

NEASC presents: Learning from Crisis with Charlie Manos

April 23, 2024

Learning from Crisis:
How we can deepen our understanding
of student challenges

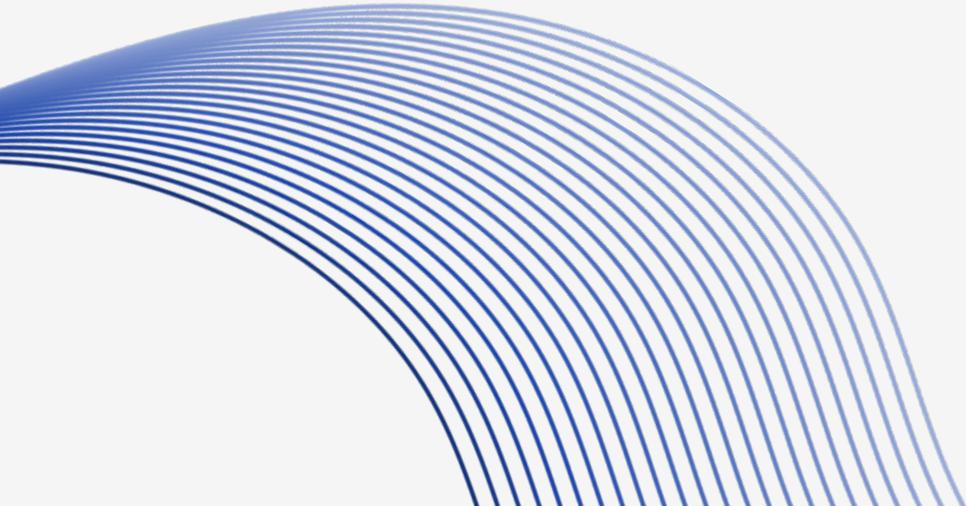


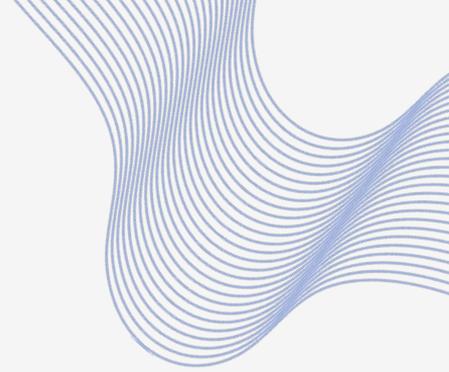
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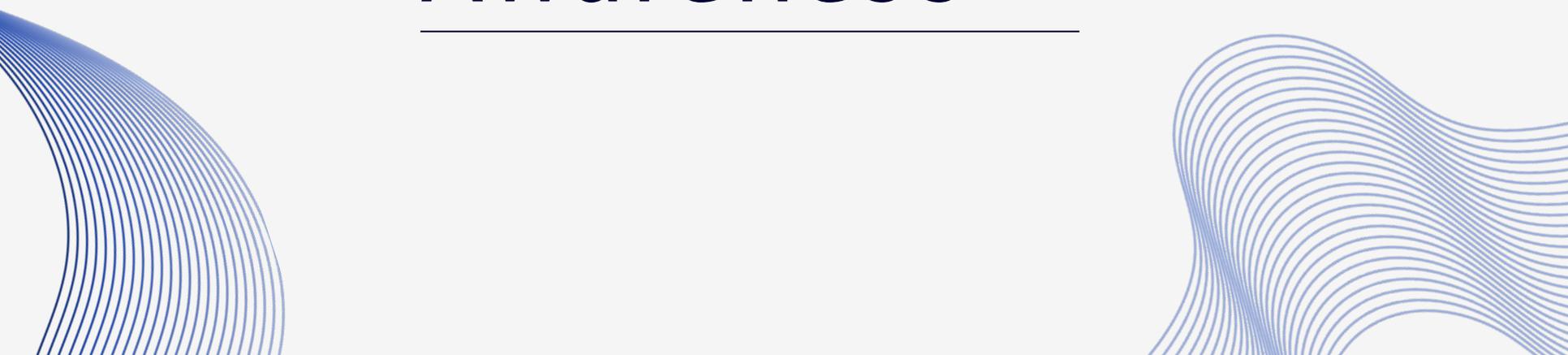
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01

Culture, Understanding, Awareness



Millennials and the Rewiring



2010-2015

Between 2010 and 2015, the social lives of American children moved largely onto smartphones with continuous access to social media, online video games and other internet-based activities



2010

Great Rewiring of Childhood:
Perhaps, this is the single largest reason for the tidal wave of adolescent mental health challenges

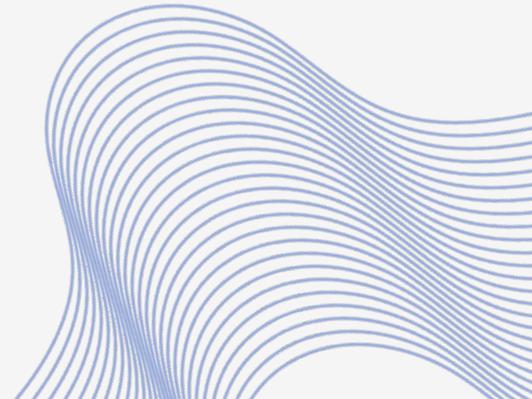
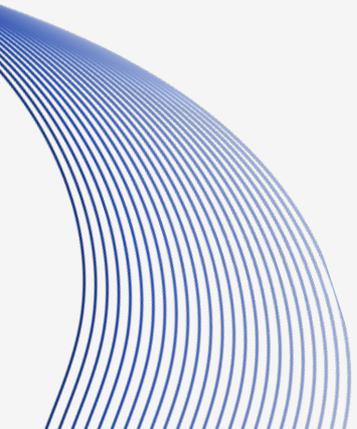


'97-2012

Gen Z: The first generation who went through puberty with smartphones and the internet. This generation is the most anxious, depressed, self-harming and suicidal of all generations

02

Decline in Mental Health



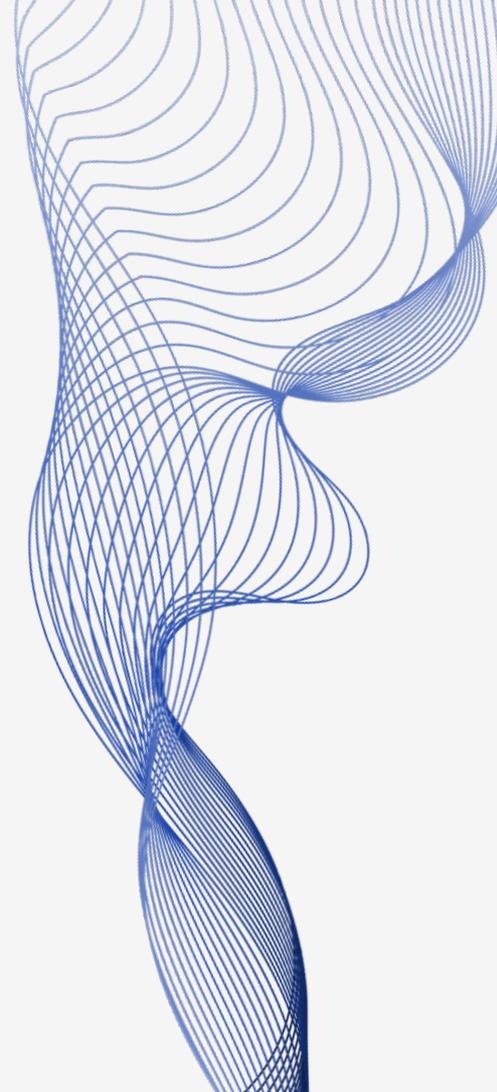
Effects on Girls v Boys

The tidal wave of anxiety, depression, and self harm hit girls harder than boys and it hit preteen girls hardest of all

Impact of Social Media on Girls

Common Features:

- Heavy users of social media are 3 X's more likely to be depressed as non-heavy consumers of social media
- Visual platforms for girls are far more destructive than text-based platforms
- Girls are more vulnerable to sociogenic illnesses (related to social influence) rather than to biological based mental health disorders



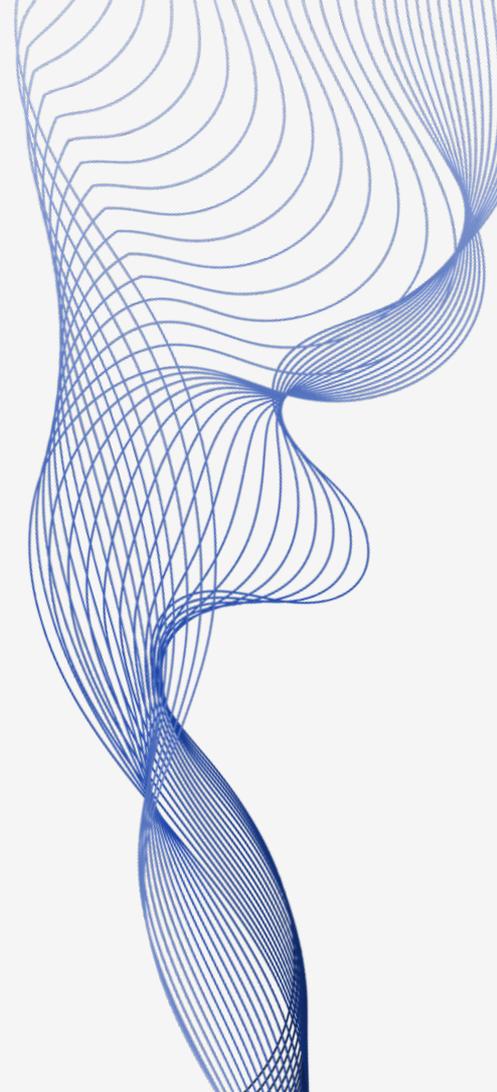
Anxiety, depression, and self harm

The mental health crisis also hit boys. Their rates of depression and anxiety have also significantly increased but not to the extent as girls. Technology, especially with the use of competitive and violent based video games have taken a toll on their mental health but in a very different way

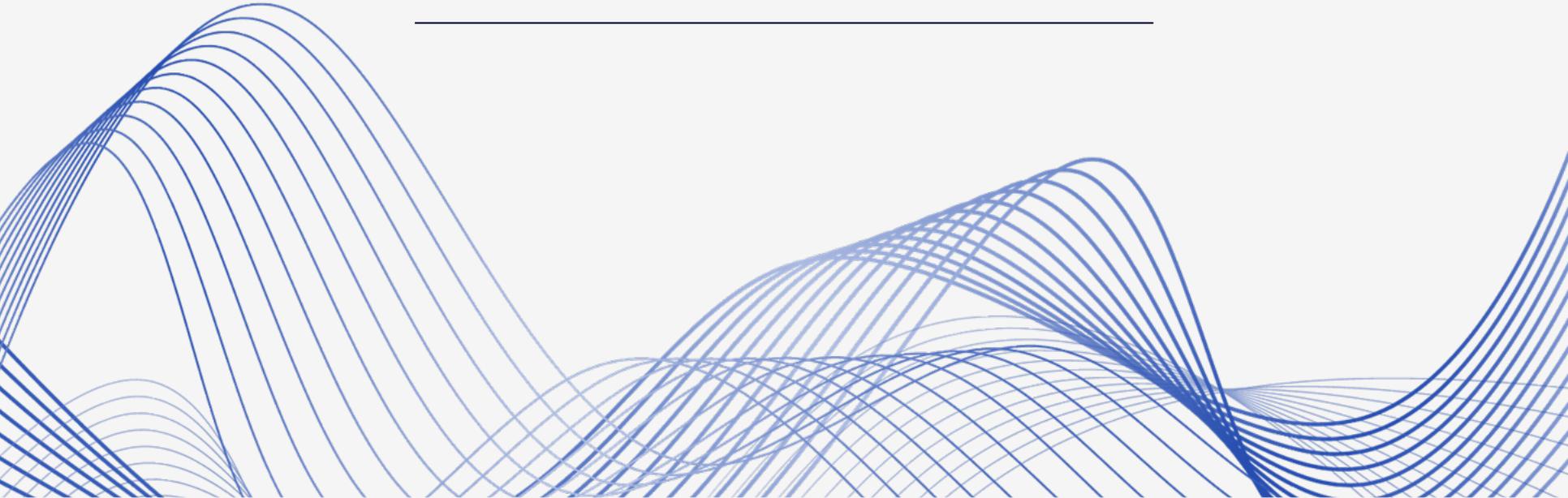
Impact of Social Media on Boys

Common Features:

- The countless hours spent on line "connecting" with other boys produces an increase in social interactions and a decrease in the quality of social relationships
- Consequently, this has pulled boys out of the real world communities including their families which has created a new type of childhood lived in multiple shifting networks
- The inevitable result is **ANOMIE** defined as a normlessness without feeling stable or anchored
- Despair and Suicidal thinking are typical reactions to Anomie



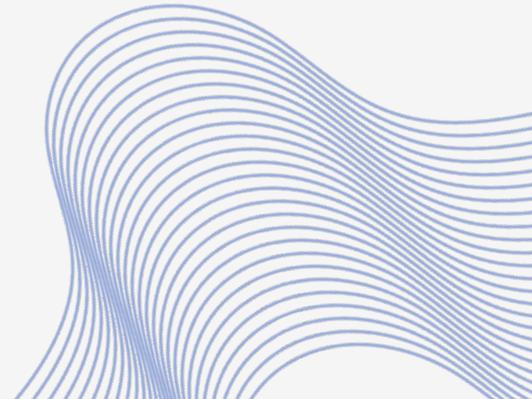
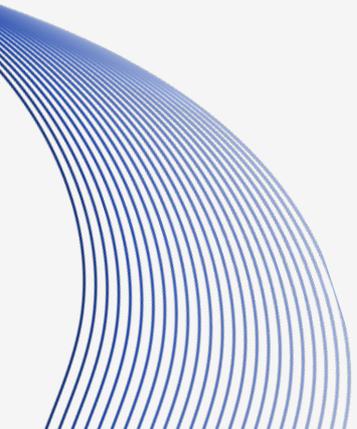
Suicide rates in the US began rising
in 2008 for all adolescents and
began to spike in the 2010s



No other factors have been able to explain the decline in child and adolescent mental health including the global financial crisis or any other significant US event

03

The Great Shift



The Great Shift from Play Based Childhood to Phone Based Childhood

- #10- 90% of the brain develops by the age of 5 and then slowly develops after that age
- Free play is essential for the development of social skills, conflict resolution skills and physical development
- Children learn, through play, how to connect, synchronize with others and take turns
- During this period of time, they need enormous amounts of adult attunement

Associated Factors Harming the Mental Health of Children (and their parents)



Social
Deprivation



Attention
Fragmentation



Sleep
Deprivation



Addiction

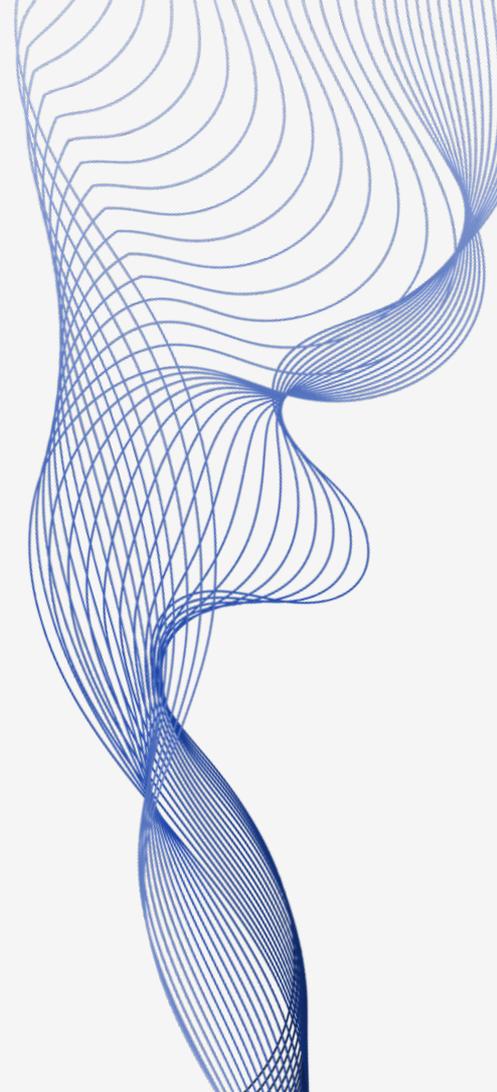
Withdrawal symptoms
(anxiety, irritability,
insomnia & dysphoria)



Child Centered Models of Understanding & Addressing the Challenges of our Youth

Common Features:

- Focus on the psychological and neurological development of the child
- Understands that children are part of a larger social/cultural/family context
- Families are impacted by the same social -cultural factors as children
- Emphasis on attunement to the child's underlying needs, feelings, beliefs, and struggles.
- Focus on the relationship over behaviors/symptoms



Common Myths About Student Challenges

- Attention Seeking

- Manipulation

- Psychiatric Illness

- Avoidance

- Learned Helplessness

Decoding Student Challenges (Behaviors & Symptoms)



Throwing
Objects



Suicidal
Ideation/ NSSI



Avoiding
Tasks

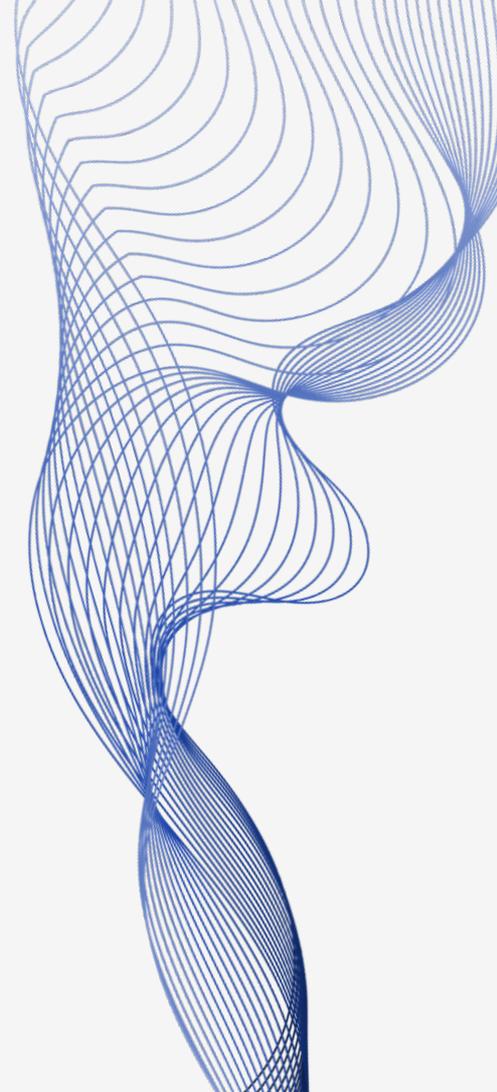


Not
Completing
Work



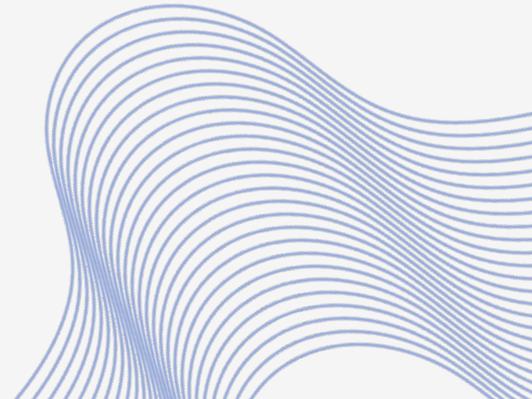
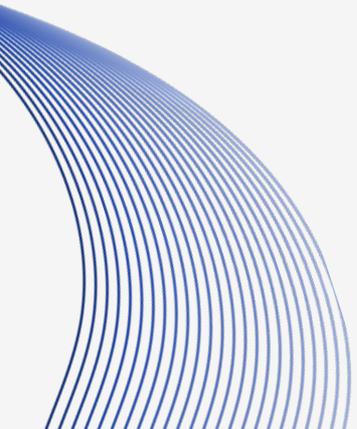
Problems yet to be solved:

- Emerging or lagging Skills
- Unresolved conflicts with peers or adults
- Over reliance/addiction to technology
- Gender or sexual identity confusion



04

Learning from Crisis





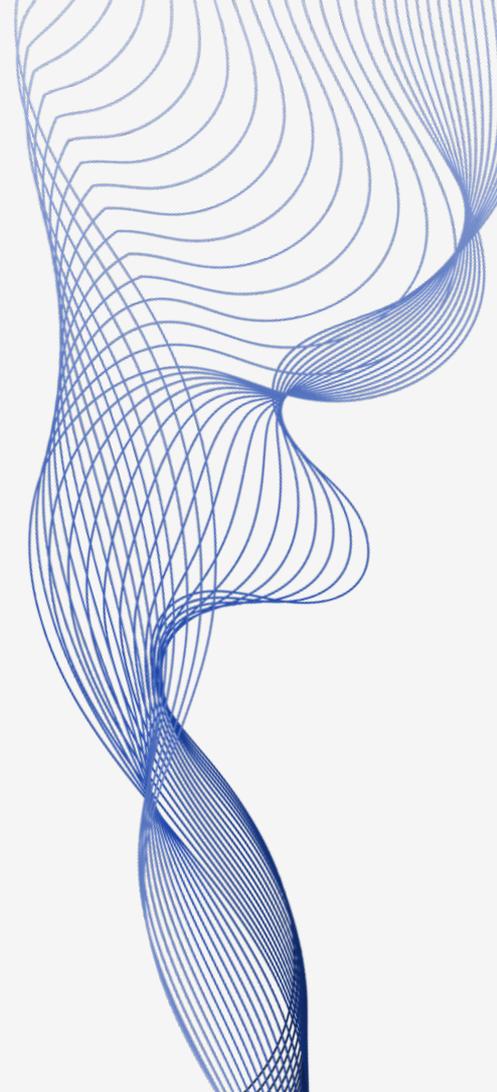
*“Standing on a Whale Fishing
for Minnows”*

- Polynesian Expression

Learning from Crisis: Working toward solutions

Goals:

- Access to phones
- Access to more play and recess
- Deepen our awareness to the underlying causes to the mental health struggles of our children
- Make sure our solutions to problems address both the symptoms, behaviors and underlying socio-cultural and learning problems



Thanks!

Do you have any questions?

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