



**Social Media, Screen Time & Youth Wellbeing
September Resiliency Roundtable
9.21.23
Shared Resources**

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Please note, this list of resources is not exhaustive but rather a compilation of materials shared by panelists and collected from community members for the September 2023 Resiliency Roundtable.

SEPTEMBER RESILIENCY ROUNDTABLE SESSION MATERIALS

[Overview](#)

[Main Session Recording](#)

[Main Session Slide Deck](#)

[Social Media, Social Life: Teens Reveal Their Experiences](#)

[Breakout Room Recordings](#)

PRE-SESSION LEARNING MATERIALS

We invite you to explore the materials below to help contextualize our conversation.

- **Video Clip:**
 - [NBC News NOW special: How social media is impacting mental health among teens](#) (March 2023)
 - **Article & Podcast:**
 - [McKinsey: The role of social media and tech in Gen Z's mental health](#) (June 2023)
 - **Article:**
 - [Everyday Health: Under Pressure: Are the Stresses of Social Media Too Much for Teens and Young Adults?](#) (September 2021)
 - **Findings & Recommendations:**
 - [The Stanford Center for Youth Mental Health and Wellbeing: Social Media & Youth - An Investigation into Teen Experiences](#)
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RESOURCES SHARED BY SPEAKERS

[Munmun De Choudhury](#)

Munmun De Choudhury, Ph.D. Associate Professor at Georgia Institute of Technology

Munmun De Choudhury is an Associate Professor of Interactive Computing at Georgia Tech where she directs the Social Dynamics and Well-Being Lab. Dr. De Choudhury is best known for laying the foundation of a new line of research that develops computational techniques towards understanding and improving mental health outcomes, through ethical analysis of social media data. Dr. De Choudhury has been recognized with the 2023 SIGCHI Societal Impact Award, the 2023 AAAI ICWSM Test-of-Time Award, the 2022 Web Science Trust Test-of-Time Award, the 2021 ACM-W Rising Star Award, the 2019 Complex Systems Society – Junior Scientific Award,

over a dozen best paper and honorable mention awards from the ACM and AAAI, and features and coverage in popular press like the New York Times, the NPR, and the BBC.

Dr. De Choudhury serves on the Board of Directors of the International Society for Computational Social Science. She is also an appointed member of a committee by the National Academies of Sciences, Engineering, and Medicine that is examining research on the impact of social media on the wellbeing of young people, and has contributed to the Office of U.S. Surgeon General's Advisory on The Healing Effects of Social Connection.

- Resources:
 - [Integrating Artificial and Human Intelligence in Complex, Sensitive Problem Domains: Experiences from Mental Health](#)
 - [The Reintegration Journey Following a Psychiatric Hospitalization: Examining the Role of Social Technologies](#)
 - Get in touch: mchoudhu@cc.gatech.edu and Twitter: [@munmun10](https://twitter.com/munmun10)
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Devorah Heitner

Devorah Heitner, Ph.D. Author & Speaker

Dr. Devorah Heitner is the author of *Growing Up in Public: Coming of Age in a Digital World and Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*. Her work has appeared in the New York Times, The Washington Post, The Wall Street Journal, and CNN Opinion. She has a Ph.D. in Media/Technology & Society from Northwestern University and has taught at DePaul and Northwestern. She is delighted to be raising her own teenager and she lives with her family in Chicagoland.

- Resources:
 - Books:
 - [Growing Up in Public: Coming of Age in A Digital World](#)
 - [Screenwise: Helping Kids Thrive \(and Survive\) in Their Digital World](#)
 - Courses:
 - [Raising Tough Topics with Your Teen](#)
 - [Phonewise Boot Camp for Parents: Setting your kid up for success with their first phone](#)
- Get in touch: Sign up for [Devorah's email list](#), and on Substack and Instagram [@devorahheitnerphd](https://www.instagram.com/devorahheitnerphd)

Ana Homayoun

Ana Homayoun, Author, Academic Advisor & Founder of Green Ivy Educational Consulting

*Ana Homayoun is a keynote speaker, academic advisor and early career development expert. She is the founder of Silicon Valley based Green Ivy Educational Consulting, and focuses on helping students develop executive functioning skills in today's technology and social media world, and on helping workplaces better manage and support GenZ and millennial staff members for retention and growth. She is the author of four books, including *That Crumpled Paper Was Due Last Week*, *The Myth of the Perfect Girl*, and *Social Media Wellness*. Her latest book, *ERASING THE FINISH LINE: The New Blueprint For Success Beyond Grades and College Admissions*, was released in August 2023.*

- Resources:
 - [Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World](#)
 - Get in touch: Sign up for [Ana's newsletter](#)
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INITIATIVES & PROGRAMS

- [American Academy of Pediatrics: Center of Excellence on Social Media and Youth Mental Health](#) – This National Center will serve as a centralized, trusted source for evidence-based education and technical assistance to support the mental health of children and adolescents as they navigate social media.
- [Common Sense Media: Research Program](#) – Common Sense Media's Research informs the resources we create so you can support kids' healthy development in the digital age.
- [#GoodforMEdia](#) – #GoodforMEdia is a peer mentoring campaign for older teens and young adults to share their personal stories, insights and strategies with younger teens and tweens to support their healthy engagement with technology and social media.
- [#HalftheStory](#) – Digital Wellbeing is a spectrum, and we're all on it. #HalfTheStory is a 501c3 non-profit on a mission to empower the next generation's relationship with technology. As pro-tech pioneers since 2015, we challenge why and how technology impacts our minds. Through cutting-edge science, research, and grassroots organizing, we are leading the movement to make mental health a fundamental right.
 - [SocialMediaU](#) is an evidence-based digital wellness program, co-designed with youth, to educate young people on the connections between emotional health and digital habits and transform their sense of self and their relationship with

- technology. We partner with schools, after school programs and mental health centers in the USA and UK.
- [Teen Talk](#) - Despite being the most impacted by technology, so much of the conversation around digital wellbeing happens without teens. Not here. Want to share your story? Concerned about a digital trend? Have a tip for unplugging? We want to hear from you.
 - [Responsible Technology Youth Power Fund](#) – *We believe that young people can be a powerful force in the fight for a more inclusive and equitable technology ecosystem. However, cultural, social, and infrastructural barriers often prevent youth-led organizations and intergenerational partnerships from accessing funding and realizing their full power and potential in shaping responsible technology. That begins to change today. The Responsible Technology Youth Power Fund is a first of its kind philanthropic initiative aimed at supporting youth and intergenerationally led organizations shaping the responsible technology movement.*
 - [Smart Social](#) – *SmartSocial.com helps 1MM parents, educators, and students each year to be safe on social media so they can someday Shine Online. The SmartSocial programs teach adults the essentials of social media and how to work with students to stay safe online.*
 - [Social Awakening](#) – *Social Awakening helps teens, schools, and parents survive and thrive in this digital world. Young people are tired of the finger-wagging from parents and teachers who “just don't get it.” Both as an industry insider and as an award-winning artist & storyteller, our CEO and Speaker, Max Stossel, is able to connect with students in a way that others simply cannot.*
 - [Stanford Medicine: Department of Psychiatry and Behavioral Sciences: Media & Mental Health Initiative \(MMHI\)](#) – *We believe all forms of media (news, entertainment, social) have the power to make a transformational impact on health and mental health, when used accurately, safely and in ethical, developmentally appropriate ways. This initiative aims to understand and improve the impact of media on mental health through partnerships, collaboration, and projects aimed to enhance the prosocial, safe use of media in multiple forms.*
 - [Unplug Collaborative: Global Day of Unplugging](#) – *Elevating human connection over digital engagement...one community at a time...so we all feel less alone.*

TOOLKITS & RESOURCE GUIDES

- **Center for Human Technology**
 - [*Attention & Mental Health*](#)
 - [*Digital Well-Being Guidelines for Parents During the COVID-19 Pandemic*](#)
 - [*Infographic: Discover the Dark Side of Social Media*](#)
 - [*Youth Toolkit: Everyone who uses social media deserves to know how it works.*](#)
 - **#GoodforMEdia:** [*What Youth NEED to Know: #GoodforMEdia’s Guide to Social Comparison*](#)
 - **Mass General Brigham McLean: Putting People First in Mental Health**
 - [*The Social Dilemma: Social Media and Your Mental Health*](#)
 - **Mental Health America**
 - *Back to School Toolkit:* [*Selfies, Social, And Screens: Navigating Virtual Spaces For Youth*](#) (2023)
 - *MHA Sept 2023 Webinar:* [*Safe Spaces: How Digital Environments Can Serve Youth*](#)
 - **On Our Sleeves: The Movement for Children’s Mental Health**
 - [*Social Media and Kid’s Mental Health Guides*](#)
 - **Social Awakening:** [*Tools & Reminders For Students*](#) and [*Tools & Reminders For Parents*](#)
 - **U.S. Surgeon General’s Advisory:** [*Social Media and Youth Mental Health*](#) (May 2023)
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JEWISH RESOURCES

FOR ONLINE COMMUNITY AND/OR UNPLUGGING

Institute for Jewish Spirituality – Since its founding in 1999, IJS has pioneered the development and teaching of Jewish spiritual practices that are grounded in mindfulness, draw upon the deepest wells of Jewish wisdom, and enable people to live and lead with clarity, resilience, and a sense of sacred purpose. We do this through teaching spiritual practices and sharing texts from contemplative Jewish traditions. The practices we teach include mindfulness meditation, prayer, contemplative Torah study, yoga and other embodied practices, singing and niggunim (wordless melodies), and working with middot (character traits) in order to better align our behaviors with our innermost values.

- **Resources:** [*Free Mindfulness Resources*](#) & [*Contact Form*](#)

LostTribe – Lost Tribe focuses on the vast number of teens who have yet to find an entry point to Jewish life that resonates for them. We’ve built an online community around content creation, social media, gaming, influencers, youth culture, and more. It’s an authentic and inclusive space where teens can find their own Jewish friendships, explore Jewish identity, and hang out with Jewish teens from the U.S., Canada, Israel, and around the world.

- Resources:
 - [Lost Tribe Stream Team](#)
 - [Lost Tribe Minecraft Programs](#)
 - [Parent/Guardian Resources](#)
 - [Contact Form](#)

Mitsui Collective – Mitsui Collective designs and facilitates holistic, whole-body Jewish learning and practice. Our work explores the experience of Jewish life & learning through our bodies, and our understanding of how our Jewish identities and experiences are impacted because of the bodies we are in.

- Resources: [Embodied Jewish Practices](#) & [Contact Form](#)

OneTable – Inspired by ancient Jewish wisdom, OneTable is a national non-profit that empowers folks (21-39ish) to find, share, and enjoy Shabbat dinners, making the most of their Friday nights. Our social dining platform makes it easy for you to become the producer of your own experiences, and for Shabbat dinner to become a platform for community building. We provide simple DIY tools so hosts can get right to welcoming people to a Shabbat dinner in their home, so guests can savor a Friday meal, and for all to experience unique events for Shabbat dinners right in their neighborhood. We do this because we believe good food and good conversation with great people is simply good for you. Led by our core values of joy, welcoming, and elevation, we envision a whole generation of young people slowing down, getting together, unplugging from the week, creating intention in their lives, and building meaningful communities.

- Resources:
 - [Unplugging + Mindfulness Shabbat Resources](#)
 - [Find a Shabbat dinner near you](#)

R&R: The Rest of Our Lives – R&R will change the world by investing in the well-being of nonprofit professionals through rest and rejuvenation solutions with an equity lens. We envision a world where balance between work and life is celebrated, where leaders feel supported and cherished in their roles, and where the rest and rejuvenation of talent are seen as instrumental to an organization's success.

- Resources:
 - [Rest Now Worksheet](#)
 - [Walkshops](#)
 - [Contact Form](#)

Reboot – Reboot is an arts and culture non-profit that reimagines and reinforces Jewish thought and traditions. As a premier research and development platform for the Jewish world, we catalyze our Reboot Network of preeminent creators, artists, entrepreneurs and activists to produce experiences and products that evolve the Jewish conversation and transform society.

- **Resources:** [Sabbath Manifesto](#) & [Contact Form](#)

TechTribe – Tech Tribe is a community of young Jewish doers and thinkers in the world of tech and digital media based in Brooklyn, New York and an affiliate of Chabad Young Professionals.

- **Get in touch:** [Contact Form](#)
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FURTHER LEARNING

- **Articles & Podcasts**

- NPR: [So your tween wants a smartphone? Read this first](#) (July 2023)
- NYT – The Daily Podcast: [A Sweeping Plan to Protect Kids From Social Media: A new law in Utah bans any account held by minors without parental consent](#) (March 2023)
- Teen Vogue: [Social Anxiety, a series exploring how social media impacts our mental health.](#)
- The Cut: [I Asked 65 Teens How They Feel About Being Online “Social media is a necessity. You take it away from us? It’s like, Oh, wow, we have nothing left.”](#) (Sept 2023)
- Wired: [What Adults Don't Get About Teens and Digital Life](#) (Aug 2023)

- **Books**

- [Behind Their Screens: What Teens Are Facing \(and Adults Are Missing\)](#) By Emily Weinstein and Carrie James (2022)
- [iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us](#) by Jean M. Twenge, PhD (2017)

- **Films**

- [Connected](#) – Tiffany Shlain & The Let It Ripple Studio
- [Cost of Beauty: A Dove Film](#) – Dove Self-Esteem Project (short video)
- [LIKE](#) – A documentary about the impact of social media on our lives
- [The Social Dilemma](#) – *The Social Dilemma* features the voices of technologists, researchers and activists working to align technology with the interests of humanity.