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Q and A

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TOO MUCH?

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Practical Resources for Churches



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Impact of Covid on Children

Social isolation

Social restriction

Fear of illness

Phobia

Interruption of Education

Family Stress

Job Loss

Food Insecurity

How Are We Doing?

2020 vs. 2017

1 in 6 children ages 5 to 16 were identified as having a probable mental health condition compared to 2017, where 1 in 9 were identified as having a probable mental health condition

(Mental Health of Children and People, NHS Digital)

Jama Pediatrics, Racine, et al., 2021

Meta Analysis - 29 Studies, 80,879 youth globally

1 in 4 youth showing signs of depression

1 in 5 youth clinically significant anxiety

Sent them home for protection — impact of quarantine

Stress levels 4x as high

Other Concerns Regarding "Covid Kids"

Brain Development

Delayed Health Visits

Delayed Screenings

Minimal Cognitive and Social Stimulation

Sharing - empathy vs. individual needs

Separation Anxiety

Family is in Constant State of Stress

ADOLESCENCE & YOUNG ADULTS

Egocentrism

Personal Fable

Imaginary Audience

Limited Social Hierarchy Limited Social Interaction

Limited Peer Pressure Limited Ability to Challenge

Social Anxiety Limited Speaking Up for a Cause

Limited Dating

½ HS or college years at home

Social Media, Screens, Texting --- Ugh!

2019- 2021 screen time grew by 17%

4:44 to 5:33 among tweens

7:22 to 8:39 among teens

Aging Down of Social Media use 8 to 12 fast growing users

Lack of exercise

Canned Answers - Cult like behavior

Sleep interference

Common Sense Census: Media Use by Tweens and Teens, 2021,

Warning Signs!

Danger, Distress, Dysfunction, Deviance

Emotional Dysregulation

Obsessive Compulsive

Excessive Sadness

Extreme Anxiety

Talk of Suicide