

THE ANXIOUS GENERATION : HOW CAN EDUCATORS SUPPORT STUDENTS AND PARENTS?

SIAN JORGENSEN, DIRECTOR
ENCOMPASS SAFEGUARDING LTD
Sian@Encompass-Safeguarding.com



THE GREAT REWIRING OF CHILDHOOD



01 SOCIAL DEPRIVATION

02 SLEEP DEPRIVATION

03 ATTENTION FRAGMENTATION

04 ADDICTION

**2010 - 2018, diagnoses
of depression and
anxiety among U.S.
college students more
than doubled**

IMPORTANT DATA



Decade leading up to 2020

Emergency room visits for self-harm rose by 188% among teenage girls and 48% among boys in the U.S.

The suicide rate for younger adolescents increased by 167% among girls and 91% among boys

“Life often feels meaningless” up by around 10%*

“Satisfied with themselves” dropped by around 20%*

*US Seniors, source ‘Monitoring the Future’



RISK



Decade leading up to 2020

Hospital admissions for accidental injuries ages 10-19 down for boys and girls.

Boys were significantly higher than girls but now about the same

Boys now about as likely as 50-60yr old men.

‘Banning phones in school’s doesn’t improve grades or how they feel’

**1227 participants aged
12-15 across 30 schools**

‘School phone policies and their association with mental wellbeing, phone use, and social media use (SMART Schools): a cross-sectional observational study’

Feb 04, 2025, Goodyear, Randhawa et al

Found no difference in mental health, sleep, behaviour, or academic outcomes.

No impact on total daily/weekly phone or social media time.

More screen time = poorer outcomes: higher phone/social media use linked to lower wellbeing, worse sleep, reduced activity, more classroom disruption, and lower attainment.

Restrictive policies alone are not enough to improve outcomes, need holistic approach



info@encompass-safeguarding.com