

CHILD, DISRUPTED

Community Screening Take-Home Resources¹

Thank you for attending a screening of *Child, Disrupted*. We want you to leave feeling empowered and hopeful about how to make positive choices around technology use for both yourself and your children. We have put together a list of resources and research articles to help you decide what healthy use of technology means for you.

Common Sense Media - www.commonsensemedia.org

- Common Sense Media improves the lives of kids and families by providing independent reviews, age ratings, recommendations, and other information about all types of media.

Create a Family Media Plan - American Academy of Pediatrics

<https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>

- Create a Media Plan that is specific to your family.

Children and Screens Institute for Digital Media and Child Development. Fall, 2018

- Conference summaries: News, General Guidelines for Parents, Guidelines for Parents by Topic, Resources, and Research. www.childrenandscreens.com

Challenge Success: Stanford School of Education Stressed Out Students Project

- Resources and guidelines for parents in addressing all levels and causes of stress. www.challengesuccess.org

A Parent Guide to Teens, Technology, & Social Media. By Karen Hamilton, LMFT, CATC.

- This guide will walk you through how to establish and enforce your family's Internet and social media rules and their use of devices which provide access to networks. <http://karenhamiltontherapy.com/a-parent-guide-to-teens-technology-social-media>

Resource Guide for Parents: Navigating Parenting in a Digital World and Therapists Toolkit: Working with Parents of Teens in the Digital Age.

Created by Deb Blum and Vicki Vann.

Download the PDF files from www.childdisrupted.com/tools Password: Tech2020

Zone'in Fact Sheet - Research articles related to technology overuse among children

- Featured expert in the film [Cris Rowan](#), a pediatric occupational therapist, has compiled this extensive list of research articles and findings related to tech overuse. <http://www.zoneinworkshops.com/zonein-fact-sheet.html>

Top Ten Tips for Healthy Tech Kids

- Great resource with an extensive list of useful resources for parents and educators. bit.ly/DaveTips

The Humane-Tech Reading List (With books, podcast recommendations, etc.)

- This list is for everybody who wants to be in control of their own technology usage and/or wants to develop and design technology that's better aligned with humanity's best interest. <https://technological-simplicity.com/the-only-human-tech-reading-list-ever-9ccb6298890d>

¹ Made in partnership with The Addictions Institute, Safe Space, Muir Wood, and America Offline