



MHS Parent Book Club this fall!

"The Anxious Generation" by Jonathan Haidt
Facilitated by MHS Teachers & Administrators

PURPOSE

Our school district is committed to fostering a healthy learning environment for all students. To align with this goal, new cell phone expectations are being implemented this year. MHS teachers invite MHS parents to join our book club discussion of *"The Anxious Generation"* by Jonathan Haidt to learn more about how you can support this change and explore the reasoning behind this endeavor.

WHY THIS BOOK?

Haidt, a renowned social psychologist, delves into the rising rates of anxiety and depression among teens. He explores the potential link between these trends and the increased use of social media and smartphones. The book offers valuable insights for parents, educators, and community members invested in fostering resilience and mental health in our youth.

BENEFITS OF PARTICIPATION

- Gain a deeper understanding of the factors contributing to anxiety in teens.
- Discover practical strategies to support healthy phone habits in your family.
- Connect with other parents, educators, and community members who share your concerns.

HOW TO JOIN!

Join us in fostering a thriving learning community for our students!

Step 1: Complete [this google form](#) to rsvp your participation

Step 2: Pick-up your book in the Main Office after August 1

Step 3: Join all session dates below! Sessions will be offered in English and Spanish.

MEETING DATES / TIMES (Read each part prior to the meeting date!)

Topic	Date	Location
Part 1 and 2	Aug 22 6pm-7:30pm	District Meeting Room
Part 3	Sep 26 6pm-7:30pm	District Meeting Room
Part 4	Oct 30 6pm-7:30pm	District Meeting Room

