



Stanislaus County
Office of
Education

Welcome

Scott Kuykendall

Stanislaus County Superintendent of Schools

Superintendent's Initiative

STANISLAUS

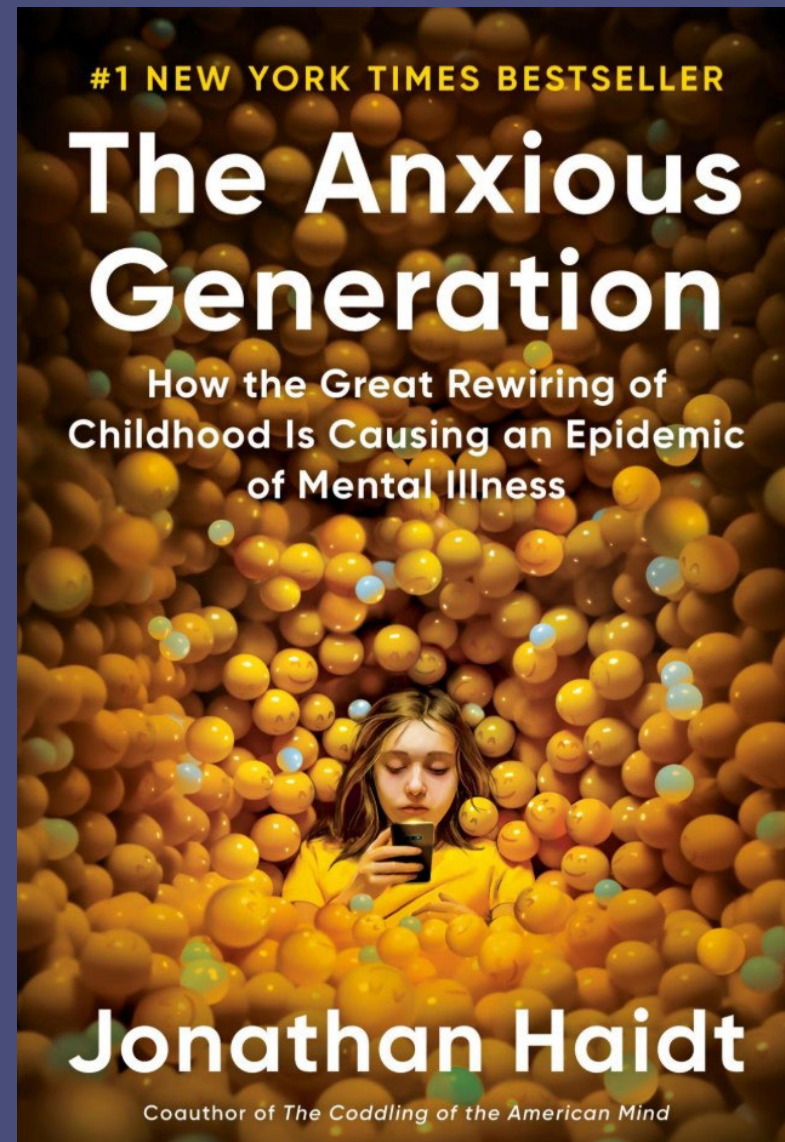
**rewired
& inspired**



Stanislaus County
Office of
Education

THE ANXIOUS GENERATION

How the Great
Rewiring of Childhood
Is Causing an Epidemic
of Mental Illness





THE DEVELOPING BRAIN



“Attachment is the **most important** factor in healthy human development. Babies are born to want us.”

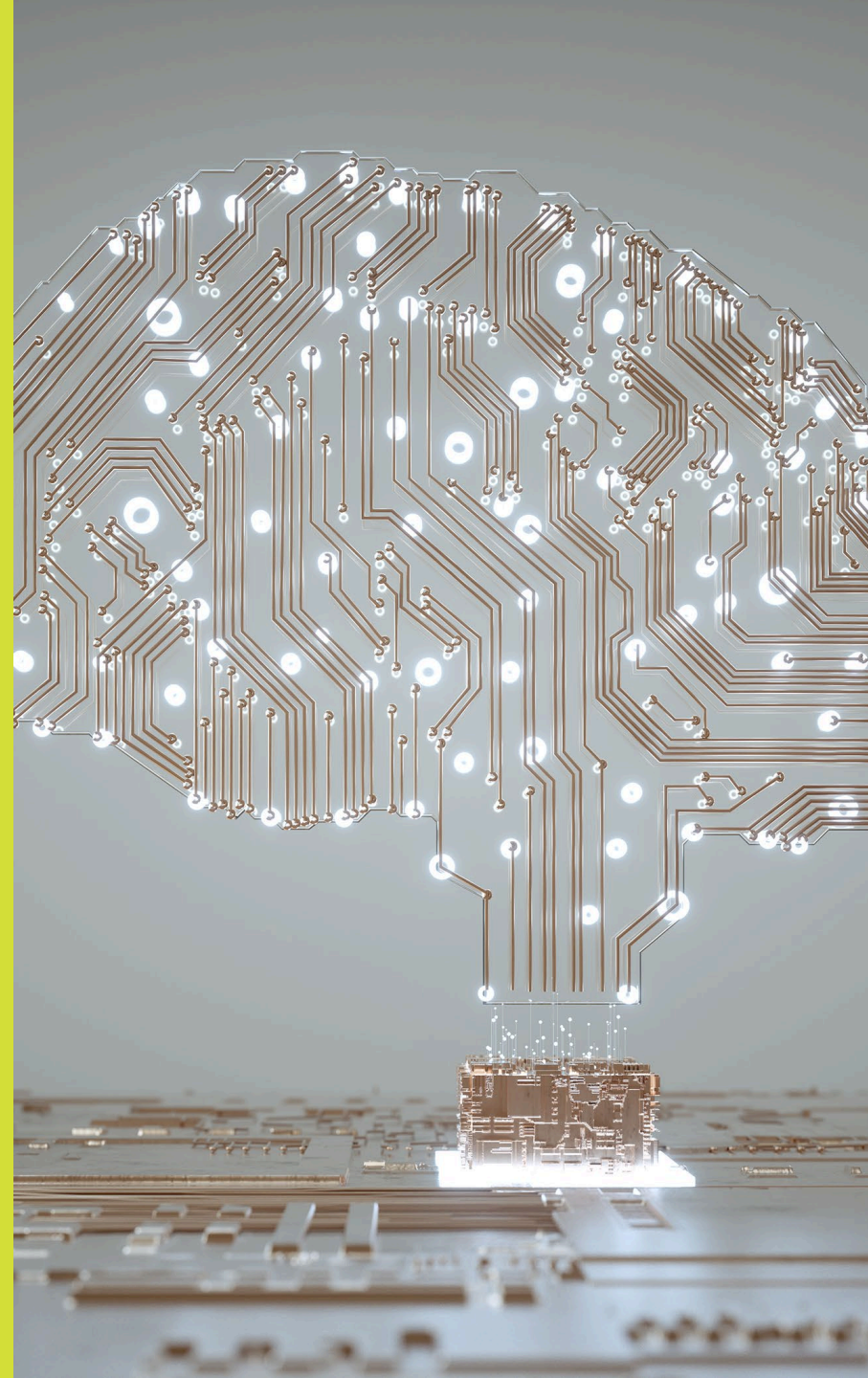
- Dr. Stacy Drury

Psychiatrist in Chief at Boston Children’s Hospital

THE FIRST 1,000 DAYS

- “Adolescents are not just smaller adults. They’re in a different phase of development, and they’re in a critical phase of brain development.” – Dr. Vivek Murthy

Excerpt from NY Times, “Children & Social Media,” May 23, 2023





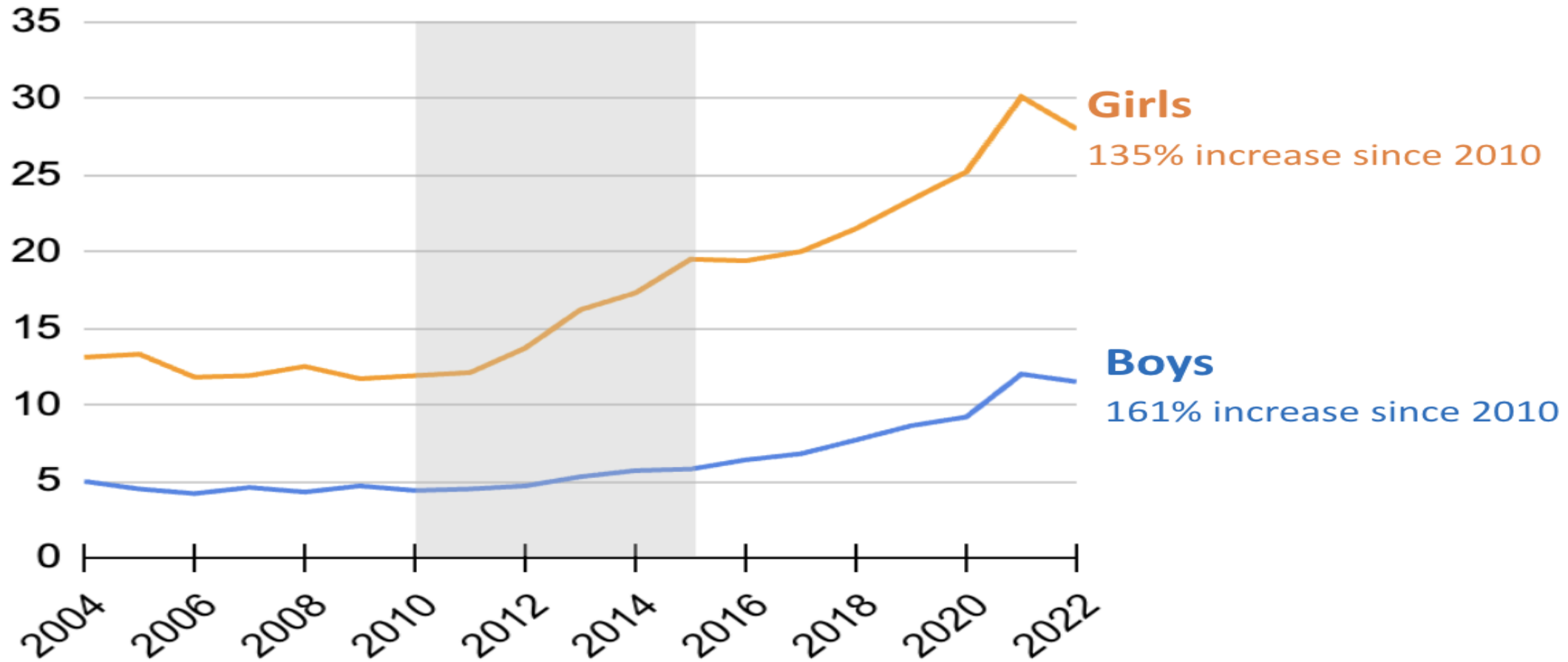
Surge of Suffering

THE GREAT REWIRING

What happened between 2010 and 2015?

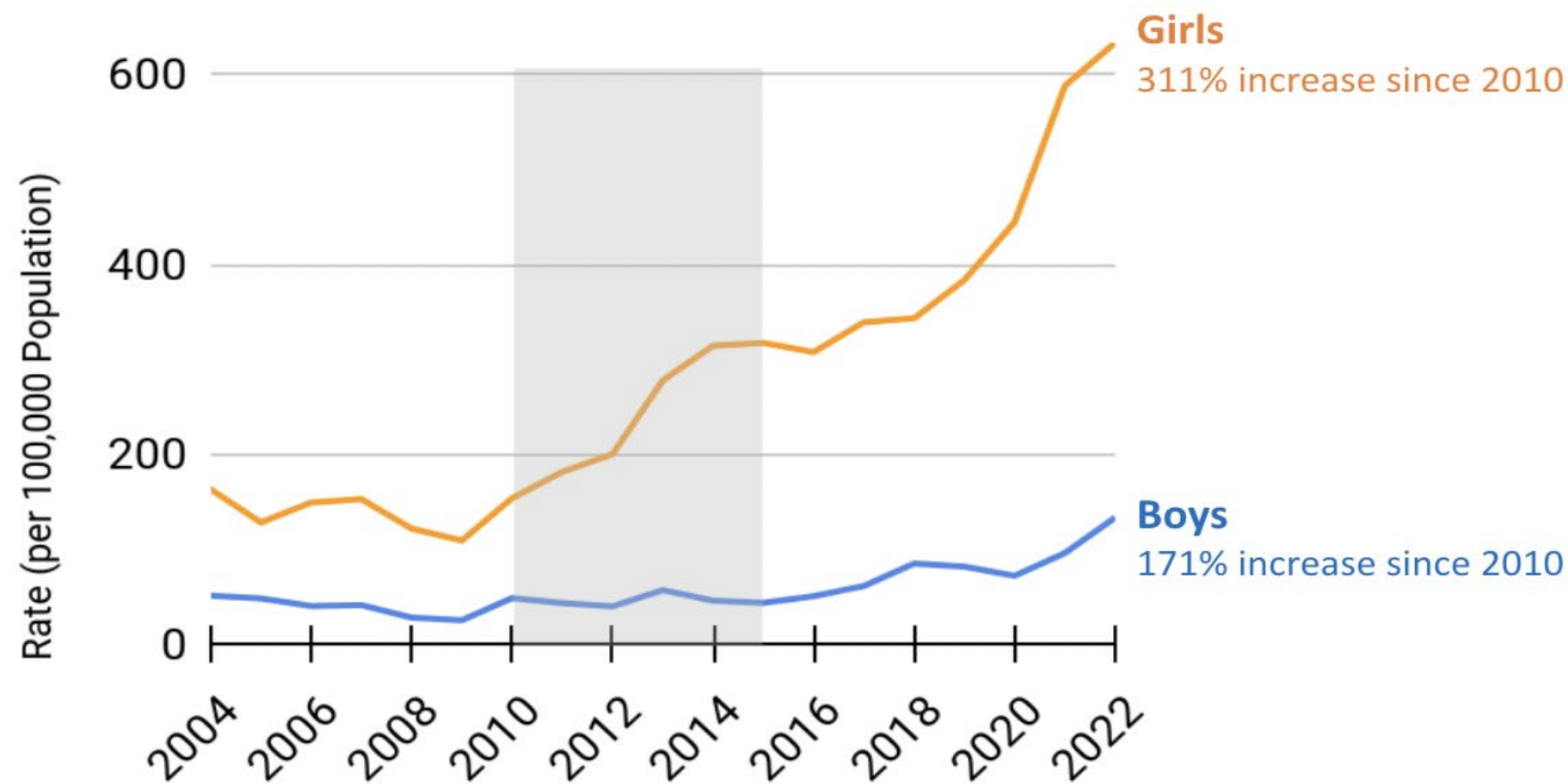
- Unprecedented increase in anxiety, depression, self-harm, and suicide.
- Worse for girls, but bad for both.
- Pattern all over the Anglosphere
- ...and the entire planet.

Major Depression Among Teens



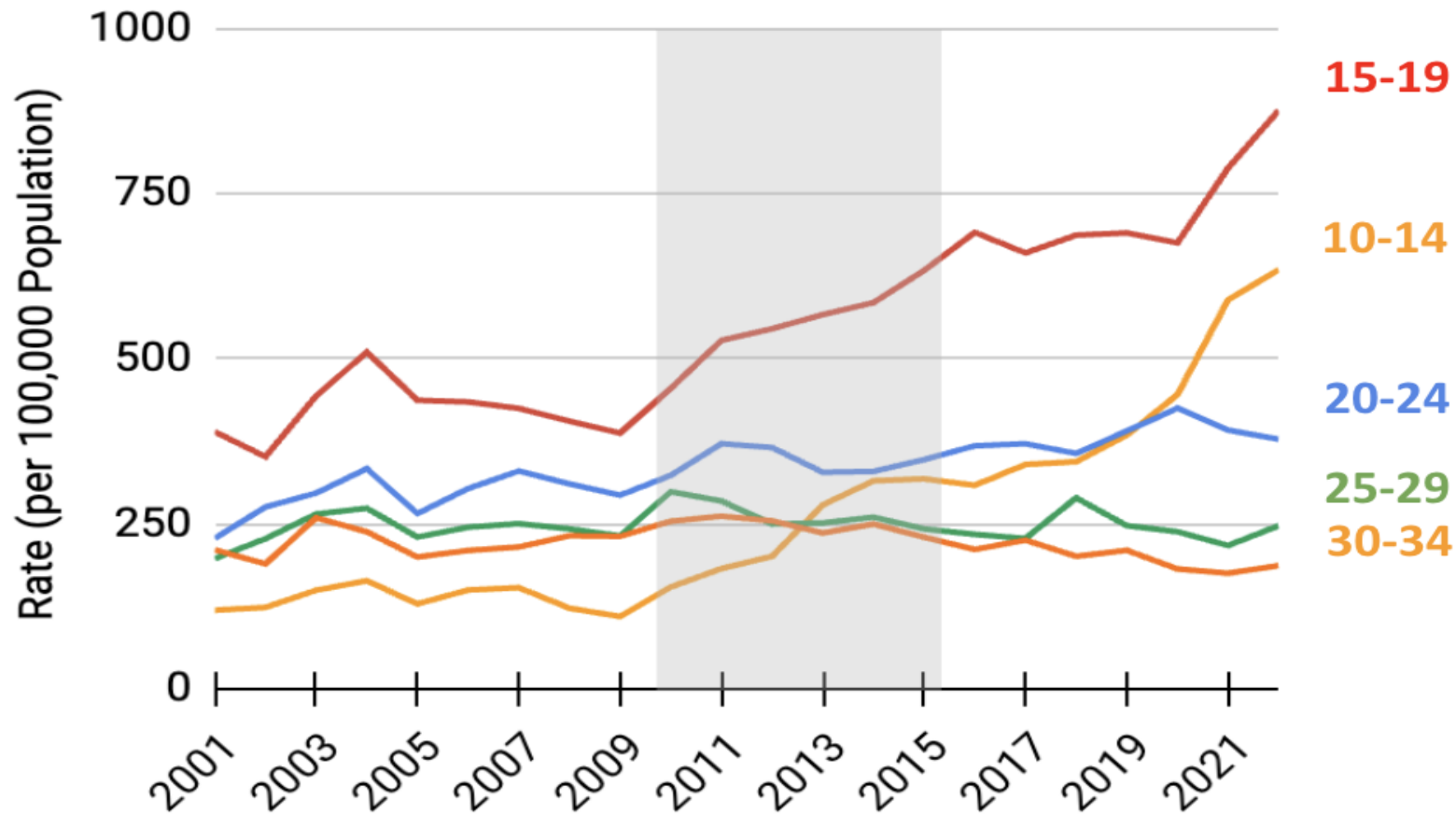
SOURCE: U.S. National Survey on Drug Use and Health

Emergency Dept Visits for Nonfatal Self-Harm, U.S. Teens (Ages 10-14)



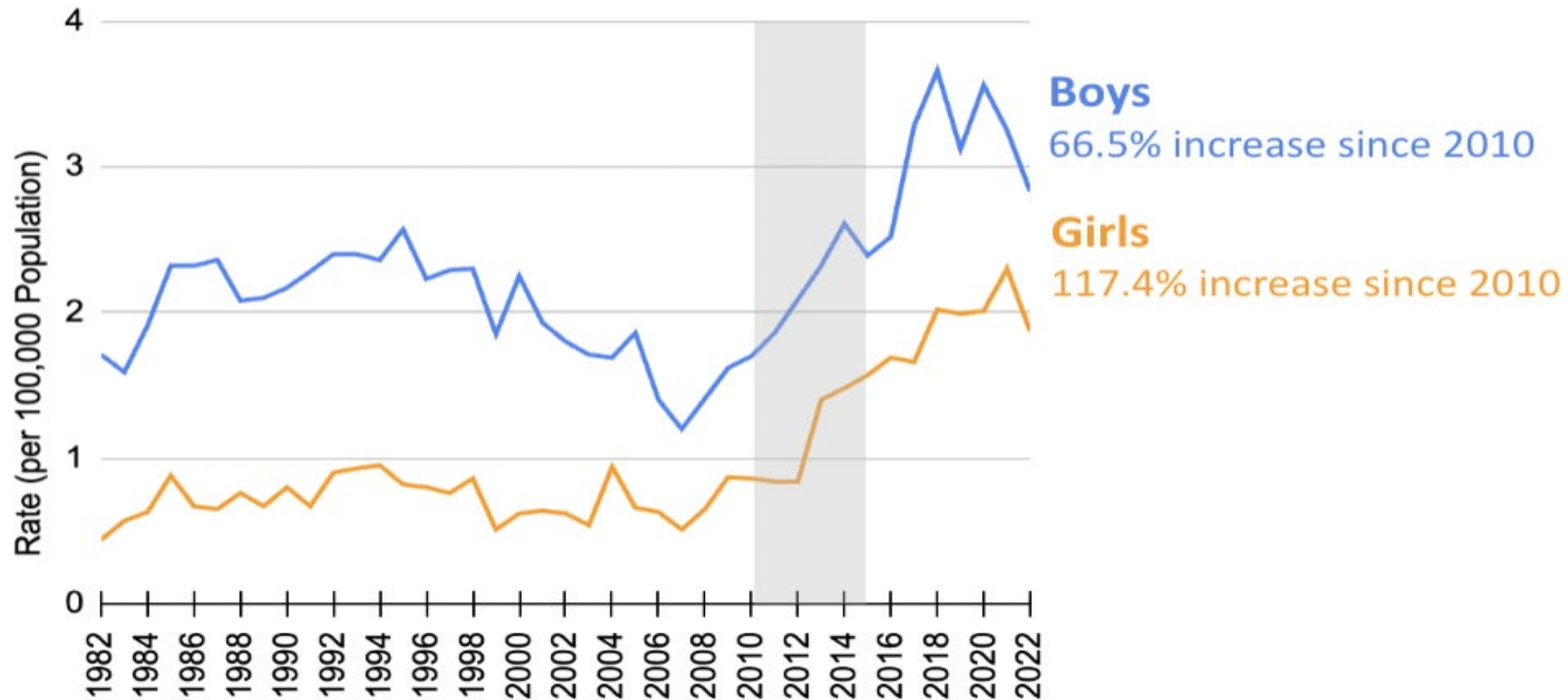
SOURCE: Centers for Disease Control and Prevention,
National Center for Injury Prevention and Control

Emergency Department Visits Nonfatal Self-harm (Females)

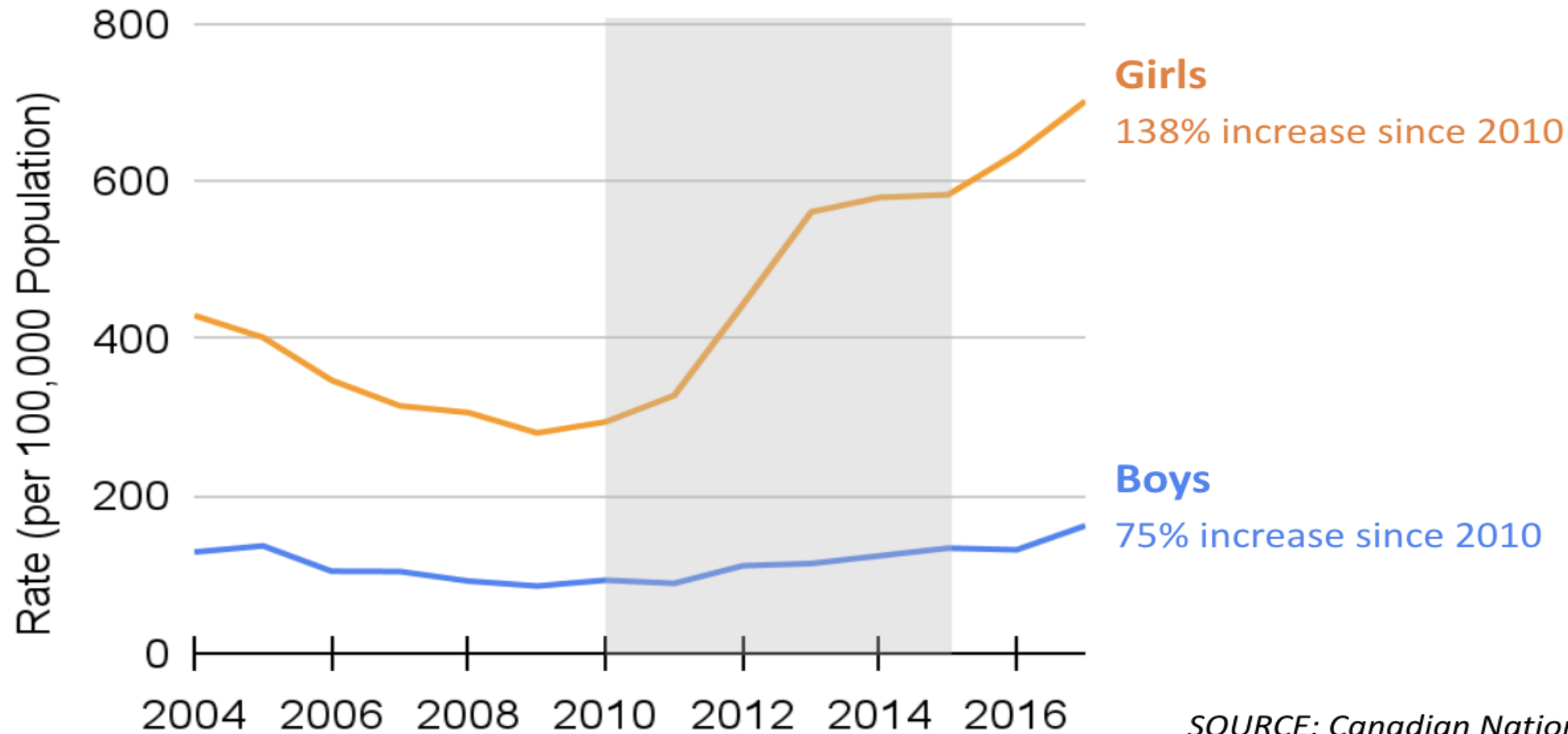


SOURCE: Centers for Disease Control and Prevention,
National Center for Injury Prevention and Control

U.S. Suicide Rates (Ages 10-14)

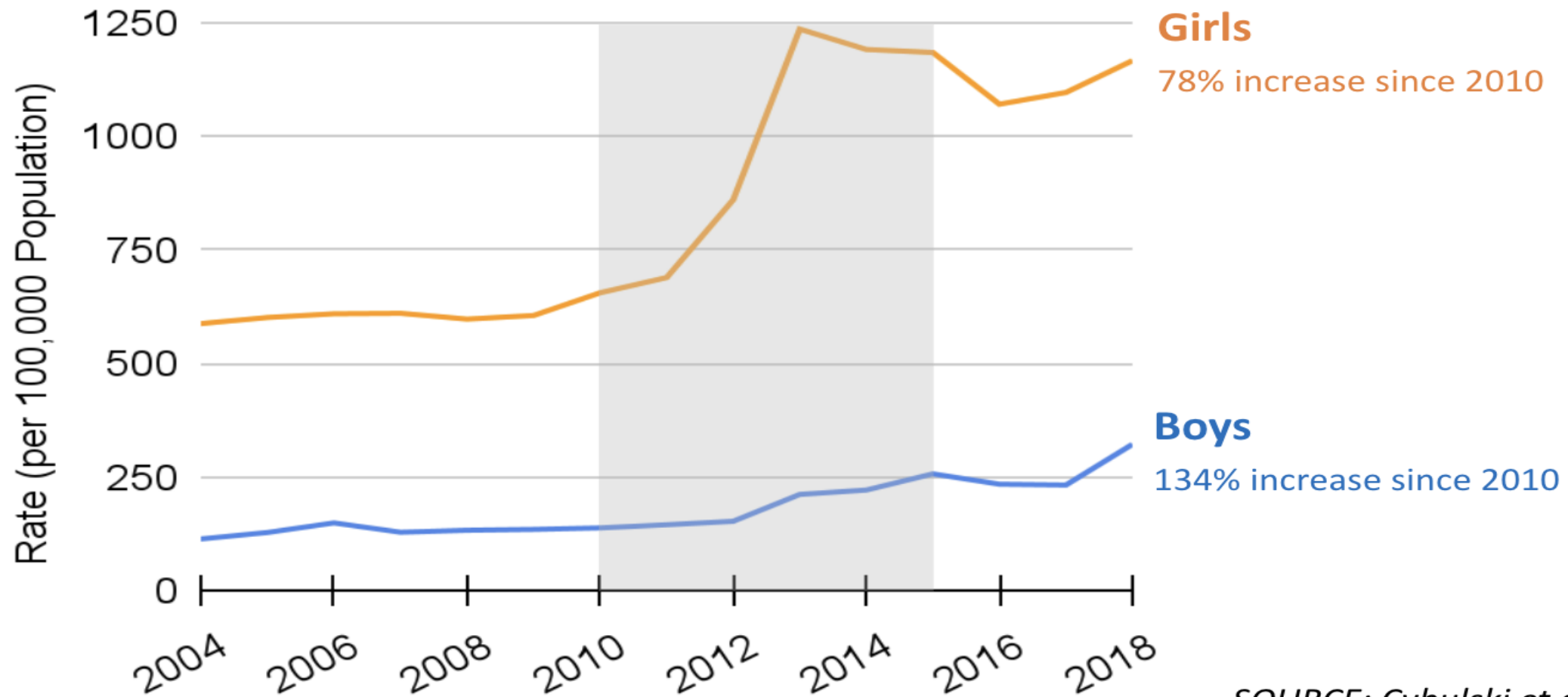


Emergency Dept Visits, Ontarian Teens (13-17)



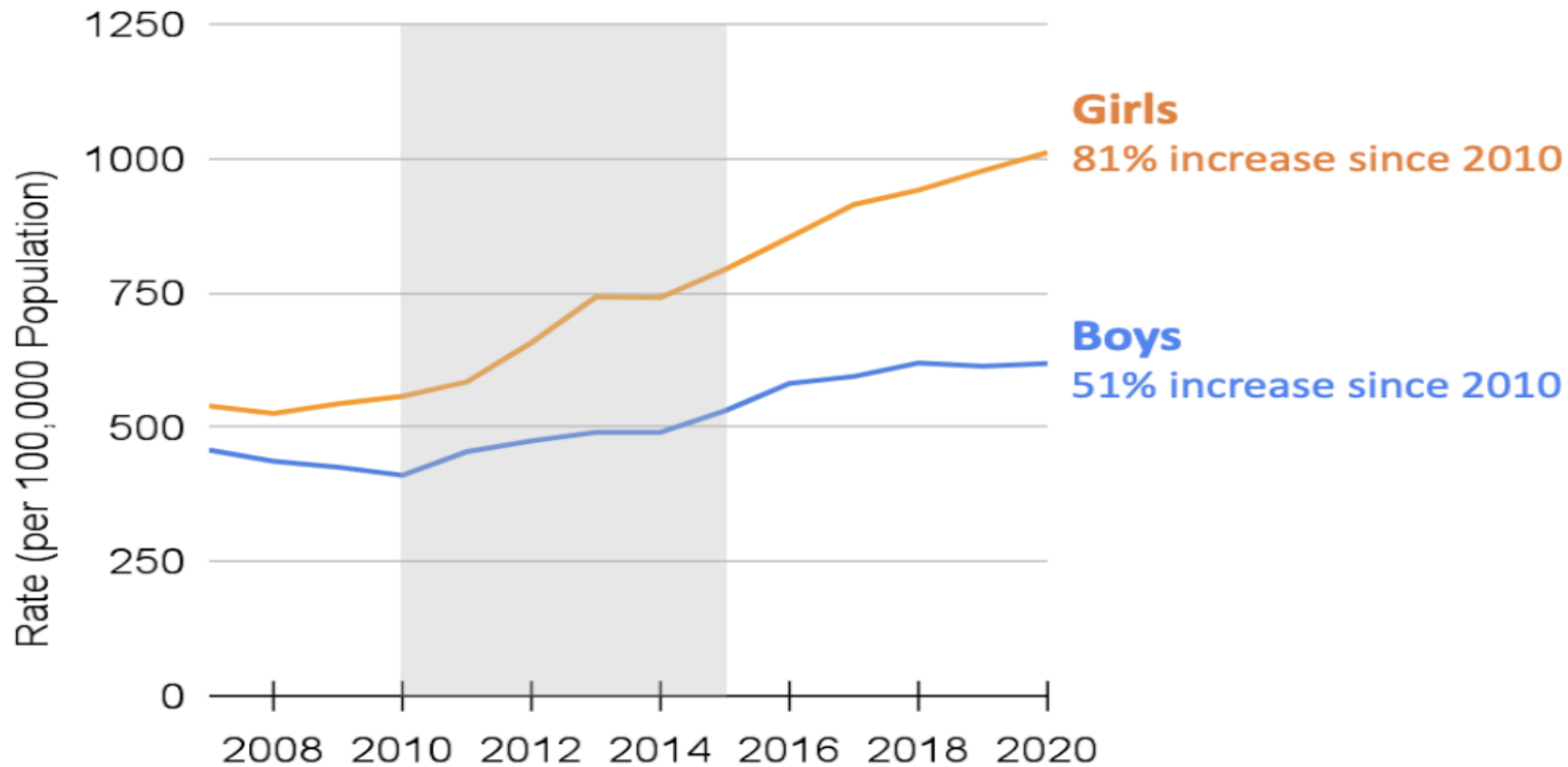
SOURCE: Canadian National Ambulatory Care Reporting System (NACRS) database

UK Teens, Self-harm Episodes (Ages 13 – 16)



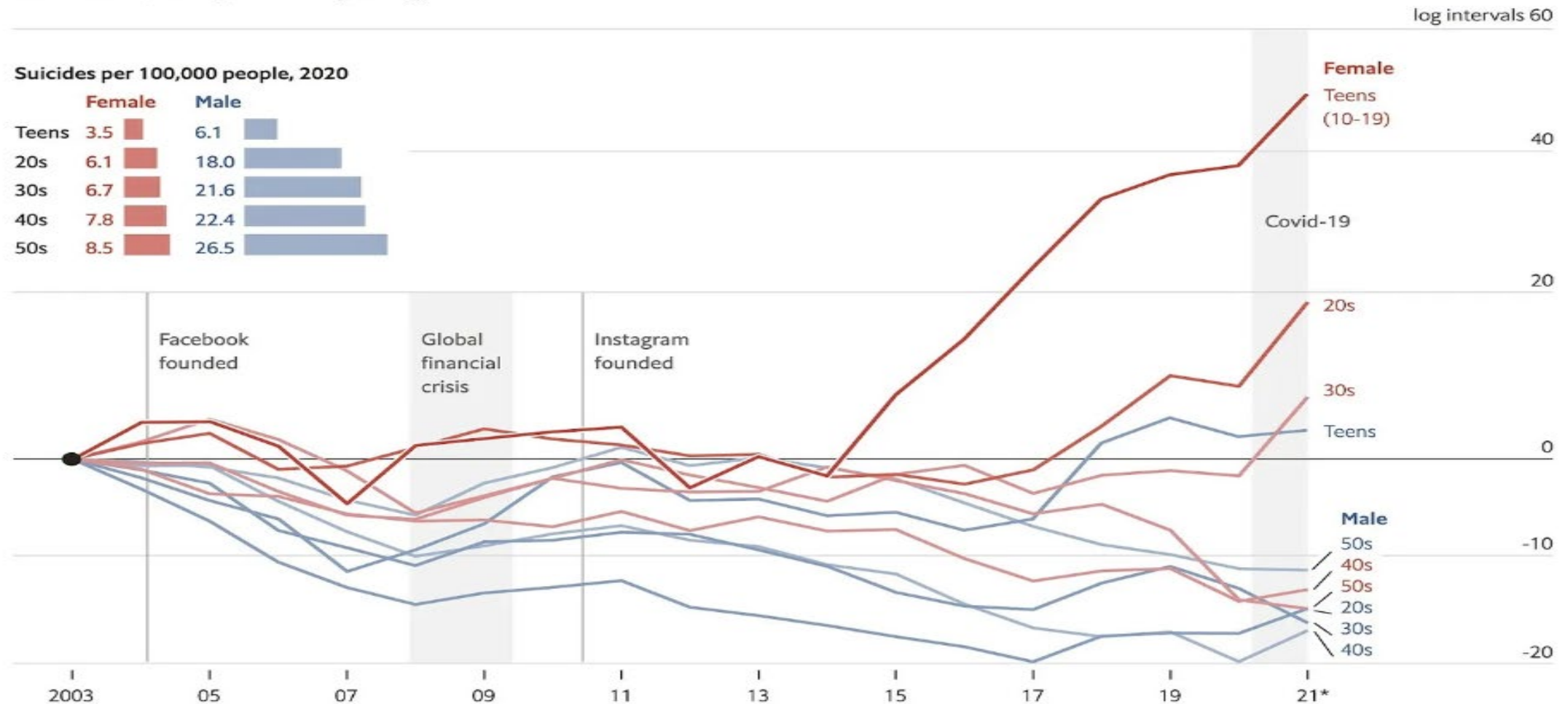
SOURCE: Cybulski et al., 2021

Overnight Mental Health Hospitalizations, Australian Teens (12-24)



SOURCE: Australia's Health 2022 Data Insights

Suicide rate, % change since 2003, by age and sex
17 countries, three-year moving average



*Data unavailable for five countries

STANISLAUS **rewired** & **inspired**

The goal of the Stanislaus Rewired & Inspired initiative is to raise awareness of the harm caused by excessive screen time and the use of social media before age 16, **while equipping students, parents, and teachers across Stanislaus County with practical tools to reduce these risks.**

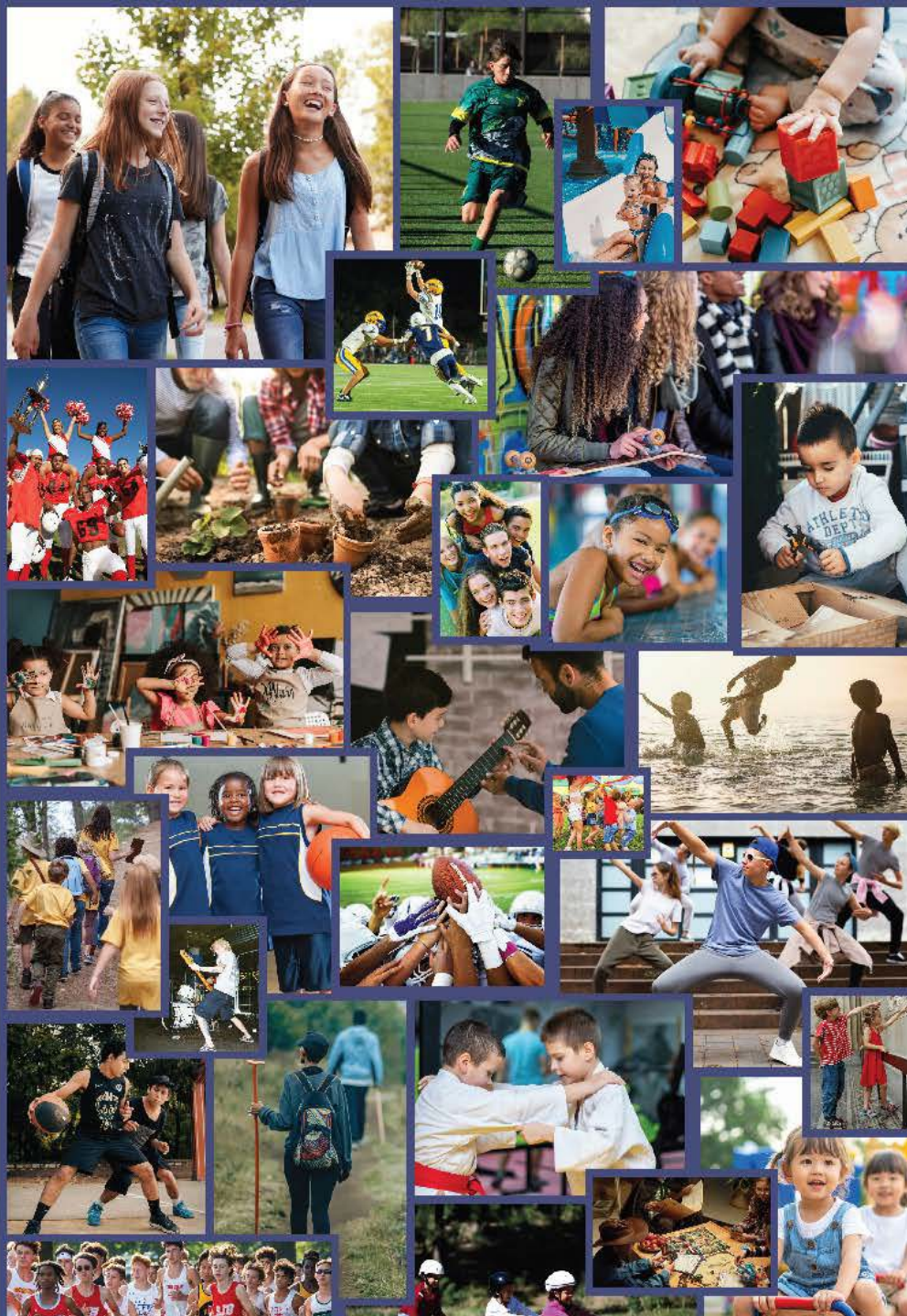


Creative Health & Well-Being

Building connection, movement, and meaning
through everyday creative life



PHONE BASED



PLAY-
BASED

STANISLAUS **rewired
&inspired**



WHAT CAN PARENTS DO?



MAKING

Using hands, materials, or movement

Building (LEGO), Ceramics, Coding Activities, Cooking, Crafting, Design Projects, Gardening, Model Construction, Music, Sewing and Textiles, Tinkering, Visual Arts, Woodworking, Writing



MOVING

Physical activity with rhythm, play, or expression

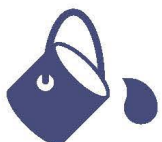
Biking, Dance, Hiking, Martial Arts, Movement Games, Outdoor Play, Physical Fitness Activities, Playground Games, Running, Sports, Walking, Yoga



CONNECTING

Shared experiences that build belonging

Clubs, Community Events, Community Gardens, Community Meals, Cultural Celebrations, Festivals, Group Artmaking, Group Music-Making, Mentorship, Shared Outdoor Activities, Social Activities, Team Sports



EXPERIENCING

Being immersed in nature, culture, or sensory environments

Attending Performances, Cultural Events, Cultural Sites, Field Trips, Film Screenings, Green Space Exposure, Libraries, Listening to Music, Museums, Nature Walks, Outdoor Recreation, Public Art, Sound Environments, Time in Nature

When kids are making, moving, experiencing, and connecting, we see better learning, better health, and better lives.

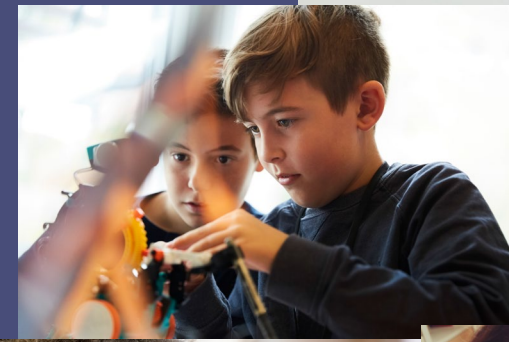
Creative Health

Creative Health recognizes that engaging with the world through making, moving, experiencing, and connecting is essential to our physical, mental, social, and emotional health across our lifetimes.

MAKING

USING HANDS, MATERIALS, OR MOVEMENT

- Building (LEGO)
- Ceramics
- Coding Activities
- Cooking
- Crafting
- Design Projects
- Gardening
- Model Construction
- Music
- Sewing & Textiles
- Tinkering
- Visual Arts
- Woodworking



MOVING

PHYSICAL ACTIVITY WITH RHYTHM, PLAY, OR EXPRESSION

- Biking
- Dance
- Hiking
- Martial Arts
- Movement Games
- Outdoor Play
- Playground Games
- Running
- Sports
- Walking
- Yoga



CONNECTING

SHARED EXPERIENCES THAT BUILD BELONGING

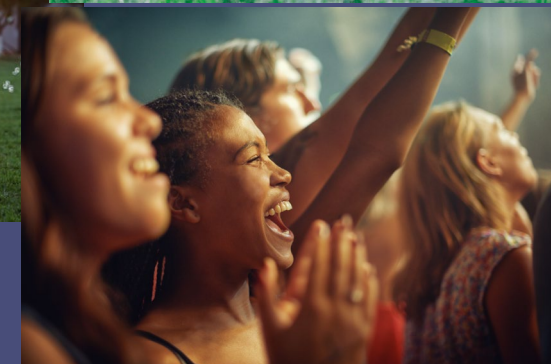
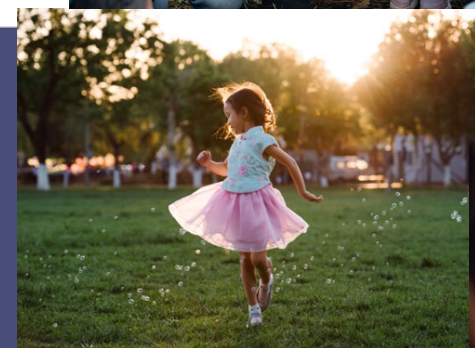
- Clubs
- Community Events
- Community Gardens
- Community Meals
- Cultural Celebrations
- Festivals
- Group Artmaking
- Group Music-Making
- Mentorship
- Shared Outdoor Activities
- Social Activities
- Team Sports



EXPERIENCING

BEING IMMERSED IN NATURE, CULTURE, OR SENSORY ENVIRONMENTS

- Attending Performances
- Cultural Events
- Cultural Sites
- Field Trips
- Film Screenings
- Green Space Exposure
- Libraries
- Listening to Music
- Museums
- Nature Walks
- Outdoor Recreation
- Public Art
- Sound Environments
- Time in Nature



FIND AN OUTDOOR CAMP WITH NO DEVICES OR SAFETYISM - FOOTHILL HORIZONS!



FOOTHILL HORIZONS STUDENT QUOTES



- “I learned that you don't have to be on your phone to have a good time.”
- *Sierra View Elem. Student*
- “One thing I learned at camp is I can go without my phone for 4 days.”
- *Caswell Elem. Student*
- “I learned that we can live without our cell phones, and that being outside is really good for you.” - *Ustach Middle Student*

WHAT CAN SCHOOLS DO?

PHONE FREE SCHOOLS



WHAT'S NEXT?

INITIATIVE GOAL

Increase awareness of the harm caused to children by excessive screen time and the use of social media before the age of 16, and provide actionable resources to Stanislaus County students, parents, and teachers to mitigate these risks.





**WHAT'S BREWING
IN EDUCATION**



Stanislaus County
Office of
Education

EPISODE 20

The Impact of Social Media and Screen time



Join us as we talk about the shift from a childhood spent on playgrounds to one spent on pixels and the unsettling tie to a generation of anxious children. Don't miss this episode with guest Max Stossel CEO of [Social Awakening](#) and Youth & Education.









Support & Share



The 4 new norms:

- No smartphones before high school
- Reserve social media until age 16
- Phone-free schools
- More independence, free play & responsibility in the real world

Scan the QR Code for resources or to request a presentation to a parent/community group



THANK YOU!

STANISLAUS **rewired
& inspired**