

**RIVERTOWN PARENTS Presentation**  
**Minding the Health of Children's Minds in the Digital Age**

**RESOURCES**

Provided by Mindful Media Consultation  
[www.mindfulmediaconsultation.com](http://www.mindfulmediaconsultation.com)

**Data**

- [CDC Youth Risk Behavior Survey: Data Summary & Trends Report](#)
- [Journal of Early Childhood Research: A three-wave longitudinal study on children from 4 to 8 years of age](#)
- [U.S. Surgeon General's Advisory: Social Media and Youth Mental Health](#)
- Pew Research Center
  - [Teens and Cyberbullying \(2022\)](#)
  - [A Majority of Teens Have Experienced Some Form of Cyberbullying \(2018\)](#)

**Experts**

- [Dr. Jean Twenge](#)
- [Jonathan Haidt Substack](#)
  - [The New CDC Report Shows that COVID Added Little to Teen Mental Health Trends](#)
  - [Social Media is a Major Cause of the Mental Illness Epidemic in Teen Girls. Here's the Evidence](#)

**Trending News**

- [NYTimes: Child Safety Hearing - Senators Demand Tech Executives Take Action to Protect Children Online](#)
- [NYTimes: How Parents Can Actually Help Teens Navigate Social Media](#)

**Books**

- [The Tech Solution: Creating Healthy Habits for Kids Growing Up in a Digital World](#)
- [Screenwise: Helping Kids Thrive \(and Survive\) in Their Digital World](#)
- [Growing Up in Public: Coming of Age in a Digital World](#)

**Parenting Tools**

- [American Academy of Pediatrics \(AAP\) Family Media Contract](#)
- [Example of Family Device Docking Station](#)
- Screen time Monitoring
  - [Apple](#)
  - [Android](#)

**Options for Phones/Watches**

- [PARENTS Article: The Best Phones for Kids, According to Their Parents and Safety Experts](#)
- [Smartphone Alternatives by Wait Until 8th](#)