

# screenSTRONG

## Social Media



- Everything You Need to Know About Snapchat & Parental Controls with Officer Gomez (#111)
- Surgeon General Warns Against Social Media with Dr. Adriana Stacey (#156)
- TikTok: It's All In The Algorithm with Dr. Leonard Sax (#102)

## Smartphones



- A Smartphone-Free Adolescence: Melissa's Story (#172)
- Why 8th Grade Is Not Smart for a Smartphone with Dr. Adriana Stacey (#122)
- A Psychiatrist's Tips on Managing Screen Time with Dr. Adriana Stacey (#106)
- 20+ Ways Kids Get Around Parental Controls with Doug Smith (#173)
- Twisted Truth: Group Texting Is Social Media with Dr. Adriana Stacey (#170)

## Pornography/Sextortion



- Online Predators & Social Media Dangers with Officer Gomez (#140)
- Pornography Is Chasing Our Kids with Nadya Seboldt (#148)
- An 18-Year-Old's Perspective on Teenage Girls and Pornography (#137)
- Walker's Story: Social Media and Teen Sextortion with Brian Montgomery (#166)

## Screen Detox



- Tips for Detoxing Your Older Teen (#184)
- What Are the Benefits of a Screen Detox? with Dr. Victoria Dunckley
- Reset Your Child's Brain with Dr. Victoria Dunckley, Part 1 (#37), Part 2 (#42)
- ScreenStrong: Breaking The Addiction and Saving Your Kids with Pete Kaliner (#165)

## Non-Tech Activities



- Tips for Detoxing Your Older Teen (#184)
- Summer Strategies: Keeping Middle Schoolers ScreenStrong This Summer (#190)
- The Ultimate Gift List with Andrew and Evan Hempe (#81)
- The Endless Non-Tech Gift Ideas with Evan Hempe (#130)

## School Screens



- A Psychiatrist's Perspective on School Screens with Dr. Adriana Stacey (#146)
- How to Get Smartphones Out of School with Officer Gomez (#116)
- Does My Child Need a Smartphone for School? (#114)
- How School Screens Impact Social Emotional Learning with Dr. Richard Freed (#92)
- Screens In The Classroom: A School Counselor's Perspective with Janine McKenna (#157)

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