

RESOURCES: TECH ISSUES

COMMON SENSE MEDIA <https://www.commonsensemedia.org/> Parent and educator tool box for teaching digital citizenship, media recommendations, research and advice. Ages 2 and up.

AMERICAN ACADEMY OF PEDIATRICS <https://www.aap.org/> Guidelines for media use.

Enough is Enough[®] <https://enough.org/> A non-profit organization dedicated to making the Internet safer for children and families; offering an Internet safety course for parents and educators. Resources for setting up monitoring software and parental controls.

A PLATFORM FOR GOOD <http://aplatformforgood.org/> Technology guides for parents.

NATIONAL DAY OF UNPLUGGING <https://www.nationaldayofunplugging.com/> Sign a pledge, unplug, get outdoors, and connect with loved ones.

HUMAN KINETICS <https://us.humankinetics.com/> Activity Pyramid for kids and teens. Fitness for Life, 6th Edition. Helps students take responsibility for their activity, fitness, and health.

THE CENTER FOR INTERNET ADDICTION <http://netaddiction.com/> Founded in 1995 by Dr. Kimberly Young to provide treatment, education, workshops, resources, assessments, and online quizzes for video game/gaming, online sex addiction, Internet gambling, and online auction addiction for individuals, parents, and partners of people who suffer from addiction.

ReSTART <https://www.restartlife.com/> A residential treatment program to disrupt problematic video game play, social media use, and screen distractions for digitally dependent teens and adults.

WAIT UNTIL 8TH <https://www.waituntil8th.org/> A pledge to empower parents to say yes to waiting for a smartphone. Information about why to wait until their child is in the 8th grade.

Limit Your Dragon's Screen Time: Help Your Dragon Break His Tech Addiction. A Cute Children's¹ Story to Teach Kids to Balance Life and Technology by Steve Herman (2019) (My Dragon Book Books) DG Books Publishing.

Screen Time: How Electronic Media — From Baby Videos to Educational Software — Affects Your Young Child by L. Guernsey, (2012) Basic Books, Philadelphia, PA.

*iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood *and What That Means for the Rest of Us* by Jean M. Twenge (2017) Atria, New York, NY

Tech Generation: Raising Balanced Kids in a Hyper-Connected World by Mike Brooks and John Lasser (2018) Oxford University Press, New York.

Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked by Adam Alter (2018) Penguin Books, New York, NY.

Screen Savvy : Creating Balance in a Digital World by Ryan J. Anderson (2017) Plain Sight Publishing, Springville, UT