**ORGANIZATIONS**

**Boston Children's Hospital Digital Wellness Lab**

Working to understand and promote positive, healthy digital media experiences for young people, from birth through young adulthood.

Available: research, webinars, family digital wellness guide, tips for parents

<https://digitalwellnesslab.org/>

**Children and Screens Institute of Digital Media and Child Development**

Working to understand and address media's impact on child development through interdisciplinary dialogue, public information, and research bridging the medical, neuroscientific, social science, public health, educational, and academic communities.

Available: research, webinars, publications, tips for parents

<https://www.childrenandscreens.com/>

**Cyberbullying Research Center**

Dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.

Available: resources

<https://cyberbullying.org/>

**Handhold**

An online resource launched by the state of Massachusetts designed to allow parents to search different topics and sort by age group.

Available: resources, strategies, tips for parents

<https://handholdma.org/what-can-i-do>

**Media Girls**

Anonprofit program that teaches girls and young women to know their true self-worth and harness the power of media to uplift one another. (Absorbed by **Girls Leap** in 2022.)

Available: curriculum, program

<http://www.michellecove.com/mediagirls.html>

**TrendMicro’s Internet Safety Kids and Families Program.**

Created as part of their corporate social responsibility, TrendMicro established awareness and education outreach programs.

Available: webinars, events, blog, tools

<https://www.trendmicro.com/internet-safety/>

**Wellesley Centers for Women:** [**Youth, Media & Wellbeing**](https://www.wcwonline.org/Youth-Media-Wellbeing-Research-Lab/youth-media-wellbeing-research-lab) **Research Lab**

The Lab explores adolescent development and the various factors that contribute to their identity and wellbeing.

<https://www.wcwonline.org/youth-media-wellbeing>

Available: research, publications

**Digital Wellbeing** [**Virtual Workshop**](https://www.wcwonline.org/Youth-Media-Wellbeing-Research-Lab/youth-media-wellbeing-research-lab) **for Middle School Girls: Metrowest**

Free digital, well-being and STEM summer workshop for middle school girls from low-incomes. The workshop is designed and run by the Youth, Media & Wellbeing Lab. [www.wcwonline.org/2020/wcw-hosts-workshop-for-middle-schoolers-on-stem-digital-wellbeing-and-identity](http://www.wcwonline.org/2020/wcw-hosts-workshop-for-middle-schoolers-on-stem-digital-wellbeing-and-identity)

Available: program

**VIDEOS**

**Child Mind Institute**

Evidence-based resources for adolescents

<https://childmind.org/healthyminds/students/>

**Gateways**

*Mental Health Series - Our Daughters, Our Future: An Educational Series Exploring Girls’ Mental Health and Wellness*

<https://jgateways.org/programs/mental-health-lecture-series/>

**Mirror, Mirror, in My Palm: Girls and Media**

Webinar from Institute of Digital Media and Child Development

<https://www.youtube.com/watch?v=JbWLTmpPMTc>

**Screenagers**

<https://www.screenagersmovie.com/filmmaker>

**AUTHORS**

**Dr. Lisa Damour**

Specializes in adolescent girls. Damour is the author of *Untangled* and the *Emotional Lives of Teenagers*

<https://drlisadamour.com/>, <https://drlisadamour.com/resources/podcast/>

**Phyllis Fagell, LCPC**

Fagell is a licensed clinical professional counselor, certified professional school counselor and journalist. Author of *Middle School Matters.*

<https://phyllisfagell.com/>

**Rachel Simmons**

Simmons is the author of [*Odd Girl Out*](http://rsim2.wpengine.com/books-and-advice/odd-girl-out/)*,* [*The Curse of the Good Girl,*](http://rsim2.wpengine.com/books-and-advice/the-curse-of-the-good-girl/) and *Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy and Fulfilling Lives.*

<https://www.rachelsimmons.com/>

<https://www.rachelsimmons.com/girls-and-social-media-what-parents-need-to-know/>

**Devorah Heitner, PhD**

Author of *Screenwise* and *Growing Up In Public*.

<https://devorahheitner.com>

**ARTICLES**

**From the American Psychological Association - Health advisory on social media use in adolescence**

<https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use>

**10 things to know about how social media affects teens' brains**

<https://www.npr.org/2023/02/16/1157180971/10-things-to-know-about-how-social-media-affects-teens-brains>

**12 Tips for Raising Confident Kids**

<https://childmind.org/article/12-tips-raising-confident-kids/>

**How to help young people limit screen time — and feel better about how they look**

<https://www.npr.org/sections/health-shots/2023/02/26/1159099629/teens-social-media-body-image>

**How Using Social Media Affects Teenagers**

<https://childmind.org/article/how-using-social-media-affects-teenagers/>

**It’s the girls who suffer more: Why young women face increasing anxiety**

<https://www.theglobeandmail.com/opinion/article-its-the-girls-who-suffer-more-why-young-women-face-increasing/>

**Managing the Effects of Social Media on Teen Girls**

<https://counseling.northwestern.edu/blog/effects-social-media-teen-girls/>