

TABLE OF CONTENTS

PART I: THE GREAT DISRUPTION

- Chapter 1: Logged In, Checked Out: How Computers Broke the Classroom
- Chapter 2: Error 404: Childhood Lost
- Chapter 3: My Kid's Teacher Is a Computer
- Chapter 4: Fear of Fifth
- Chapter 5: "It Doesn't Take 13 Years to Learn to Click a Mouse"
- Chapter 6: The Rise of EdTech — and the Fall of Real Teaching
- Chapter 7: The Evil Contract — How Public Schools Make You Pay for Their Screens
- Chapter 8: Childhood Identity Theft...The Hidden Dangers of Digital Consent
- Chapter 9: The Computer Fire Hazard and the Online Challenge That Exposed It

PART II: THE HIDDEN COSTS

- Chapter 10: The Boredom Machine
- Chapter 11: Distraction by Design
- Chapter 12: Homework Hacked
- Chapter 13: Repeat After Me. My child's Behavior is Not the Problem
- Chapter 14: Protecting Individualized Education Program (IEP) Students in a Digital-First Era
- Chapter 15: Punished for the System's Failure
- Chapter 16: Headaches, Eye Strain, and the Physical Cost of Screen School

- Chapter 17: Screen Addictions — Born in the Classroom
- Chapter 18: The Lost Playground: Socialization and Real-World Skills
- Chapter 19: Disappearing Group Work and the Death of Social Learning

PART III: THE AWAKENING

- Chapter 20: The Whisper Network of Mothers
- Chapter 21: The Irony of Silence
- Chapter 22: The Quiet Exodus
- Chapter 23: The Great Teacher Logout
- Chapter 24: Computer Boot Camp

PART IV: A PATH FORWARD

- Chapter 25: I Believe in Technology
- Chapter 26: How Parents Can Start the Movement: Reigniting Childhood and Putting Computers Away
- Chapter 27: To the Teachers
- Chapter 28: To the Administrators
- Chapter 29: A Letter to the Students
- Chapter 30: The Last Stand — Teachers vs. AI Takeover
- Chapter 31: The Future Some Will Choose: AI Pods, Fewer Teachers, and the Reshaping of Schooling
- Chapter 32: The Future We Choose — Reclaiming Childhood and Education

EPILOGUE

Reclaiming Childhood, One Step at a Time

APPENDIX

A Roadmap for Parents to Restore Balance in America's Classrooms