

SAMPLER

THE AMAZING GENERATION



How to CHOOSE
FUN and
FREEDOM
in a
SCREEN-
FILLED
WORLD

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HAIDT**

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How to Break Up With Your Phone

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THE AMAZING GENERATION

*Your GUIDE to FUN
and FREEDOM in a
SCREEN-FILLED WORLD*

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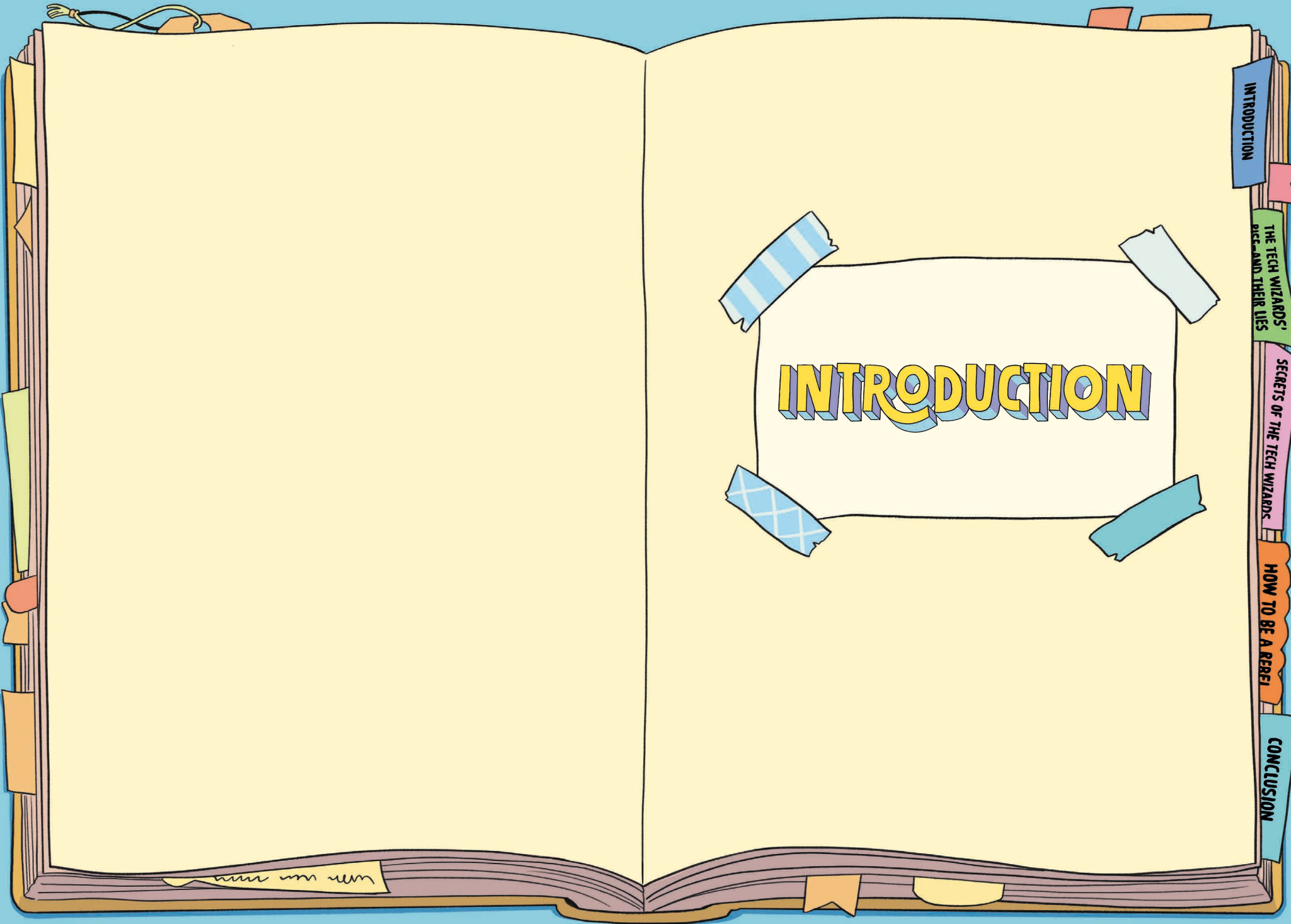
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INTRODUCTION

INTRODUCTION

THE TECH WIZARDS'
PICT-AND THEIR LIES

SECRETS OF THE TECH WIZARDS

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The Greedy Wizards and the Curse of the Stones

Once upon a time, a group of wizards created magical, glowing stones studded with glittering gems. They promised that these stones would bring **friendship, freedom, and fun** to anyone who picked one up. People rushed to grab them, and before long, anyone without a stone felt left out.

Some of the wizards tried to live up to their promises, but others became greedy. Instead of making life better, they tricked people into carrying their stones with them everywhere they went, and gazing into them all day long. Why? Because these greedy wizards had figured out how to turn human energy into gold.

The more time people spent looking at their stones, the richer the greedy wizards became—and the more their promises began to seem like lies.

Instead of finding friendship, people began to feel lonely. Instead of having fun, they felt anxious and sad. Instead of finding freedom, they felt controlled by their stones.

But then, something amazing happened: A few brave young people found the strength to look up. All around

them, they saw people standing motionless, trapped by their stones—and they decided to break free.

These young rebels began hanging out, going on adventures, and doing things they'd loved to do before they fell under the stones' spell. Every experience they had together made them feel more confident and connected. And the more fun they had, the stronger they became.

Other kids and teenagers heard the rebels' laughter and decided to join them. The greedy wizards, terrified their power might be slipping away, began to pack even more tricks into the stones. But for the first time ever, the wizards faced resistance.

Today, this rebellion is growing. On one side are the greedy wizards, desperate to keep stealing people's energy so that they can get richer. On the other side are the rebels: young people who have wised up to the wizards' tricks and who want to keep their energy for themselves. The winner of this struggle will determine what life is like not just for their generation, but for generations to come.

So which side will win?

The answer depends on you.



The Real-Life Rebellion

This isn't just a fairy tale. As you've probably figured out, the **glowing stones in the story are smartphones**.

The **glittering gems are apps, websites, and video games** that promise more friendship, freedom, and fun, but are actually designed to steal people's time and energy and turn them into money.

And **the wizards?** They're **the people in charge of the tech companies** that design and sell smartphones, apps, social media platforms, and games.

Now, to be clear, **most** people who work at those companies are good people who make useful—often amazing—products. Many got into the business because they wanted to use technology to make life better. And in a lot of ways, technology **does** make life better.

But along the way, some of the leaders of these companies began to care more about making money than anything else. They cared so much about making more money that they were willing to do things that could hurt people (including kids!) as long as **they** kept getting richer. These are the “greedy wizards.”

Not all phones
are magical
stones—just
smartphones.

Meet the Rebels

The **rebels are real too**: They're an **amazing generation** of young people who know how to use technology in ways that help them, not greedy tech wizards. They choose to live in the real world as much as possible, and they think for themselves instead of mindlessly following the crowd.

It's easy to spot the rebels: They're not sitting around



like zombies, scrolling and swiping. They're out in the world, *doing* things—and as a result, their lives are full of *real* friendships, *real* freedom, and *real* fun.

Interested in joining the rebels? **This book is your guide.**

THE REBELS' CODE

- Use **TECHNOLOGY** as a **TOOL**—**DON'T LET technology use YOU**
- **FILL your LIFE with REAL FRIENDSHIP, FREEDOM and FUN**

All Rebels Are Different

Some rebels love big groups of people, and some like being alone, or with a few close friends. Some are leaders who *start* movements and organizations and convince other people to join them. Others rebel through their *personal* decisions, like choosing to wait to get a smartphone or social media account, or by deciding

to spend more time on real-life hobbies and less on screens. No two rebels are the same. And anyone can be a rebel—including you.

You can still become a rebel if you already have a smartphone, tablet, social media account or video game console. Keep reading to learn how.

I don't feel the need for a phone. I like being with people in the real world, face-to-face. —Shiloh, 12

I started to cut back on my social media use about six months ago. I'm reading and sleeping more. I'm thinking more independently, I have more time for me. —Bristol, 15

The generation just above yours (born between about 1996 and 2012) = **GEN Z**

Your generation (born between about 2013 and 2025) = **GEN ALPHA**

There are also many people from the generation above yours who got smartphones and social media when they were around your age (or spent a ton of time gaming),

ended up regretting it, and decided to become rebels as young adults. These older rebels want to tell you what they wish they'd known at your age, so that you can avoid their mistakes . . .

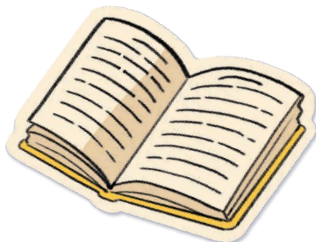
I missed out on my entire teenagehood because of social media and my phone.
—Kayleigh, 25



I really wish I had gotten to know my grandfather better before he died, instead of always playing video games when he visited. —Benjamin, 21

... and how joining the rebellion has made their lives better:

I'm having more fun and doing more exciting things. I'm also better able to remember how I actually spent my time.
—Alyssa, 26



All of the rebels want to share advice with you and your friends about how you can become rebels too.

I've rediscovered hobbies that truly fulfill me.
—Sophia, 21



MEET A REBEL



SAMARA GORTON

18 years old, New York

First smartphone? When I was 11.

Ah-ha moment? I went to a sleepaway camp that was phone-free, and I loved it.

Inspiration/role models? One of my friends chose to have a time limit on her phone. If she wanted more time, she had to call her dad to get the password. I thought that was smart—so I did it too.

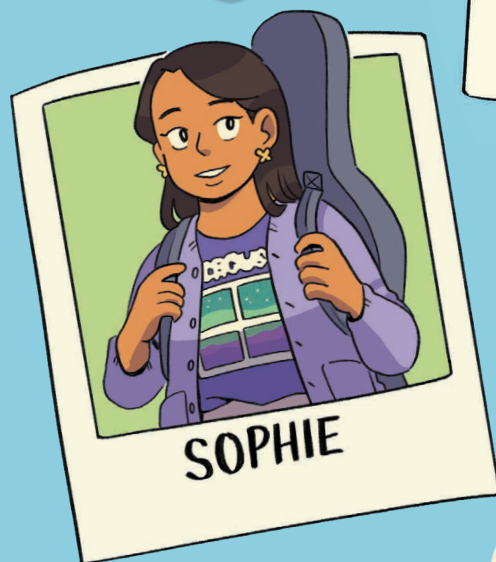
Advice for your younger self? I would never get TikTok. I hate Instagram and Snapchat. I wish they didn't exist. They're not cool.

What do you wish kids knew? It might look like teens are entranced by their phones and social media, but a lot of them are not enjoying it and they wish they weren't on it.

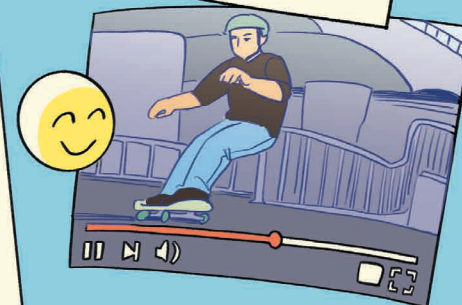
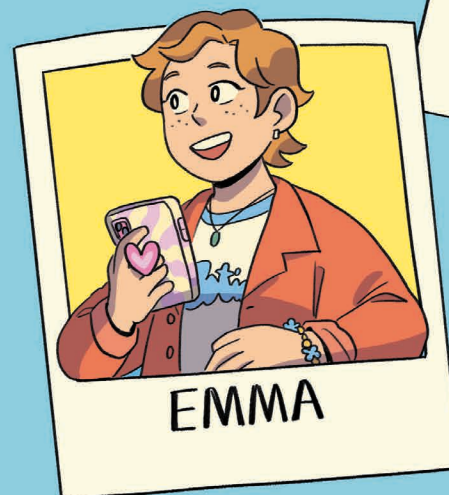
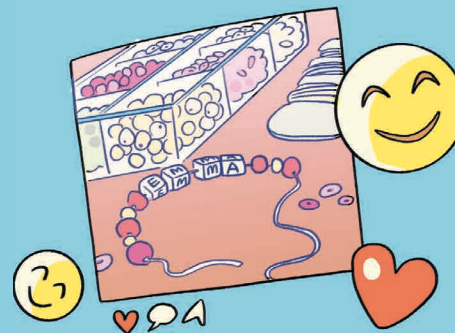
What do you do with your free time? I love tennis. I love to run. I'm learning to play guitar. And I like film photography a lot. It encourages me to look for the beauty around me.

Advice for young rebels? A lot of growing up is about self-discovery, and I just don't think you'll ever find yourself through your phone.

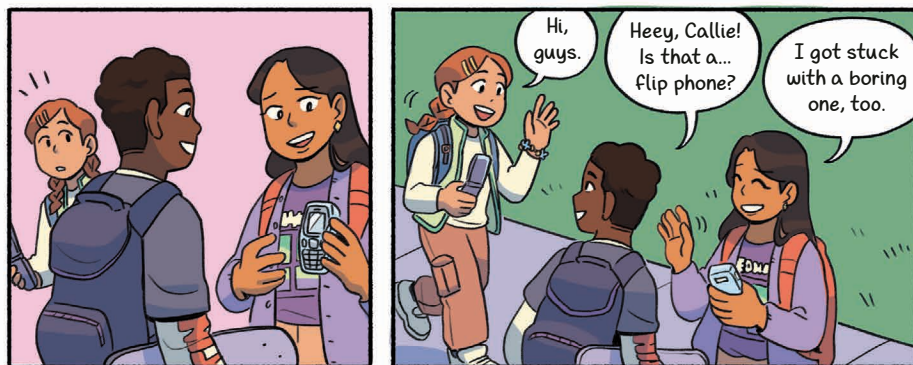




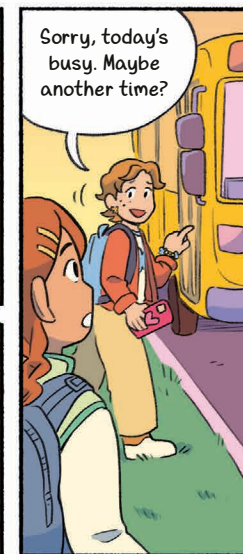
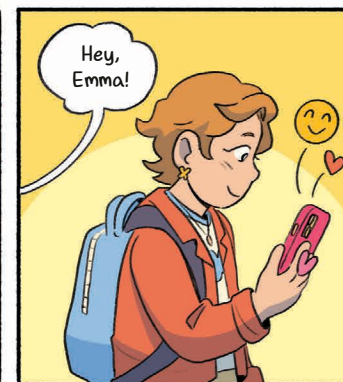
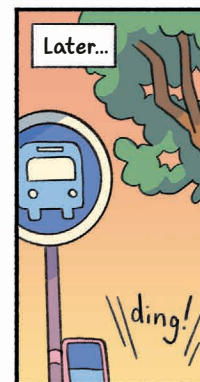
This book is two books in one: the main book, and a graphic novel, which is fictional but is based on real kids. Here's how it starts.



First day of school



SIGH...



Over the weekend...

First live!
Hi everyone!



PART ONE

THE
TECH WIZARDS'
RISE-
AND THEIR LIES

THE TECH WIZARDS'
RISE-AND THEIR LIES

SECRETS OF THE TECH WIZARDS

HOW TO BE A REBEL

CONCLUSION

Can you imagine leaving your house on your own, meeting up with friends, and roaming around your neighborhood for hours while your parents have no idea where you are?

Believe it or not, this is how kids as young as seven and eight years old used to spend their free time. Many parents would actually send their kids out of the house, saying, “Just be home when the streetlights come on.”

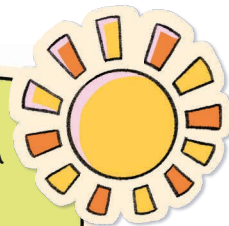
Not only was this type of unsupervised and unstructured play really fun, but it was great for kids, even if they sometimes came home with scrapes and bruises. It helped them learn to solve problems, get along with other people, work as a team, and bounce back when things didn’t go their way. It also helped them build confidence and independence, because they got to test their limits and learn from their mistakes and failures.

On weekends and evenings, my brother and I would spend hours playing games in our rural Maryland backyard with our friends: hide-and-seek games with complicated rules, water balloon fights, and endless races. In the fall, we’d jump in leaf piles, and in the winter, we’d have snowball fights and make snowmen.

When it was raining, we’d take our games inside. We had no phones and only three TV channels. —*Sophia, born 1986*

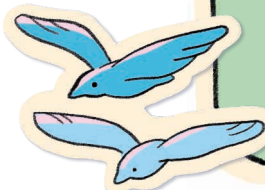


When we were nine, my best friend and I built a shack in my backyard out of bits of lumber we took from a construction site, so that we could hide away from my parents and keep a stash of candy. It felt so great to have a clubhouse, which we built with our own hands. —*Jon, born 1963*



I grew up in New York City, and my friends and I would play on the swings or the monkey bars or play games in the street. Even when I was seven or eight years old, I used to bike to Central Park on my own and ride around the park or rent ice skates. Kids would go home when it got dark. I loved having freedom.

—*Mary, born 1942*



TRY THIS!

Ask your own parents or grandparents what they used to do in the afternoon when they came home from school, or on weekends, or summer vacation. What was the most fun?



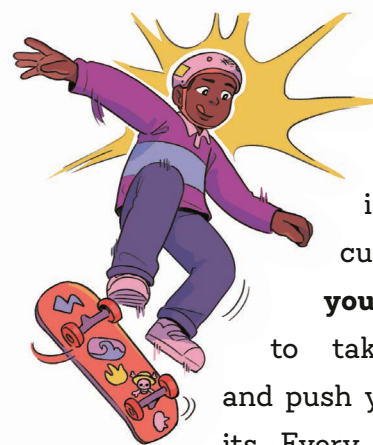


DID YOU KNOW?

Humans and other mammals aren't the only creatures that play. Scientists have seen playful behavior in everything from birds to fish to reptiles. For example, **baby alligators have been seen sliding down muddy banks as if they're waterslides!** * If so many different types of animals spend time playing when they are young, it must be important.

* For every claim about research or science, you can find the source or link at www.AmazingGeneration.com/.

Playing Puts You into "Discover" Mode



Another reason that playing without anyone watching you or telling you what to do is important is that it puts you into **"discover mode"**: a confident, curious, fun state of mind where **you feel free**

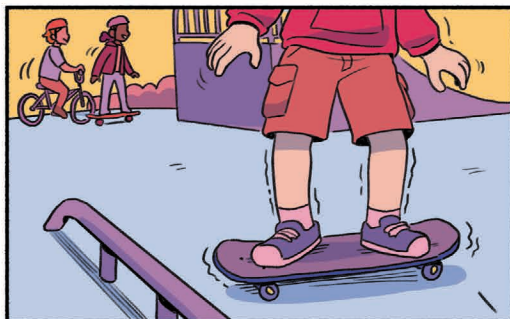
to take risks and push your limits. Every time you try something new or challenging, and succeed (or even fail, but bounce back), you'll feel a little braver trying new things in the future. And if you spend a lot of time in discover mode when you're a kid and teenager, you'll be more likely to stay in it as a grown-up.

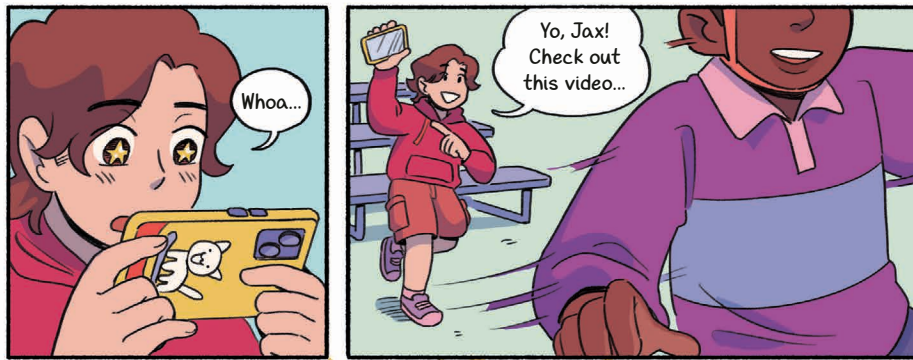




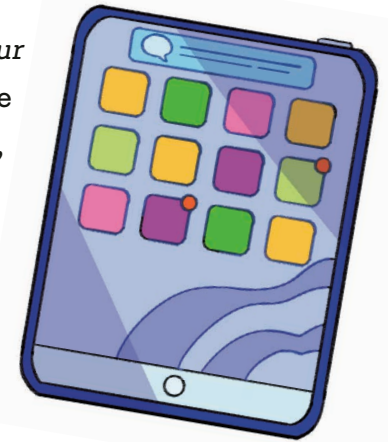
September

Hillside
Skate
Park





So why do many kids in your generation spend so little time playing outside with friends, and so much more time inside and alone—often on screens? In other words, why did **“play-based childhoods”** get replaced by **“phone-based childhoods”**?



There are many reasons, but here are two of the biggest:

Beginning in the 1980s, many parents started getting nervous about letting their kids play out of the house unsupervised. Partly because of shows they saw on TV, parents worried that strangers would hurt their kids, even though crime rates in the U.S. began

falling sharply in the 1990s. So they kept their kids inside.

In the meantime, screens got more appealing, more numerous . . . and more addictive.

The Great Rewiring of Childhood is the name for this giant shift in how kids and teenagers spent their time.



What Was Technology Like When Your Parents and Grandparents Were Kids?

It wasn't like there were no screens when your parents and grandparents were kids. But things were **very** different.

People watched **TV**, but you couldn't stream shows anytime you wanted (there was no Netflix or YouTube). Instead, you had to watch whatever was on at that moment.

If you wanted to see a **movie**, you had to go to a theater or rent one from a video store. If someone else had already rented the movie you wanted, too bad: You had to pick something else—or wait for them to return it.

Video games existed, but there was usually no way to chat with other players while you were playing the game unless they were in the room with you.

And **phones**? Before the late 1990s, most people only had **landlines**—phones that had to be plugged into the wall. If you left the house, no one could call you. If kids needed to contact



their parents, they had to use a friend's or neighbor's landline, or find a phone booth—a little glass closet with a pay phone inside. (You had to remember to bring coins to pay for the call!)

During the school day, the only way for parents to reach their kids was to leave a message with the school office, and the only way for kids to contact their parents was to go to the school office and ask to use the phone.

Almost no one had access to the **internet** until the 1990s. In those early days, if you wanted to go online you had to connect your computer to your phone line, or go to an internet café to rent time on a computer. **Wi-Fi** (wireless internet) didn't spread widely until the early 2000s—and it was way too slow to stream videos.

The first **cell (or mobile) phones** started becoming popular in the early 2000s and

TRY THIS!

Ask your parents if they ever had a computer that connected to the internet using a modem and a phone line. If so, ask them to imitate the sound the modem made as it connected.

(Brace yourself: They may make an extremely odd noise.)

most people used them just to make calls and send short text messages. Why short? Because they didn't have touch screens; instead, you had to spell words out letter by letter using the numeric keypad. (For



example, to type the letter C you had to press the 2 key three times. It was practically Morse code.)

The **first social media platforms** popped up in the early 2000s and became popular quickly,

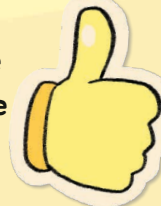
but they were websites, not apps, so the only way to spend time on them was to sit in front of a computer. (They also only showed you updates from people you had chosen to follow.) And since many people still used film cameras (or digital cameras that had to be connected to a computer with a cord) there was no way to snap a selfie and immediately post it for friends and strangers to see.

TRY THIS!

Ask your parents about their first experiences with social media. What was different, compared to today?

WHAT IS SOCIAL MEDIA?

“Social media” is any app or website where people can create profiles and share content (like photos, videos, links, and text) with a big audience, including strangers. Social media platforms let people connect and interact with each other by following accounts, joining groups, commenting, liking, sharing, and sending direct messages. By this definition, Instagram, TikTok, Snapchat, Twitch, Reddit, Discord, and Facebook are all social media. YouTube technically is, too, though most people use it just to watch videos.



The Original Glowing Stones

On January 9, 2007, Steve Jobs, the founder and head of Apple, stood onstage at a giant tech convention called MacWorld and made a dramatic announcement:

“Every once in a while, a revolutionary product comes along that changes everything.”

—Steve Jobs, CEO of Apple

He was unveiling the world's first smartphone: the iPhone. And, as it turned out, he was right: Smartphones *did* change everything, especially for kids.

Three things make smartphones different from earlier technologies, and more powerful.

First, **smartphones are small**, which makes it possible for people to pull them out any time they have even a few seconds of downtime, or feel awkward or bored. Sure, your parents watched TV when they were kids, but they never unplugged their family's television set and carried it around with them, or took it to school.

Second, smartphones are packed with features that are **designed to get people to pay attention to them**. A toaster isn't designed to interrupt your breakfast to try to get you to make more toast. But smartphones (and their notifications) interrupt people *all the time*.



Third, smartphones **contain apps**. (“App” is short for “application,” which is another word for a computer program.) Apps transformed smartphones from basic, practical tools that could only do a limited number of things into the magical stones from our fairy tale, embedded with hundreds of glittering gems.

In 2007, when Steve Jobs announced the first iPhone, he only showed off three of its features to his audience: the telephone, the music player, and the internet browser. But after the first app store was launched in 2008, it became possible for people to download hundreds of apps onto their smartphones. And this meant that smartphones could suddenly do hundreds of different things.

Good Apps and Bad Apps

Many apps are extremely useful and make life easier or better—like apps for making calls, sending texts, keeping track of your calendar, listening to music, or paying for things. These are **“tool” apps**, and they don't tend to cause problems. (Very few people spend hours at a time using their calculator.) If smartphones *only* had tool apps, then they probably would only have changed the world for the better.



But not all apps are designed to be helpful tools. Some apps are deliberately designed to suck up massive amounts of people's time. You can think of these apps as **"time wasters."**

Why would the tech companies make apps like that? Because just like the wizards from the fairy tale, they had figured out how to turn people's time into money—and some of them got greedy. They saw how much money they were making and wanted to make even more. So they figured out ways to make their apps even **harder** to stop using. These time-wasting apps are sometimes called **"addictive-by-design,"** because that's exactly what they were designed to do: hook people.

The thought process that went into building these [social media] applications . . . was all about:

"How do we consume as much of your time and conscious attention as possible?"

—Sean Parker, first president of Facebook

A lot of apps can waste your time or hook you, but there are three types of apps that are **especially** powerful and that rebels know to watch out for: **social media apps** like Instagram, Snapchat, and TikTok, **video platforms** like YouTube, and games and gaming platforms like Roblox.

DID YOU KNOW?

Some apps are especially tricky because they can be useful tools *and* addictive time wasters. For example, YouTube can be a great learning tool, but it's also designed to make it hard to stop watching videos once you start.

The Tech Wizards' Spell Became More Sinister

When Facebook was getting going, I had these people who came up to me and they would say, "I'm not on social media. . . . I value my real-life interactions, I value the moment, I value presence, I value intimacy."

And I would say "We'll get you eventually."

—Sean Parker, first president of Facebook

Soon, young people were rushing to get smartphones and download apps, especially social media apps, and were spending hours every day using them. This left them with a lot *less* time for the things kids used to do (and that scientists know are really important) like **playing together in person, spending time outside, exercising, and sleeping.**

Now, to be clear, a lot of the people in the generation above yours are happy and thriving.

But many of them are struggling. By 2015, a startling number of young people around the world were feeling worried and sad a lot (or even most) of the time. Many of them felt so bad that they needed professional help from therapists and psychiatrists. Some young people began to wonder if there might be a connection between their struggles and the amount of time they were spending on smartphones and social media. Scientists did too.

~~~~~  
**SIGH...**



### DID YOU KNOW?

By 2024, the U.S. Surgeon General had become so convinced that using social media was dangerous for teenagers' mental health that he said **social media apps should come with warning labels**, like the ones on cigarettes.

## SOCIAL MEDIA, SMARTPHONES, AND MENTAL HEALTH: WHAT DOES THE SCIENCE SAY?

When people spend a lot of time on social media and other apps that have been designed to be addictive, it makes them more likely to be depressed and anxious.

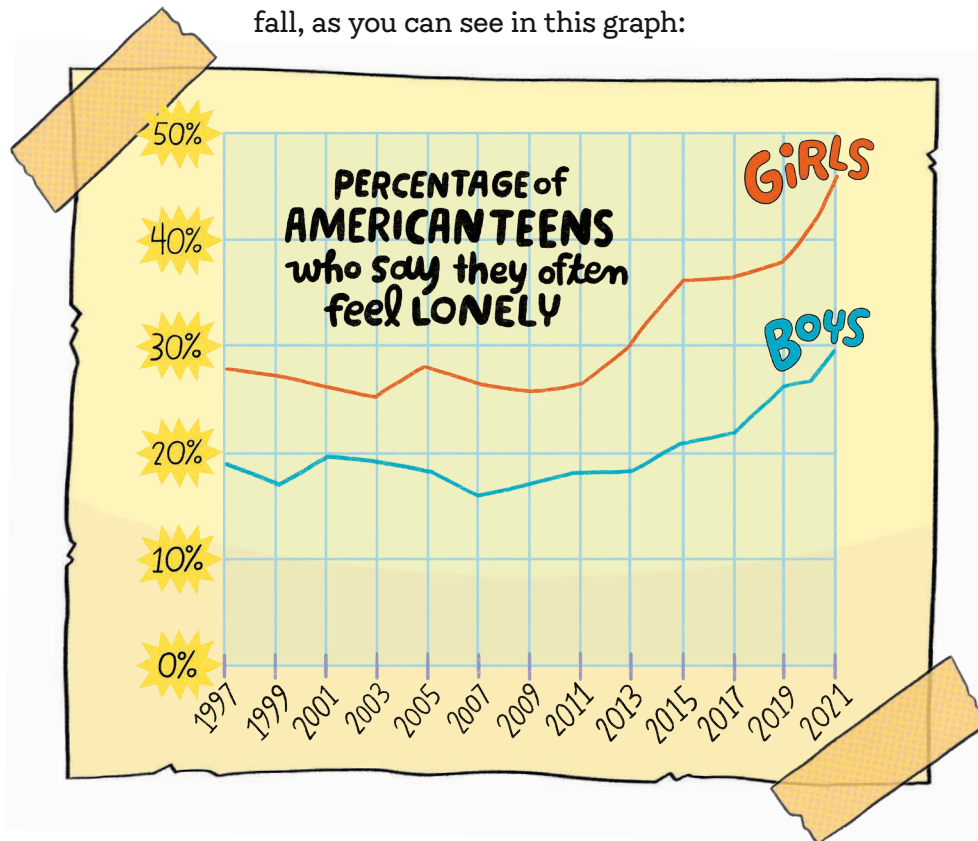
For example, scientific studies have found that:

- ★ Girls who spend five or more hours each day on social media (which is surprisingly common!) are *three times* more likely to be depressed than girls who spend little or no time on social media.
- ★ Boys who spend five or more hours a day are *two times* more likely to be depressed than boys who spend little or no time on social media.
- ★ When young adults who usually spend a lot of time on social media spend less time on it for a few weeks, they usually feel happier and less anxious.
- ★ When people block the internet on their smartphones, so that they can just use them as phones, most of them feel better and say that it's easier for them to concentrate and pay attention to things.

## The Tech Wizards' False Promises

### FRIENDSHIP

The tech wizards had promised that their products would bring people more friendship, and young people did use smartphones and social media to stay in touch and meet new people with similar interests or backgrounds. But strangely, as soon as most young people got smartphones and began spending a lot more time on social media (in the early 2010s), rates of loneliness began to *rise*, not fall, as you can see in this graph:



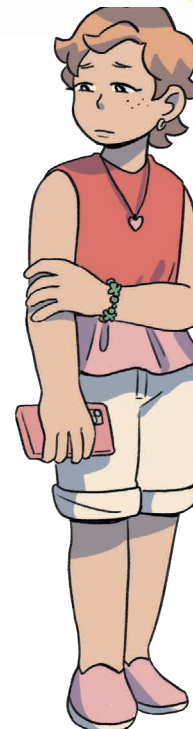
It makes sense that kids and teenagers who didn't have smartphones or social media started to feel lonely: Their friends weren't available to play or hang out because they were too busy staring at their phones.

But it wasn't just the kids who *didn't* have smartphones who felt lonely. **The kids who *did* have smartphones started saying that they felt lonely**

**too**—which was the exact opposite of what the tech companies had promised their products would do!

Making things worse, some kids started using social media and group text chains to hurt each other by spreading rumors, bullying classmates, and saying nasty things—not a great recipe for friendship.

Social media made me very isolated.  
—Ruqayah, 16

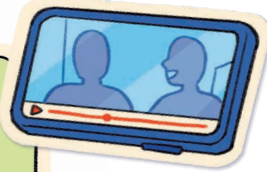


I started to have private photos sent around of me without my consent in Snapchat group chats by a famous influencer on TikTok and got harassed on the day-to-day with everyone picking apart my face and body.  
—Calla, 22

## FREEDOM

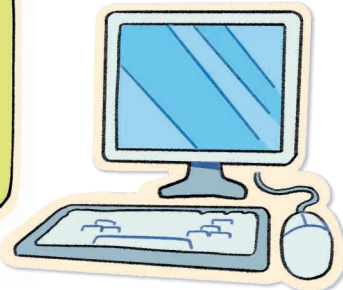
The wizards had promised that their products would give people freedom. But oddly, the more time kids and teenagers spent on them, the less free—and more trapped and anxious—many of them felt.

I was a huge gamer in elementary school. It was an exciting escape. But my habit of escaping kept me from spending time on other things, like learning the guitar or getting over my “beginner’s anxiety” when I tried to play sports. —Nick, 24

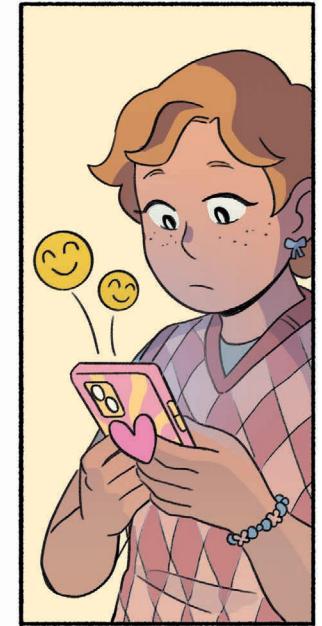


I felt like I couldn’t exist without my smartphone. —Kate, 24

I had to be perfect. There was no being myself, there was no free play, there was only the perception of what everyone else thought of me. —Kayleigh, 25



What’s more, many parents had assumed that allowing their kids to spend their free time inside alone on smartphones was safer than letting them play outside with friends, but it turned out that this wasn’t true either: The tech wizards hadn’t done much to make their apps safe for children, and creepy adults started using messaging features in



social media apps and video games to contact kids. Many kids and teens felt scared, anxious, and miserable, and their parents often had no idea what was going on online.

Many kids were **overprotected** in real life and **under-protected** online.



## DISCOVER MODE VERSUS DEFEND MODE

Feeling trapped and nervous is a sign that your brain is in **"defend mode"**: an anxious and fearful state of mind where your brain is on high alert for anything that might be dangerous.



Defend mode is the opposite of **discover mode**—that confident, curious state of mind we talked about earlier where new things feel exciting, not scary.

Defend mode is essential when you're in situations that are truly dangerous, because it helps keep you safe. But sometimes your brain can flip into defend mode in response to things that feel bad but that aren't *actually* dangerous (like mean comments on social media)—and get stuck in it.

This is probably one reason why so many young people started feeling more anxious and trapped when they stopped playing with friends in person and started

spending so much time on smart-phones and social media: As they constantly compared themselves to others and worried about what everyone was saying about them, their brains got pushed from **discover mode** into **defend mode**.



## SIGNS that you're in **DEFEND MODE**

LIFE seems FULL of  
**THREATS** and  
**PROBLEMS**

FEELING **ANXIOUS**  
or **INSECURE**

Wanting to  
**RUN AWAY**

FEELING  
**OVERWHELMED**

**BAD** thoughts  
**KEEP REPEATING**  
in your **MIND**

Assuming the  
**WORST** ABOUT PEOPLE

**THINKING** or  
**WORRYING**  
ABOUT the  
**PAST** or **FUTURE**

FEELING **TRAPPED**

## SIGNS that you're in **DISCOVER MODE**

LIFE seems FULL of  
**GOOD THINGS** and  
**OPPORTUNITIES**

FEELING **CURIOUS** and  
**HOPEFUL**

Wanting to  
**CHECK THINGS OUT**

FEELING IN  
**CONTROL**

**BAD** thoughts **MAY GO**  
THROUGH your **MIND** but they  
**don't**  
**KEEP REPEATING**

Giving people the  
**BENEFIT** of the **DOUBT**

**FEELING**  
**PRESENT** in  
the **MOMENT**

FEELING **FREE**



## FUN

The tech wizards had promised that their products would make life more fun, but some early rebels noticed that the more time they spent on smartphones and social media, the less fun life felt.

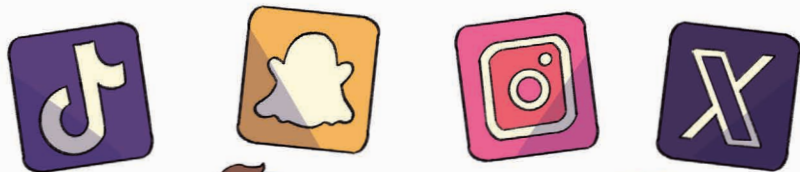
I fell into the trap of content creation. It seemed everything my friends and I did had to be for a “bit.” When we hung out, we would try to record everything instead of just having fun.  
—Matthew, 19

I loved to ride bikes, make up imaginary plays with my siblings, hang out with my friends, and play outside. But after we all got smartphones, everything got transferred to “hanging out” online. It completely changed how we all spent our time. —Jade, 26

## THE TECH WIZARDS' TRAP

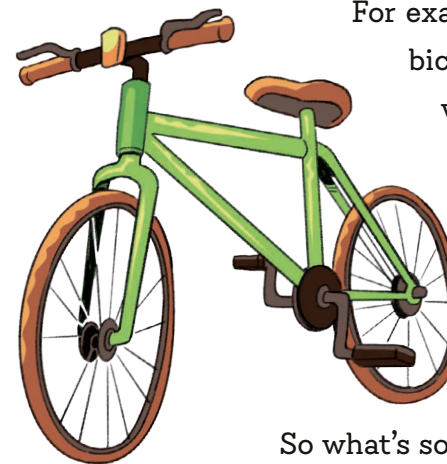
Here's something that may shock you: **Nearly half of people between eighteen and twenty-seven say they wish that some of the most**

**popular social media platforms and apps, such as TikTok, X, and Snapchat, had never been invented!**



And yet . . . most young people keep using them. Today, the average American teenager spends about five hours per day on social media (including YouTube), and more than half of teens say that they're online “almost constantly.”

On the surface, this doesn't make any sense: If you dislike something so much that *you wish it had never been invented*, then why would you use it at all, let alone for hours every single day?



## DID YOU KNOW?

**Ninety-five percent of young adults who have smartphones keep their phone near them almost all the time. (Like in their beds, in the bathroom, and everywhere they go.)**

For example, if you didn't like bicycles, you definitely wouldn't spend hours a day riding one. And you probably wouldn't wish they'd never even been invented. Instead, you just . . . wouldn't get a bike.

So what's so different about smartphones and social media? Why are so many people in the generation above yours spending so

much time using things that they *know* are hurting them, and that many of them would be happy to see disappear?

It's because they've been tricked and they've been trapped.

And if *your* generation is going to avoid their fate, you need to know the truth.

"I'm 15 with no hobbies, interests, goals, or ambitions.

All I do is waste time on my phone. . . . I wanna skateboard, I wanna play an instrument, I want to learn chess . . . I want to do all sorts of things, but I never do. My screen time is near 11 hours daily, and I feel like just . . . crying myself to sleep. How do I stop this crippling addiction I have with my phone?"

—Anonymous Reddit user, 15

I missed out on a lot of social experiences. I didn't go to sporting events. I never had those early youth experiences of 'young love.' I find myself having difficulty with eye contact and making small talk. I wish I had simply lived life more, rather than allowing myself to be consumed by the addictive online world.

—Matthew, 19



## WHY YOU NEED TO KNOW THE TRUTH *RIGHT NOW!*

There are two periods of life when human brains change the most.

One was when you were a baby and toddler, when your brain was growing really fast. The other is when you're in adolescence, the period of life between age ten and your early twenties. And your brain changes *especially* fast during puberty, which can begin even before age ten, and which is generally finished by around age sixteen. That means that **you're probably in it right now!**

The fact that your brain will be so flexible and changeable for the next few years is a superpower, because it means you can learn new things quickly and can absorb huge amounts of information much faster than adults can.

But your brain's flexibility also puts you at risk of being taken advantage of by people or companies who would like to change your brain in ways that help *them*, not you.

That means that out of your entire life, **this is the most important time to learn about the tech wizards' secrets and their tricks—and guard your brain against them.**

My iPhone preyed on my developing brain. It addicted me and overall made me lonelier and less happy. If I could do it again, I would have waited longer to get a phone. —Sam, 17





## MEET a REBEL

**BEN SPALOSS**

22 years old, Nevada

**When did you get your first smartphone?** Eighth grade.

**Was that too early or too late?** Too early. I thought I needed it to belong, but I didn't.

**What did you do on social media?** I posted on TikTok for two years almost every day to help people get off their phones.

**How big did it get?** About 250,000 followers. Av But I also just wanted a break. It was exhausting, and I wanted more time for myself.

**What do you wish more people understood?** Tech companies sell a promise: connection, fun, freedom. But it is a promise they can't keep. What matters is caring for people. Having deep connections.

**What makes someone a rebel?** Being willing to be different in order to live better. Seeing the suffering around you and saying, "This isn't how I want to live."





