Happiness, Heartache, and Hashtags: Using Digital Context Clues to Understand the Connection between Social Media and Adolescent Health - Resources

**Presenters:**  
Amanda Lenhart amanda@datasociety.net  
Megan Moreno megan.moreno@seattlechildrens.org  
Ellen Selkie eselkie@umich.edu  
Ana Radovic ana.radovic@chp.edu

**Useful websites for adolescents:**

**That’s Not Cool**  
http://thatsnotcool.com/  
“Draw your digital line. Your phone and social media accounts are a digital extension of your life. When someone you’re dating is controlling, disrespecting, or pressuring you in those spaces, that’s not cool. That’s Not Cool provides tools to help you draw your digital line about what is, or is not, okay in your relationships.”

**A Thin Line**  
http://www.athinline.org/  
“MTV’s A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life and amongst your peers. The campaign is built on the understanding that there’s a "thin line" between what may begin as a harmless joke and something that could end up having a serious impact on you or someone else. We know no generation has ever had to deal with this, so we want to partner with you to help figure it out. On-air, online and on your cell, we hope to spark a conversation and deliver information that helps you draw your own digital line.”

**ReachOut**  
http://us.reachout.com/  
“ReachOut is an online information and support service that uses evidence based principles and technology to help teens and young adults who are facing tough times and struggling with mental health issues. All content is written by teens and young adults, for teens and young adults, to meet them where they are, and help them build resilience and withstand tough times.”

**More Than Just Sex**  
https://www.youtube.com/user/morethanjustsex/  
“MORE THAN JUST SEX is a series of videos created by Community Healthcare Network’s Teens P.A.C.T. program in New York City. MORE THAN JUST SEX aims to empower young people to make positive decisions, create social change, and reduce the rates of teen pregnancy, STD's and HIV.”

**TrevorSpace**  
https://www.trevorspace.org/
“TrevorSpace is a social networking site for lesbian, gay, bisexual, transgender and questioning youth ages 13 through 24 and their friends and allies.”

*Positive Youth Development*

**Taking IT Global**
[http://www.tigweb.org/](http://www.tigweb.org/)

“To truly empower young people to become agents of positive change in their local and global communities, we recognize that everyone has a role to play. This means creating opportunities for youth to get involved and grow regardless of where they are in the world. With over 500,000 members, our community brings together like-minded youth to take part in programmes that span across the world. From micro-mentorship helping young entrepreneurs get their ideas off the ground, to nation-wide art competitions, to online petitions, we open doors for young people to get involved.”

**DoSomething.org**
[https://www.dosomething.org/us](https://www.dosomething.org/us)

“One of the largest global orgs for young people and social change, our 5 million members in 130 countries tackle volunteer campaigns that impact every cause. Poverty. Discrimination. The environment. And everything else. Our promise: Any cause, anytime, anywhere.”

**Books about adolescents and technology**

*The Parent App: Understanding Families in the Digital Age* by Lynn Schofield Clark

*Sex, Drugs 'n Facebook . . .: A Parent's Toolkit for Promoting Healthy Internet Use* by Megan Moreno

*Hanging Out, Messing Around, and Geeking Out: Kids Living and Learning with New Media* by Mimi Ito - Available FREE at: [https://goo.gl/Kh7zhZ](https://goo.gl/Kh7zhZ)


**Podcasts about technology (not adolescent specific)**

*Reply All* – “the podcast about the Internet”
[https://gimletmedia.com/show/reply-all/](https://gimletmedia.com/show/reply-all/)

*Note To Self* – “the tech podcast about being human”
[http://www.wnyc.org/shows/notetoself/](http://www.wnyc.org/shows/notetoself/)
Useful websites for parents:

Common Sense Media
https://www.commonsensemedia.org/social-media

“Common Sense is dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids’ lives.”

The Common Sense Census: Media Use By Tweens and Teens, 2015,
https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens

Connect Safely
http://www.connectsafely.org/

“ConnectSafely.org is a Silicon Valley, Calif.-based nonprofit organization dedicated to educating users of connected technology about safety, privacy and security. Here you’ll find research-based safety tips, parents’ guidebooks, advice, news and commentary on all aspects of tech use and policy.”

Center on Media and Child Health
http://cmch.tv/

“The Center on Media and Child Health (CMCH) at Boston Children’s Hospital (BCH) is an academic research center whose mission is to educate and empower children and those who care for them to create and consume media in ways that optimize children’s health and development […] We seek to understand the positive and negative health impacts media can have and find ways of making media the most positive possible influence in children’s lives.”

Acceptable Use Policies aka Family Media Agreements/Contracts

Media Tech Parenting (List of family media contracts)
http://mediatechparenting.net/contracts-and-agreements/

Parenting in the Digital Age by Lynn Schofield Clark
https://www.psychologytoday.com/blog/parenting-in-digital-age/201301/designing-family-contracts-technology-use and her family’s actual contract:

Common Sense Media