

Macro Roundup Article

Headline: [Suicide Rates Are up for Gen Z Across the Anglosphere, Especially for Girls](#)

Article Link: <https://jonathanhaidt.substack.com/p/anglo-teen-suicide>

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Tweet: Rates of self-harm among young girls have increased since 2010 across the U.S., UK, Canada, Australia, and New Zealand. @JonHaidt @ZachMRausch note that this coincides with the transition of adolescent social life to smartphones and social media.

Summary: After examining data from the Anglosphere (U.S., UK, Canada, Australia, and New Zealand), I've found that one trend stands out above all others: the spike in anxiety, depression, and self-harm among adolescent girls that began in the early 2010s. Since 2010, rates of self-harm episodes have increased for adolescents in the Anglosphere countries, especially for girls. By 2015, self-harm episodes were at record-high levels in all five countries. I have added a shaded area on all graphs from 2010 to 2015, which is the period that Jon calls "The Great Rewiring of Childhood" in his forthcoming book, *The Anxious Generation*. It's the five-year period when adolescence changed to a phone-based form; adolescents went from nearly all owning flip phones (or other basic phones) to nearly all owning smartphones with high-speed data plans and continuous (and nearly unlimited) access to the internet and social media.

Related Articles: Chinese Youth Suicide Rate Quadruples In Over A Decade and Suicide Rates for Girls Are Rising. Are Smartphones to Blame? and Is There Really a Generational Difference in Identifying as Lesbian, Gay, or Bisexual?

Primary Topic: Family/Marriage

Topics: Family/Marriage, Op-Ed/Blog Post, Workforce

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