRI SAT SUN

⁰² **Advocate for Phone-Free Schools**

Contact your child's school and ask for a phone-free policy using lockable pouches (like Yondr). Schools that have implemented this report immediate improvements in attention, social interaction, and classroom behavior. The evidence is overwhelming.

MON TUE WED THU FRI SAT SUN

⁰³ **Restore Unsupervised Play**

Let your children play outside without an adult directing every moment. Walk to the park. Ride bikes. Argue with friends and resolve it themselves. The skills built during free play - negotiation, risk assessment, resilience - cannot be learned from a screen.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Enforce No-Phone Bedrooms**

All phones charge outside bedrooms at night. For everyone - parents included. Sleep is the single most protective factor for teen mental health, and the phone is its greatest enemy. A twelve-dollar alarm clock solves the excuse.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Audit Your Own Screen Time**

Before worrying about your children, check your own numbers. Parents who are constantly on their phones model the behavior they are trying to prevent. Show your children what a phone-free dinner, walk, or evening looks like.

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⁰⁶ **Share the Book with Your Community**

Give a copy to your child's school principal, your pediatrician, your book club. This is a collective action problem - it requires collective awareness. One informed parent is helpless. Twenty informed parents are a movement.