

# Social Media

## Research studies about social media:

- <https://www.psychologicalscience.org/news/releases/social-media-likes-im-pact-teens-brains-and-behavior.html>
- <http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/>

## Addiction of social media - Simon Sinek video:

- [https://www.youtube.com/watch?v=YPmNf362\\_K0](https://www.youtube.com/watch?v=YPmNf362_K0)

## Great Resource for Navigating Technology with your Teen/Tween:



- Our students live in a very different world than we did. We want to protect them but with technology, it seems so overwhelming. We have found this website very helpful. They have recommendations on parental controls, conversations to have with kids, apps to be aware of, and all the other things you need to know to help protect young eyes. We recommend checking this out or giving them a follow on social media:

<https://protectyoungeyes.com/>

## Screen-free Fun Activities:

- <https://mommypoppins.com/kids/family-fun-night-screen-free-activities>