



From Fish to FOMO

How Social Media and the Ancient “Biology of Comparison” are Shaping the Moods, Relationships, and Fates of Modern Human Teenagers

The worrisome rise in anxiety and depression among adolescents has been linked to social media. This connection, however, is not well understood. Social media is, at its core, about comparing and being compared with others. Modern adolescent anxiety is driven by the “biology of comparison” which evolved in ancient fish to help individuals navigate their social relationships. Understanding the 500 million year history of being sized up, assessed, and comparing to others offers a powerful new approach to better understanding and helping the anxious adolescents in our lives.

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Barbara Natterson-Horowitz, MD, is a Visiting Professor at Harvard in the Department of Human Evolutionary Biology and Professor of Medicine at UCLA. Her research focuses on the natural world as a source of insights into human pathology and developmental challenges. Her *New York Times* bestseller, *Zoobiquity*, was a Finalist in the American Association for the Advancement of Science Excellence in Science Books Award, a Smithsonian Top Book of 2012 and a *Discover Magazine* Best Book of the Year. It has been translated into seven languages and has been chosen as a Common Read at universities across the country.

Date

**Thursday,
January 16, 2020**

Time

5:00 to 6:00 p.m.

Location

**Biodesign Institute
Auditorium**

1001 S. McAllister Ave
Tempe, AZ, 85287

**RSVP by
January 15**

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