

# CONTENTS

Introduction: Growing Up on Mars	1
----------------------------------	---

## Part 1

### A TIDAL WAVE

1. The Surge of Suffering	21
---------------------------	----

## Part 2

### THE BACKSTORY:

#### THE DECLINE OF THE PLAY-BASED CHILDHOOD

2. What Children Need to Do in Childhood	49
3. Discover Mode and the Need for Risky Play	67
4. Puberty and the Blocked Transition to Adulthood	95

## Part 3

### THE GREAT REWIRING:

#### THE RISE OF THE PHONE-BASED CHILDHOOD

5. The Four Foundational Harms: Social Deprivation, Sleep Deprivation, Attention Fragmentation, and Addiction	113
6. Why Social Media Harms Girls More Than Boys	143
7. What Is Happening to Boys?	173
8. Spiritual Elevation and Degradation	199



**Part 4**  
**COLLECTIVE ACTION**  
**FOR HEALTHIER CHILDHOOD**

9. Preparing for Collective Action	221
10. What Governments and Tech Companies Can Do Now	227
11. What Schools Can Do Now	247
12. What Parents Can Do Now	267
Conclusion: Bring Childhood Back to Earth	289
Acknowledgments	297
Notes	301
References	339
Index	369