*Sent to all Members*

December 1, 2024

Dear {%FName%},

Rotary Minutes are provided by District 6220 Governor Roger Utnehmer (Oot-name-er).

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ROTARY MINUTE: THE NEXT PANDEMIC

“The next pandemic in the United States may very well be youth mental health. Addiction to devices, tolerance of bullying, and a shortage of counselors combine to create the highest levels of teen depression, anxiety, suicide, and self-harm in our history.

Two books challenge parents, grandparents, and Rotarians to engage and act.



 “[The Bully, the Bullied and the Bystander”](https://www.goodreads.com/book/show/195972.Bully_the_Bullied_and_the_Bystander_The) by Barbara Coloroso describes the opportunity cost of tolerating inappropriate behavior and standing by while others are bullied. And that happens not only in schools but at governmental meetings, Rotary clubs, church councils and Little League games.



 “[The Anxious Generation](https://jonathanhaidt.com/anxious-generation/)” by John Haidt makes every parent and grandparent worry about what a generation moving from healthy relationship building and risk-taking play to addiction to devices is doing to mental health throughout our country.

The dangers of apathy and the costs of incivility are elucidated by Coloroso and Haidt.

Rotary’s response to the next pandemic will be featured at the next three-district conference in Brookfield, WI April 25th and 26th, 2025.

**Tricon 2025** - <https://rotarytricon.org/>

After eradicating polio, this may become one of Rotary’s most noble causes.

This has been a Rotary Minute.”

ROGER UTNEHMER
Rotary District 6220
District Governor 2024-25
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