



SOCIAL MEDIA RESOURCES FOR YOUTH AND FAMILIES

1. APA

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- b. APA. (2023). <https://www.apa.org/monitor/2023/09/protecting-teens-on-social-media>
- c. APA. (2024a). <https://www.apa.org/topics/social-media-internet/youth-social-media-2024>
- d. APA. (2024b). <https://www.apa.org/pubs/highlights/spotlight/parental-monitoring-social-media>

2. MH Commission of Canada. (2024). Tackling teen tech addiction

- a. <https://mentalhealthcommission.ca/catalyst/tackling-teen-tech-addiction/>

3. Haidt, J. (2024). [The Anxious Generation](#) - How the great rewiring of childhood is causing an epidemic of mental illness. NY: Penguin Press

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- a. https://www.anxiousgeneration.com/phone-free-schools/parents?utm_medium=email&hsenc=p2ANqtz-mex-9ISW3BSXhK2YLvV5eMacy6roOviuLtJgc8GuKoTxLCbrl0GIVi8v4BGyN57dxhyXv56uTOsYapHHEXfbiMhdg&_hsmi=326512947&utm_content=326512947&utm_source=hs_automation

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6. Psychologists Are Calling for Guardrails Around AI Use for Young People. Here's What to Watch Out For

<https://www.cnet.com/tech/services-and-software/psychologists-are-calling-for-guardrails-around-ai-use-for-young-people-heres-what-to-watch-out-for/>

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<https://cpa.ca/psychology-works-fact-sheet-teens-and-screens/>