

Want to learn more?

Books

- ✦ *It's Complicated: The Social Lives of Networked Teens*, Danah Boyd
- ✦ *Focus: The Hidden Driver of Excellence*, Daniel Goleman
- ✦ *Screenwise: Helping Children Thrive (and Survive) in the Digital World*, Devorah Heitner
- ✦ *Alone Together*, Sherry Turkle
- ✦ *Why Do They Act That Way? A Survival Guide to the Adolescent Brain*, Dr. Dave Walsh

Websites

- ✦ Mind Positive Parenting - drdavewalsh.com
- ✦ Common Sense Media - commonsensemedia.org
- ✦ Center for Media and Child Health - cmch.tv
- ✦ Digital Media + Learning - dmlcentral.net
- ✦ Media Smarts - mediasmarts.ca

Monitoring / Usage Apps or Browser Tools

- ✦ Moment
- ✦ Forest
- ✦ Break Free
- ✦ Self Control
- ✦ Apple iOS12 updates

Mindfulness/Meditation Apps

- ✦ Headspace
- ✦ Stop, Breathe & Think
- ✦ Insight Timer
- ✦ Calm

Videos

- ✦ Videos featured in presentation: <http://drdavewalsh.com/posts/55>
- ✦ There are SO many great youth-driven and created videos. Please email me for more links.