

# Reclaiming a Grounded Childhood

## Technology and Childhood

Join Dr. Kylin Lee as she shares critical research findings on technology's impact on childhood development and shares essential guidelines for parents and educators to navigate the digital landscape effectively.

We have seen an increase in mental health concerns in the last decade due to the prevalence of social media and smartphones. This presentation will help parents shift from a “phone-based” childhood back to a “play-based” childhood.



## Data-driven and approachable

Based on years of clinical experience and the work of Jonathan Haidt in *The Anxious Generation*, this presentation aims to educate and support parents navigating modern childhood regarding screens, smartphones, and social media.

Contact for scheduling and pricing  
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## **Presentation Outline:**

This presentation covers the latest data on smartphones, social media, and other screens on mental health, and has actionable steps that families and communities can take to promote healthy childhood development.

Based on Jonathan Haidt's groundbreaking work in *The Anxious Generation* (2024) as well as years of clinical experience working with young people, Dr. Lee explores how smartphones and social media have fundamentally rewired childhood, leading to unprecedented rates of anxiety, depression, and mental health challenges among Generation Z.

We'll examine the transition from "play-based childhood" to "phone-based childhood" and its profound impact on adolescent development, with particular attention to how these changes affect our local community and families. We will also cover concrete steps families can take as well as the growing hope and excitement in reversing these trends.

We'll cover:

### **The Great Rewiring**

How 2010–2015 changed everything about growing up

### **Mental Health Data**

Understanding the dramatic rise in teen anxiety and depression

### **Practical Solutions**

What families, schools, and communities can do

Dr. Kylin H. Lee is a licensed psychologist. She has a Master's degree in Educational Psychology and a Ph.D. in Counseling Psychology. She worked in college counseling settings for 11 years before opening her own private practice in Austin. Her expertise includes group therapy, training and supervision, and interpersonal dynamics. She is also a proud mom of two Austin ISD students.

### **Citations**

Haidt, J. (2024). *The anxious generation: How the great rewiring of childhood is causing an epidemic of mental illness*. Penguin Press.

Lembke, A. (2021). *Dopamine nation: Finding balance in the age of indulgence*. Dutton.

Newport, C. (2016). *Deep work: Rules for focused success in a distracted world*. Grand Central Publishing.

Skenazy, L. (2009). *Free-range kids: How to raise safe, self-reliant children (without going nuts with worry)*. Jossey-Bass.

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