

Helpful Resources for Digital Well-Being

Organizations

Child Mind Institute

<https://childmind.org/article/media-guidelines-for-kids-of-all-ages/>

<https://childmind.org/topics/concerns/media-and-technology/>

Common Sense Media

<https://www.commonsensemedia.org/>

<https://www.commonsensemedia.org/screen-time/how-much-screen-time-is-ok-for-my-kids>

<https://tinyurl.com/y9qkeouw>

*Students completed PDF pages 5-6

Pew Research Center

<http://www.pewresearch.org/topics/teens-and-technology/>

Wait Until 8th

This organization promotes the idea of ‘letting kids be kids a little longer’ and urges parents to wait until eighth grade before getting their kids a smartphone. Their website (www.waituntil8th.org) offers many resources and articles about why delaying technology is in everyone’s best interest, and it invites families to make a pledge to wait until 8th.

Articles

The Atlantic “Have Smartphones Destroyed a Generation?” September 2017

<https://tinyurl.com/yd9pj5qu>

Time Magazine “We Need to Talk about Kids and Smartphones” October 10, 2017

<https://tinyurl.com/y77fxtwl>

Wait Until 8th - “Middle School Misfortunes Then and Now” November 14, 2018

<https://tinyurl.com/y6vblldk>

Getting Smart “Family Technology Pact: Why You Need One and the Hidden Benefits” October 30, 2018

<https://tinyurl.com/ybwaa8aa>

Very Well Mind “How Multitasking Affects Productivity and Brain Health” October 30, 2018

<https://tinyurl.com/yc3jqp6a>

The Learning Scientists “Listening to Music while Studying: A Good or a Bad Idea?” 2016

<https://tinyurl.com/yccpt9e6>

The Washington Post “Teens who spend less time in front of screens are happier - up to a point, new research shows” January 22, 2018

<https://tinyurl.com/ycuv6o5f>

Psychology Today “No, Smartphones are Not Destroying a Generation” August 6, 2107

<https://tinyurl.com/ycgg86ct>

How to Make a Family Media Use Plan

<https://tinyurl.com/heon28t>

