

**Our Panelists**

Blake DeYoung / Head, Jr High & High School, Bellevue Christian School <https://www.bellevuechristian.org/bdeyoung@bellevuechristian.org> / 425.454.4028

Christy Keating, JD & Educator / CEO, Savvy Parents Safe Kids <https://www.savvyparentssafekids.com/> & The Heartful Parent <https://www.theheartfulparent.com/> / [christy@savvyparentssafekids.com](mailto:christy@savvyparentssafekids.com) / 206.380.3100  
Check the Savvy Parents Safe Kids website for resources and insights.

Jo Langford, MA, Therapist, Educator & Author / BeHeroes <https://www.beheroes.net/> / [jo@beheroes.net](mailto:jo@beheroes.net)  
Check out Jo's website for a video, podcasts, and downloadable tip sheets.

**Articles, Websites, and Blogs**

- Canadian Pediatric Society / Social Media: What Parents Should Know [https://www.caringforkids.cps.ca/handouts/social\\_media](https://www.caringforkids.cps.ca/handouts/social_media)
  - Healthy habits from CPS <https://www.caringforkids.cps.ca/handouts/screen-time-at-home-healthy-habits>
- Common Sense Media <https://www.common Sense Media.org/>
  - #DeviceFreeDinner <https://www.common Sense Media.org/device-free-dinner> (lots of resources here)
- Seattle Mama Doc blog (Dr. Wendy Swanson, Children's Hospital) <https://soundcloud.com/seattlemamadoc>
  - Teens & Tech forum <https://seattlemamadoc.seattlechildrens.org/teens-technology-and-parenting-in-2019/>
  - Teen sleep <https://seattlemamadoc.seattlechildrens.org/let-the-teens-sleep/>
  - When to get a smartphone <https://seattlemamadoc.seattlechildrens.org/whats-right-age-smartphone/>
- Wait for the smartphone (until 8<sup>th</sup> grade) <https://www.waituntil8th.org/>
- 7-day challenge for breaking up with your phone <https://phonebreakup.com/challenge>
- Devorah Heitner's Raising Digital Natives blog <https://www.raisingdigitalnatives.com/>
- Hazelden Betty Ford Foundation / Samantha Finnie [sfinnie@hazeldenbettyford.org](mailto:sfinnie@hazeldenbettyford.org) (from the resource fair) <https://www.hazeldenbettyford.org/locations/bellevue>
- Eating Recovery Center / Robin Schneider-Bundy [robin.schneider@eatingrecovery.com](mailto:robin.schneider@eatingrecovery.com) (from the resource fair) <https://www.eatingrecoverycenter.com/>
- Jenny McAlaine, Life Coach / <https://jennymcalaine.com/> (from the resource fair)
- Why cell phones and sleepovers are a bad mix [https://www.washingtonpost.com/lifestyle/2018/11/06/why-cellphones-sleepovers-are-such-bad-mix-what-parents-can-do-about-it/?noredirect=on&utm\\_term=.2986e653a5c8](https://www.washingtonpost.com/lifestyle/2018/11/06/why-cellphones-sleepovers-are-such-bad-mix-what-parents-can-do-about-it/?noredirect=on&utm_term=.2986e653a5c8)
- From Psychology Today / Why social media is not smart for middle school kids <https://www.psychologytoday.com/us/blog/mental-wealth/201703/why-social-media-is-not-smart-middle-school-kids>
- How online predators target victims on social media [https://smartsocial.com/online-predators-social-media/?utm\\_content=bufferaa854&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](https://smartsocial.com/online-predators-social-media/?utm_content=bufferaa854&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)
- Jean Twenge on smart phones: <https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>
- From One Second to the Next <https://www.youtube.com/watch?v=BqFkRwdFZ0> (a film by Werner Herzog about texting and driving)
- PEW on anxiety in teens (Feb 2019) <http://www.pewsocialtrends.org/2019/02/20/most-u-s-teens-see-anxiety-and-depression-as-a-major-problem-among-their-peers/>
- From Indieflix <https://www.thelikemovie.com/resources-directory/>  
Find facts/figures, videos, apps, websites, and articles

- Mindfulness apps from Indieflix <https://angstmovie.com/resources-apps/>
- Center for Humane Technology tips <http://humanetech.com/take-control/>
  - Summary of some points made in the film *Like* <http://humanetech.com/problem>
  - Max Stossel <https://medium.com/@maxstossel/how-everyone-lost-their-mind-e1ced28a30>
  - <https://www.noted.co.nz/tech/a-former-growth-hacker-reveals-how-your-social-media-time-is-their-money/>
  - <https://www.bbc.co.uk/bbcthree/article/0a0cb73c-a87a-4c23-8b1d-f145ab76e58b>
- More about how Facebook algorithms work:
  - <https://www.forbes.com/sites/quora/2017/05/15/your-social-media-news-feed-and-the-algorithms-that-drive-it/#4b695cdc4eb8>
  - <https://blog.hubspot.com/marketing/how-algorithm-works-facebook-twitter-instagram>

### ***Ideas for creating a Family Media Use Plan (including apps to help with limiting time on technology)***

- American Academy of Pediatrics / Media and Children Communication Toolkit (including a family media use plan) <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx>
- How to make a family media use plan <https://healthychildren.org/english/family-life/media/pages/how-to-make-a-family-media-use-plan.aspx> and <https://www.healthychildren.org/English/media/Pages/default.aspx>
- Meme for the daily wifi password <https://me.me/i/21st-century-parenting-for-todays-wifi-password-empty-dishwasher-2-2911177>

### *Use technology to protect yourself from technology:*

- Time-tracking apps like Moment <https://inthemoment.io/>, Quality Time <http://www.qualitytimeapp.com/> and (OFFTIME) <https://offtime.es/> will measure how much time you're spending on your screen.
- Freedom <https://freedom.to/> and Flipd <http://www.flipdapp.co/> let you block your access to problematic apps and websites.
- Apple now has a "Do Not Disturb While Driving" mode that sends customizable automated text message responses so that you can step away from your phone without worrying that you'll leave someone hanging <https://www.idownloadblog.com/2017/09/25/how-to-customize-do-not-disturb-while-driving-auto-reply/>.
- Lilospace <http://www.getlilospace.com/> does the same for Android, and displays a timer on your lock screen showing you how much time you've managed to stay unplugged.
- Apple: how to limit screen time and app use <https://www.theverge.com/2018/9/17/17870126/ios-12-screen-time-app-limits-downtime-features-how-to-use>

### ***How to Contact Youth & Family Services School-Based Counselors***

Cathy Gentino, MC LMHC / Mercer Island Youth & Family Services and Mercer Island High School / [cathy.gentino@mercerislandschools.org](mailto:cathy.gentino@mercerislandschools.org) / 206.236.3290

Harry L. Brown, MA LMFT / Mercer Island Youth & Family Services and Islander Middle School / [harry.brown@mercerislandschools.org](mailto:harry.brown@mercerislandschools.org) / 206.230.6154

[Other school counselors](#) are listed on the Youth & Family Services website

[Mercer Island School District Healthy Youth Survey 2016](#) (the 2018 survey will be available this spring)

QUESTIONS? Contact your local librarian, Carrie Bowman / [clbowman@kcls.org](mailto:clbowman@kcls.org) / 206.236.3537

