



## Resources for Parenting in a Digital World

"Media and technology are at the very center of all our lives today -- especially our children's. The media content they consume and create has a profound impact on their social, emotional, cognitive, and physical development. Learning how to use media and technology wisely is an essential skill for life and learning in the 21st century." *Common Sense Media*

**"The Future Starts Here" Season 2 Ep6 - "ParentTechnology"** <https://vimeo.com/111655518>  
Tiffany Schlain's 5-minute video develops a wonderful context for these essential parenting steps.

**Families Managing Media** [Familiesmanagingmedia.com](http://Familiesmanagingmedia.com)

Highly regarded site including **practical solutions** such as *Detox Plan & Game Replacement Activities*, **info** such as *How the Brain Changes with Gaming*, and **digital strategies**, as it pertains across the age levels.

**Common Sense Media** [www.commonsensemedia.org](http://www.commonsensemedia.org)

Empowers parents & teachers with unbiased info, advice, and tools. Sections include **Parent Concerns**, **Top Picks**, and **Best Apps & Games** with info for different learning needs. Also #DeviceFreeDinner Kit

**"Screenagers: Growing Up in the Digital Age"** [www.screenagersmovie.com/](http://www.screenagersmovie.com/)

Comprehensive resource list and information, like **Tech Talk Tuesdays** practical tips on sparking conversations with your kids. [Screenagersmovie.com/tech-talk-tuesdays](http://Screenagersmovie.com/tech-talk-tuesdays)

**"Social Media, Sexting, and Gaming, OMG"** [www.youtube.com/watch?v=uQiTvcJgi4](http://www.youtube.com/watch?v=uQiTvcJgi4)

Boulder Psychological Services webinar by Ryan Dawson MA, LPC, Prof. Naropa Univ.

**NetSmartz.org** Natl Ctr for Missing & Exploited Children ages 5 to 17, activities to teach Internet safety

**Consumer.ftc.gov/topics/protecting-kids-online** FTC's tips on conversations with kids, securing your computer, and short videos to share with kids about topics like cyber-bullying.

**ConnectSafely.org** videos for teens & parents about cyber-bullying, sexting, social networking, texting while driving as well as tips and advise lists, (also in Spanish)

**iKeepSafe.org** includes *Faux Paws* movie (or book format) for elementary students teaching and for older children there is a parents' guide to Facebook.

### Articles/Guides

**"Cyberbullying; A Conversation Guide for Parents & Kids"**

<http://us.norton.com/guide/kids-internet-safety-tips>

**"7 Ways Video Games Will Help Your Kids in School"**

[www.huffingtonpost.com/kara-loo/7-ways-video-games-help\\_b\\_6084990.html](http://www.huffingtonpost.com/kara-loo/7-ways-video-games-help_b_6084990.html)

**"Kids & Tech: Tips for Parents in the Digital Age"**

[www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx](http://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx)

**"Gaming & Internet Addiction Treatment for Teens"**

[www.boulderpsychologicalservices.com/internet-gaming-addiction-counseling-for-teens/](http://www.boulderpsychologicalservices.com/internet-gaming-addiction-counseling-for-teens/)

**"8 Questions For Families To Help Understand Tech In Transition"** [www.fosi.org/good-digital-parenting/eight-questions-families-help-understand-tech-transition/](http://www.fosi.org/good-digital-parenting/eight-questions-families-help-understand-tech-transition/)

**Monitoring and Blocking Sites** (recommended by *Screenagers* movie editors)

*Screen Time*, *Circle with Disney* filter and set limits *Curbi*, *ParentKit* Control and schedule, *NetSanity*, *FamilyTime*, *Net Nanny*, *OurPact* Mobile guidance, *Mobile Fence* GPS tracking, (add'l recs by CU Boulder) *SelfControlApp* for Macs, *LeechBlock* PC Firefox add-on

### Therapeutic Support

**Digital Media Treatment and Education Center** focused expertise on media usage issues, including addiction. 303.635.6753 [info@collegiatecoachingservices.com](mailto:info@collegiatecoachingservices.com)

**Boulder Psychological Services** [www.boulderpsychologicalservices.com/](http://www.boulderpsychologicalservices.com/)

**The Collective for Psychological Wellness** [www.collectiveforpsychologicalwellness.com/](http://www.collectiveforpsychologicalwellness.com/)

