

# Guidelines

## Colonial Heights Middle School Guidance Newsletter



**December 2018**



### National Junior Honor Society



Candy cane grams will be sold by NJHS students December 10<sup>th</sup> - 19<sup>th</sup> during all three lunches. NJHS will be meeting after school this month on **Tuesday,**

**December 4<sup>th</sup>** (regular meeting) and on **Wednesday, Dec. 19<sup>th</sup>** to assemble candy cane grams.

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### Have Smartphones Destroyed a Generation?

*Adapted from an article by Dr. Jean M. Twenge  
Published in TheAtlantic.com 9/17*

I call them iGen. Born between 1995 and 2012, members of this generation are growing up with smartphones, have an Instagram account before they start high school, and do not remember a time before the internet...it is ever-present in their lives, at hand at all times, day and night...

The advent of the smartphone...was followed quickly by hand-wringing about the deleterious effects of "screen time." But the impact of these devices has not been fully appreciated, and goes far beyond the usual concerns about curtailed attention spans. **The arrival of the smartphone has radically changed every aspect of teenagers' lives, from the nature of their social interactions to their mental health....**

More comfortable in their bedrooms than in a car or at a party, today's teens are physically safer than teens have ever been. They're markedly less likely to get into a car accident and, having less of a taste for alcohol than their predecessors, are less susceptible to drinking's attendant ills. Psychologically, however, they are more vulnerable....

Rates of teen depression and suicide have skyrocketed since 2011. **It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades.** Much of this deterioration can be traced to their phones....[T]he twin rise of the smartphone and social media has caused an earthquake of a magnitude we've not seen in a very long time, if ever. There is compelling evidence that **the devices we've placed in young people's hands are having profound effects on their lives—and making them seriously unhappy....**

You might expect that teens spend so much time in these new spaces because it makes them happy, but most data suggest that it does not....The Monitoring the Future survey, funded by the National Institute on Drug Abuse and designed to be nationally representative, has asked 12th-graders more than 1,000 questions every year since 1975 and queried eighth- and 10th-graders since 1991. The survey asks teens how happy they are and also how much of their leisure time they spend on various activities, including nonscreen activities such as in-person social interaction and exercise, and, in recent years, screen activities such as using social media, texting, and browsing the web. The results could not be clearer: **Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on nonscreen activities are more likely to be happy.**

**There's not a single exception.** All screen activities are linked to less happiness, and all nonscreen activities are linked to more happiness.... If you were going to give advice for a happy adolescence based on this survey, it would be straightforward: **Put down the phone, turn off the laptop, and do something—anything—that does not involve a screen.**

