

I DON'T KNOW HOW TO SUPPORT YOUTH WHILE LIVING IN A DIGITAL WORLD

RESOURCE GUIDE

REPLAY LINK: [HTTPS://VIMEO.COM/936328444](https://vimeo.com/936328444)

Support Healthy Media and Tech Use

Make a Family Media Plan: bit.ly/4aZLL68

Family Engagement Toolkit: bit.ly/4aYn4qI

Social Media Reflection Activity Sheets: bit.ly/4aZzoao

Family Digital Media Guides: bit.ly/441OJou

Collaborative Communications

Forward Together tips for Parents and Teens: bit.ly/3Q3aMW4

Center for Parent & Teen Communication: <https://parentandteen.com>

How to Talk to you kids about Social Media Podcast Episode:
bit.ly/4aUTPVH

Family Dinner Project: <https://thefamilydinnerproject.org/>

Identify Signs of Distress

Signs of Social Media Stress: bit.ly/3Ul3pfm

Sextortion Laws & Resources: <https://www.bark.us/blog/sextortion-laws/>

Understanding potential risks: Childhood 2.0 Documentary:
bit.ly/3UjbyAR

Support

Suicide Prevention: bit.ly/3U0ahNJ

Eating Disorder Healing: <https://www.theprojectheal.org/>

See fewer weight loss and dating ads on Google: bit.ly/3U4umCu

988 Suicide and Crisis Lifeline - Call 988

Share text crisis line with teens: <https://www.crisistextline.org/>

Offline Resources

Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance by Nicholas Kardaras

The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives by Dr. William Stixrud

How To Raise A Boy: The Power of Connection to Build Good Men Paperback by Michael C. Reichert

Saving Our Sons: A New Path for Raising Healthy and Resilient Boys by Dr. Michael Gurian