SAVE MY FAMILY

Digital Wellness Resources

Books	• The Anxious Generation, by by Jonathan Haidt • iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy, by Jean Twenge • Glow Kids, by Nicholas Kardaras • Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood, by Lisa Damour • Raising Humans in a Digital World, by Diana Graber • Dopamine Nation: Finding Balance in the Age of Indulgence, by Anna Lembke • Digital Madness: How Social Media is Driving Our Mental Health Crisis and How to Restore Our Sanity, by Nicholas Kardaras
Documentaries	• Childhood 2.0 (https://www.childhood2movie.com/) • Like, Angst, The Upstanders (all documentaries available until 12/31/23 and can be found at: www.mentallycovered.org/pages/impactful) • The Social Dilemma (www.thesocialdilemma.com)
Websites	www.commonsensemedia.org www.healthyscreenhabits.com www.digitalwellnesslab.org www.waituntil8th.org www.stopbullying.gov www.screenstrong.org www.committingto16.org
Safe Phones & Watches	• Gizmo watch • GABB Wireless (phone & watch) Discount code: CTO16 • TickTalk kids smart watch Discount code: CTO16 • Troomi phone Discount code: CTO16 • Bark phone Discount code: COMMITTO16 • Pinwheel phone
Parental Controls	• Bark Home - (an internet filter for raising kids in the digital age) https://www.bark.us/ Discount code: COMMITTO16 • Gryphon Router - (protect kids from adult websites & excessive device usage) https://gryphonconnect.com/ • Canopy - (filter out inappropriate content on your kid's smartphone & schedule breaks from screen time) https://canopy.us/