

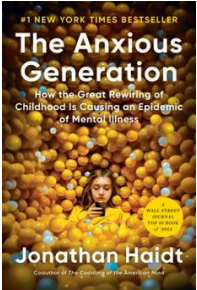
**Helpful Resources for Families:
The Impact of Technology and Social Media on Youth Mental Health**



Screenagers Resources

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

"The impact of this digital age has led to a rapid increase in levels of mental health challenges among youth. Through our movies, resources and initiatives, we aim play our part in restoring the balance".



The Anxious Generation

<https://www.anxiousgeneration.com/resources>

"A library of practical tools - from guides and toolkits to books, podcasts, and more. These resources are here to support you as you put forth norms into practice and help reclaim childhood for the next generation".



ScreenSense

<https://www.screensense.org/parents-start-here>

"ScreenSense helps families keep tech in check, so kids thrive in real life. We give parents and caregivers practical tools to have hard and messy conversations necessary to parent in a digital world".

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

American Academy of Pediatrics - Family Media Plan

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

"Creating a Family Media Plan can help you and your children set media priorities that matter most to your family, in line with your values and routines. Come back to revise your plan as often as you need to, such as at the beginning of each school year or during summer and holiday breaks".



<https://www.suffieldct.gov/departments/youth>

Search: Local Prevention Council. New members are always welcome!



<https://www.fournorms.com/the-balance-project/suffield-ct>

"The Balance Project is a nationwide, parent-led movement that brings families together to shift social norms, advocate for policy change, and bring balance back in their community". Join Suffield's Balance Project today!

