books for kids

- A Smart Girl's Guide: Digital World by Carrie Anton
- Staying Safe Online by Steffi Cavell-Clarke & Thomas Welch
- Who Should See What You're Doing Online? by Emma Jones
- Online Safety for Coders by Heather Lyons & Elizabeth Tweadale

online resources

- How to Make a Family Media Use Plan
  [https://tinyurl.com/familymediauseplan](https://tinyurl.com/familymediauseplan)
- Internet Addiction Resources
  [http://www.addictionreco.org/Addictions/?AID=43](http://www.addictionreco.org/Addictions/?AID=43)
- Smart Social: Learn How to Shine Online
  [https://smartsocial.com/](https://smartsocial.com/)
- Technology Addiction Report
  [www.commonsense.org/addiction-research](www.commonsense.org/addiction-research)

ask yourself...

Who made this and why?
- For websites, check the "About" page
- For images, check Google Reverse Image search
- For memes, check Know Your Meme
- More info at [https://tinyurl.com/yxrbz6of](https://tinyurl.com/yxrbz6of)

Who benefits from my engagement?
- The FCC requires all paid social media content to include #ad or #sponsored at the beginning of the post
- Following, liking, or sharing posts tells algorithms that you support the content and its creator
- More info at [https://tinyurl.com/y5znmxna](https://tinyurl.com/y5znmxna)

How does this make people feel?
- Check in with yourself to see whether a post makes you feel better or worse
- Consider how the post might make someone else feel

demetricate

To explore social media without numbers, try the Instagram Demetricator browser extension (Windows and macOS only)

books for parents

Growing Up Social: Raising Relational Kids in a Screen-Driven World by Gary D. Chapman & Arlene Pellicane

Parent Alert! How to Keep Your Kids Safe Online by Will Geddes

Raising Humans in a Digital Word: Helping Kids Build a Healthy Relationship with Technology by Diana Graber

Think Before You Like: Social Media's Effect on the Brain & the Tools You Need to Navigate Your Newsfeed by Guy P. Harrison

iRules: What Every Tech-Healthy Family Needs to Know About Selfies, Sexting, Gaming, & Growing Up by Janell Burley Hofmann

The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life by Anya Kamenetz

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

books for teens

Protecting Your Children Online: What You Need to Know About Online Threats to Your Children by Kimberly Ann McCabe

Viral Parenting: A Guide to Setting Boundaries, Building Trust, & Raising Responsible Kids in an Online World by Mindy McKnight

The New Childhood: Raising Kids to Thrive in a Connected World by Jordan Shapiro

For more suggestions, search the online catalog for “Internet and children” at lincc.org

Project You: More Than 50 Ways to Calm Down, De-Stress, & Feel Great by Aubre Andrus

Be Mindful & Stress Less: 50 Ways to Deal with Your Crazy Life by Gina Biegel

Your Brain Needs a Hug: Life, Love, Mental Health, & Sandwiches by Rae Earle

Dealing with Anxiety & Panic by Rosalyn Dana Evans

Feeling Better: CBT Workbook for Teens by Rachel Hutt

Words Wound: Delete Cyberbullying & Make Kindness Go Viral by Justin W. Patchin & Sameer Hinduja

Zen Teen: 40 Ways to Stay Calm When Life Gets Stressful by Tanya Caroll Richardson

Yoga for Teens by Shawna Schenk

Mindfulness & Meditation: Handling Life with a Calm & Focused Mind by Whitney Stewart

The Dangers of Digital Addiction by Amanda Vink