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6. The book says that one problem with a phone-based childhood is that it replaces the hours children would otherwise spend playing in the real world: "Children are, in a sense, deprived of childhood." Do you agree about this for children in general or your own? What exactly are kids missing out on?
7. Think back on your own childhood. What are your most thrilling memories? Could your child have a similar experience today?
8. What did you get from "just playing" as a kid?
9. "Free play" means playing without adults organizing or even supervising. What reservations do you have about allowing your own children more unsupervised time?
10. Jon and Lenore  
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16. Modern technology makes it very easy to track our children's whereabouts, grades, and even behavior electronically. This can become "the world's longest umbilical cord." Could you cut down on the ways in which you electronically track or watch your child in the real world? How?
  
17. What problems do smartphones, social media, and screens solve in your own life and what problems do they create?
  
18. Do you have any tech rules for yourself? Do they work?
  
19. What would you like to change, if anything, about your own relationship with smartphones and social media? What about video games and other screen-based activities?
  
20. How are you different online and offline?
  
21. In what ways can we better prepare our kids to wisely navigate the virtual world?
  
22. In what ways can we better prepare our kids to wisely navigate the real world?
  
23. Would you want to grow up the way today's kids are growing up? Why or why not? What are some benefits of growing up today? What would you want to preserve/carry forward from your own upbringing?
  
24. What actions can you take, on your own and with like-minded parents, to lessen your kids' time spent in the virtual world and increase their opportunities for fun and responsibility in the physical world?



11. Ask your school to assign [The Let Grow Experience](#), a homework assignment that





, Robert D. Putnam  
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designitforus.org  
gamequitters.com  
healthygamer.gg  
logoffmovement.org  
nosonovember.org

humanetech.com  
reset.tech

commonsense.org  
aibm.org  
psychoftech.org

