

Parent Resources – Social Media

Online Safety:

<https://www.common sense media.org>

<https://www.fosi.org>

<https://www.connectsafely.org>

<https://www.childnet.com>

Blogs:

<https://www.raisingdigitalnatives.com/blog/>

Books:

-*Screenwise*

by: Devorah Heitner, PhD

-*Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World*

by: Ana Homayoun

-*UnSelfie*

by: Michele Borba, EdD

-*Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology*

by: Diana Graber

-*The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life*

By: Anya Kamenetz

Mental Health:

<https://www.childmind.org>

<https://www.nami.org>

<https://www.mindful.org>

Ted Talks:

-*Connected, but alone?* (https://www.ted.com/talks/sherry_turkle_alone_together?referrer=playlist-our_digital_lives#t-775719)

-*The Price of Shame*

(https://www.ted.com/talks/monica_lewinsky_the_price_of_shame?referrer=playlist-our_digital_lives#t-1298034)

-Playlist: *The Pros and Cons of Digital Life*

(https://www.ted.com/playlists/26/our_digital_lives)

Websites/Sources:

-<https://www.screenagersmovie.com/resources-2>

-<https://childmind.org/blog/social-media-anxiety-csm-2018-childrens-mental-health-report/>

-<https://childmind.org/article/is-social-media-use-causing-depression/>

-<https://childmind.org/article/how-using-social-media-affects-teenagers/>

-<https://childmind.org/blog/social-media-anxiety-csm-2018-childrens-mental-health-report/>

-<https://childmind.org/article/social-media-and-self-doubt/>

-<https://www.common sense media.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook>