

## 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: 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

**Permalink:** <https://www.edwardconard.com/macro-roundup/rates-of-self-harm-among-young-girls-have-increased-since-2010-across-the-u-s-uk-canada-australia-and-new-zealand-jonhaidt-zachmrausch-notes-that-this-coincides-with-the-transition-of-adolescence?view=detail>

**Featured Image Link:** <https://www.edwardconard.com/wp-content/uploads/2023/10/Anglosphere-Teen-Suicide-Rates-.png>