Parenting and Technology Bibliography

The following resources were collected after a parenting learning community at Grantham Church. We hope that you find these books, articles, and links helpful in guiding your children.

<u>Books</u>

Crouch, Amy. *My Tech-Wise Life: Growing Up and Making Choices in a World of Devices*. Grand Rapids: Baker Books, 2020.
      Provides a perspective on how a young-person implemented self-control measures to ensure technology did not run her life.

Crouch, Andy. *The Tech-Wise Family: Everyday Steps for Putting Technology in its Proper Place*. Grand Rapids: Baker Books, 2017.
      Provides 10 practical rules to shape how your family engages with technology. Great resource for parents as they decide how their home should be structured/operate.

Haidt, Jonathan. *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*. New York: Penguin, **March 2024**.
      Focus on adverse mental and emotional impacts of technology (esp. smartphones and videogames) on our children.

McCracken, Brett. *The Wisdom Pyramid: Feeding your Soul in a Post-Truth World.* Wheaton, Illinois: Crossway Books, 2021.
      Provides a model (styled on the food pyramid) for ingesting sources of wisdom, with the Bible being the base (largest input) and internet/technology/social media being the apex (smallest input).

Phillips, Whitney and Ryan Milner. *Share Better and Stress Less: A Guide to Thinking Ecologically about Social Media.* Somerville, Massachusetts: MiTeenPress, 2023.
      Aimed at teens (and even pre-teens), provides a practical guide to living in a social-media-infused society so that we don't further pollute [the 'ecological' angle] our environment with bad information.

Reinke, Tony. *God, Technology, and the Christian Life*. Wheaton, IL: Crossway, 2022.
      A guide to the theology of technology and how to view technology from a Christian perspective. Emphasis on not rejecting technology (Amish approach) or idolizing technology (Elon Musk approach), but recognizing God's use of technology in the world.

Twenge, Jean. *iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy – And Completely Unprepared for Adulthood*. New York: Atria, 2018.
      [Have not read this…yet.--ed.] Cited by many other sources as influential work on the impact of tech and social media on childhood mental/emotional development. Purported paints a grim picture and ties things to the mass adoption of smartphones.

<u>Articles</u>

Bennett, Jessica. "Being 13," *The New York Times,* September 20, 2023.
      Discussions with three 13yo girls in the USA about their use of social media. Eye opening.

Dreyfuss, Emily. "Our Kids Are Living in a Different Digital World," *The New York Times,* January 12, 2024.
      Discusses the methods of advertising through social media influencers; parents likely to be completely oblivious to the influences and advertising targeting their children.

Marting, Aaron. "How Parent Phone Time Impacts Children," *baby chick*, December 12, 2023, https://www.baby-chick.com/how-parent-phone-time-impacts-children/
        Summarizes and reviews several studies about the negative impacts which parent phone-use has on young children trying to get attention.

Mindshift. "When Parents Practice Good Screen Habits, It Rubs Off on the Whole Family," March 14, 2023, https://www.kqed.org/mindshift/60436/when-parents-practice-good-screen-habits-it-rubs-off-on-the-whole-family [Excerpted from Heather Turgeon and Julie Wright, *Generation Sleepless.* New York: Penguin, 2022
        Article capturing highlights from the authors' work on teens' reactions to parent screen time.

Paul, Pamela. "It's Not Kids With the Cellphone Problem, It's Parents," *The New York Times*, November 9, 2023.
        Discusses how parents are the ones ultimately driving their childs' need for cellphones.

Pearson, Catherine. "What Social Media Does to the Teen Brain," *The New York Times,* September 20, 2023.
        Discusses the state of research into social media impacts on adolescent & young person development.

Podcasts

Christianity Today. *The Russell Moore Show,* "Jonathan Haidt's Way Forward for an Anxious Generation," November 15, 2023. (See above notes about Haidt's book. Until March publication, this podcast provides a working summary of the book.)

Christianity Today. *The Russell Moore Show,* "Tech Surveillance and Genocide with Nury Turkel," November 8, 2023. (Interesting 10minn discussion on tech surveillance through various apps.)

The Gospel Coalition. *As In Heaven, "*The Next Generation: Forming Kids for Lifelong Faith," June 21, 2023. (Includes a 10-15min discussion on kids and tech from a real-life ministry couple providing real-life concrete steps from their family's experience.)

Shankar Vedantam. *The Hidden Brain,* "Finding Focus," January 15, 2024. (True to form for Vedantam, a riveting discussion about how digital devices are altering our brains in profound ways, impacting our ability to focus.)

Websites
Axis. "Connecting Parents, Teens, & Jesus in a Disconnected World." www.axis.org (See especially their Parent Guides, https://axis.org/resource-category/parent-guide/, including guides on smartphones, various social media platforms, and video games. Axis' Culture Translator is a weekly newsletter that provides parents with a summary on current cultural trends among youths: https://axis.org/resource/dyson-airwraps-and-yondr-pouches/).

Common Sense Media. "Common Sense Media: Age-Based Media Reviews for Families." www.commensensemedia.org (See especially their reviews of video games, social media sites, and YouTube channels.)

Columbia University Irving Medical Center. "Is Social Media Threatening Teens' Mental Health and Well-being?" https://www.cuimc.columbia.edu/news/social-media-threatening-teens-mental-health-and-well-being (Overview of research by CU's Clinic for Anxiety and Related Orders)

Device Contracts

Bark Technologies, "Family Tech Contract", https://d12jofbmgge65s.cloudfront.net/wp-content/uploads/2022/11/bark_tech_contract_2021.pdf
(A bit simple, but a decent start.)

BrightCanary, "Digital Device Contract Template", https://www.brightcanary.io/digital-device-contract-template/
(Very good. A good template to use–will probably only require a few modifications to implement.)

Common Sense Media, "Family Media Agreement,"
https://www.commonsensemedia.org/sites/default/files/featured-content/files/common_sense_family_media_agreement.pdf
(Organized more closely as a set of principles, rather than a contractual agreement.)

Fairfax County Public Schools, "Customizable Device Contract",
https://www.fcps.edu/sites/default/files/media/forms/DeviceContract.pdf
(Provides some good guidelines for areas to cover, but is really a blank structure for parents to create their own contract.)