

Resources for Tech-Wise Parenting

General Parenting and Technology Resources

1. Social Media & Technology, Rooted Ministry, accessed Sept. 9, 2024, <https://rootedministry.com/youth-ministry/resources/social-media-technology/> [includes sample phone contracts and other tech-related resources for parents].
2. Cole, Cameron and Anna Meade Harris. "Parenting, Technology, and the Truth," *Rooted Parent*, Podcast series, Sept. 26, 2003 and following. [available in list format at <https://podcasts.apple.com/us/podcast/rooted-parent/id1519302525>].
3. Crouch, Andy. *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*. Grand Rapids, MI: Baker Books, 2017.
4. Haidt, Jonathan. *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness*. Penguin Press, 2024.
5. Resources on Technology, Christian Counseling & Educational Foundation (CCEF), accessed Oct. 13, 2024, <https://www.ccef.org/resources?topic=technology>.

Guidelines for Age-Appropriate Tech Use

1. "Talking About Tech with your Kids," Screen Sense, accessed Oct. 13, 2024, <https://www.screensense.org/talk-about-tech>.
2. "Screen Time Guidelines," American Academy of Pediatrics, March 21, 2023, <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/qa-portal/qa-portal-library/qa-portal-library-questions/screen-time-guidelines/>.
3. "How Much Screen Time Is OK for My Kids?," Common Sense Media, March 11, 2022, <https://www.commonsensemedia.org/articles/how-much-screen-time-is-ok-for-my-kids>.
4. "Are Some Types of Screen Time Better Than Others?," Common Sense Media, March 11, 2022, <https://www.commonsensemedia.org/articles/are-some-types-of-screen-time-better-than-others>.
5. "Is It Time for a Phone? Practical Guidance for Parents of New Smartphone Users," Rooted Ministry, March 7, 2023, <https://rootedministry.com/is-it-time-for-a-phone-practical-guidance-for-parents-of-new-smartphone-users/>.
6. Sissy Goff and Dave Thomas, "Technology Boundaries for Kids and Families," *Raising Boys & Girls*, Jan. 5, 2021, <https://www.youtube.com/watch?v=0pvwdszzYdM>.
7. Nancy Carlsson-Paige, "Young Children in the Digital Age: A Parent's Guide," *Defending the Early Years*, Nov. 2018, https://dey.org/wp-content/uploads/2018/11/young_children_in_the_digital_age_final_final.pdf [explains six essential childhood development principles at risk of being displaced by screen time]

Toolkits for Educating Children on Social Media and Tech-wise Practices

1. Common Sense Education, accessed Sept. 9, 2024, <https://www.commonsense.org/education> [resources for educators, parents, and students on topics such as digital well-being; media literacy; and artificial intelligence].
2. Youth Toolkit, Center for Humane Technology, accessed Sept. 9, 2024 <https://www.humanetech.com/youth#learn> [issue and action guides which include the design, motivations, and outcomes of today's social media environment for social media users].
3. Family Media Plan, American Academy of Pediatrics, accessed Oct. 13, 2024, www.healthychildren.org.
4. Helpful Handouts, Center for Parent/Youth Understanding, accessed Oct. 13, 2024, <https://cpyu.org/resource-category/helpful-handouts/>.

Cyberbullying, Digital Privacy & Safety

1. Chris McKenna, "Tricky People – Stranger Danger in the Digital Age, Protect Young Eyes, Nov. 17, 2023, accessed Oct. 13, 2024, <https://protectyoungeyes.com/tricky-people-stranger-danger-in-the-digital-age/>.
2. Resources for Parents on Cyberbullying, Cyberbullying Research Center, accessed Oct. 21, 2024, <https://cyberbullying.org/category/resources/parents>.

3. Cyberbullying, Pacer's National Bullying Prevention Center, accessed Oct. 13, 2024, <https://www.pacer.org/bullying/info/cyberbullying/>.
4. "What Is Cyberbullying," StopBullying.Gov, accessed Oct. 13, 2024, <https://www.stopbullying.gov/cyberbullying/what-is-it>.

Sites that Review Online Media

1. Common Sense Media, accessed Sept. 9, 2024, <https://www.commonsensemedia.org/> [age-based media reviews on TV shows, movies, games, podcasts, etc.].
2. Axis, accessed Sept. 9, 2024, <https://axis.org/> [Christian-worldview-based, searchable guides on social media, and smartphones for parents of teenagers].

Media Literacy Online & News Literacy

1. Anne Chen, "Discernment for A Digital Age: Practical Steps towards Online Media Literacy for Teens," Rooted Ministry, Oct. 24, 2024, <https://rootedministry.com/discernment-for-a-digital-age-practical-steps-towards-online-media-literacy-for-teens/>.
2. Media Literacy and Discernment, Axis Ministries, accessed Oct. 13, 2024, <https://axis.org/resource/media-literacy-and-discernment/>.
3. Navigating Digital Information, accessed Oct. 16, 2024, <https://www.youtube.com/playlist?list=PL8dPuualjXtN07XYqqWSKpPrtNDiCHTzU>. [11-part video series developed by MediaWise]
4. Key Questions to Ask When Analyzing Media Experiences, National Association of Media Literacy Education, accessed Oct. 13, 2024, <https://namle.org/resources/key-questions-for-analyzing-media/>.
5. MediaWise Program, Poynter Institute, accessed Oct. 13, 2024, <https://www.poynter.org/mediawise/programs/>.
6. News Literacy Tips, Tools & Quizzes, News Literacy Project, accessed Oct. 16, 2024, <https://newslit.org/tips-tools/>.
7. NL [News Literacy] Basics for Students – Table of Contents, Center for News Literacy Digital Resource Center, accessed Oct. 16, 2024, <https://digitalresource.center/content/nl-basics-students-table-contents>.

Pornography [*hat tip to Capital Pres Student Ministries for sourcing the first three materials*]

1. Center for Parent/Youth Understanding, "A Parent's Primer on Internet Pornography," 2023, <https://cpyu.org/wp-content/uploads/2024/04/Parents-Primer-on-Internet-Pornography.pdf>.
2. Garrett Kell, "The Porn Talk: Nine Ways Parents Can Lead Children," Desiring God, Sept. 25, 2023, <https://www.desiringgod.org/articles/the-porn-talk>.
3. Pornography Resources, Rooted Ministry, accessed Oct. 13, 2024, <https://rootedministry.com/parenting/resources/pornography/>.
4. Jenson, Kristen A. *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*. Glen Cove Press, 2018.
5. Parenting Resources, Harvest USA: Resources to Help the Church Overcome Sexual Sin, accessed Oct. 21, 2024, https://harvestusa.org/resources/?_general_search=parenting&_filter_by_post_type=post.

For Teens & Tweens

1. Crouch, Amy & Andy Crouch. *My Tech-Wise Life: Growing Up and Making Choices in a World of Devices*. Grand Rapids, MI: Baker Books, 2020. [for teens]
2. Hatton, Kristen. *Face Time: Your Identity in a Selfie World*. Greensboro, NC: New Growth Press, 2017. [for girls ages 11-17]
3. Zylstra, Sarah Eckhoff, ed. *Social Sanity in an Insta World*. Austin, TX: The Gospel Coalition, 2022.

Anne's talk on "Tech-Wise Living: Flourishing in A Digital Age" (Sept. 21, 2024) is available at <https://mclean.capitalpres.org/resources/presentations/>.