

## Resources

### Screen Time and Mental Health:

**Healthychildren.org** - <https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx> Template for families to create **media use plans** as well as other health information (American Association of Pediatrics)

**Commonsensemedia.org** – review books, movies, TV shows, video games, etc with detailed descriptions and age ratings

**Kelty Mental Health Podcast** -Through real stories, expertise, and practical tips, this podcast helps families promote their mental health and wellness, navigating important topics to meet you where you are in your journey.

**NPR Life Kit Podcast** – Interviews with experts on the field about screen time and parenting

**Kelty Mental Health** – <http://kelymentalhealth.ca> – Mental health and substance use information and resources as well as peer support for youth and families.

**Screen Smart Parenting – Dr. Jodi Gold** – discuss the impact of screen time on mental health with tips for parents on how set boundaries across development

**Is Social Media Hurting Your Mental Health** – Ted Talk  
[https://www.youtube.com/watch?v=Czg\\_9C7gw0o](https://www.youtube.com/watch?v=Czg_9C7gw0o)

**Your Brain on Cell Phones – Mayim Bialik** - <https://www.youtube.com/watch?v=MkdcnkGBQSw>

**There's a Cell Phone in Your Student's Head** -  
<https://www.youtube.com/watch?v=MkdcnkGBQSw>

**Game Theory: Candy Crush, Designed to Addict** -  
<https://www.youtube.com/watch?v=MkdcnkGBQSw>

**Child and Youth Mental Health – 604-660- 9544** Offers mental health assessments and individual and group counselling support

**Information Children** – <http://www.informationchildren.com> – offers a Parent Helpline, Parenting Groups, Parent Coaching and Parenting Pamphlets to families free of charge

**BC Responsible and Problem Gambling Program** - <https://www.bcreponsiblegambling.ca/>  
Have outreach workers (GAM workers) who can engage with youth about problem gaming and connect to appropriate supports.



## Digital Dos and Don'ts for Teens

### Do

- View your digital footprint as an online portfolio.
- Be kind when online.
- “Like” the posts and sites of friends you care about.
- Selfie in moderation.
- Communicate with your friends online.
- Create a rich and creative personal profile.
- Take breaks from texting and games when exhausted, upset, or frustrated.
- Discuss with your partner the “rules” around texting and social media.
- Text your parents regularly.
- Use technology to make plans and keep in touch.
- Set your own time limits for games and social media.
- Use technology for keeping organized and doing homework.
- Keep an offline or paper diary to document your deepest thoughts.
- Use technology for friendships, social plans, homework, writing, creativity, music, information, and social change.

### Don't

- Forget that your digital footprint has consequences in the future.
- Say things online that you wouldn't say in person.
- Like or endorse sites that are racist, sexist, X-rated, or violent.
- Over-selfie.
- Overshare or sext.
- Believe that profiles accurately represent the reality of a person's life.
- End relationships on text or social media.
- Forward embarrassing pictures after you break up.
- Text your mother every time you need to make a small decision.
- Text and drive.
- Study with your phone and social media nearby.
- Sleep with your phone.
- Post your most sacred and secret thoughts.