

## books for kids



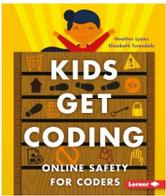
A Smart Girl's Guide:  
Digital World by Carrie  
Anton



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 Tweedale

## online resources

How to Make a Family Media Use Plan  
<https://tinyurl.com/familymediauseplan>

Internet Addiction Resources  
[http://www.addictionrecov.org/  
Addictions/?AID=43](http://www.addictionrecov.org/Addictions/?AID=43)

Smart Social: Learn How to Shine  
Online  
<https://smartsocial.com/>

Technology Addiction Report  
[www.common sense.org/addiction-  
research](http://www.common sense.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>

### 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/y5znmxn>

### 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)

[https://bengrosser.com/projects/  
instagram-demetricator/](https://bengrosser.com/projects/instagram-demetricator/)

## Oregon City Public Library

606 John Adams St.  
Oregon City, OR 97045  
503-657-8269 ext 1026  
childrens@orc city.org  
orc city.org/library

# Social Media Safety Resources

*For Parents  
& Teens*



## books for parents



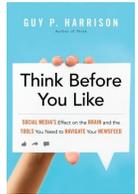
**Growing Up Social: Raising Relational Kids in a Screen-Driven World** by Gary D. Chapman & Arlene Pellicane



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



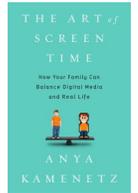
**Raising Humans in a Digital Word: Helping Kids Build a Healthy Relationship with Technology** by Diana Graber



**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



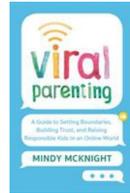
**The Art of Screen Time: How Your Family Can Balance Digital Media & Real Life** by Anya Kamenetz



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



**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



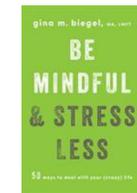
**The New Childhood: Raising Kids to Thrive in a Connected World** by Jordan Shapiro

For more suggestions, search the online catalog for "Internet and children" at [lincc.org](http://lincc.org)

## books for teens



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



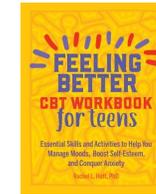
**Be Mindful & Stress Less: 50 Ways to Deal with Your Crazy Life** by Gina Biegel



**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



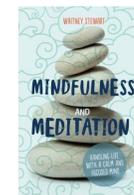
**Words Wound: Delete Cyberbullying & Make Kindness Go Viral** by Justin W. Patchin & Sameer Hinduja



**Zen Teen: 40 Ways to Stay Calm When Life Gets Stressful** by Tanya Carroll 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