

Resources

Helping Kids Thrive Social Media and Its Impact on Your Kids: Strategies for Help

Groups/Information:

- [DQ institute](#)
- [Center for Online Safety](#)

Websites:

- <https://www.oktodelay.org>
- <https://www.waituntil8th.org>
- <https://www.cyberwise.org>
- <https://www.calm.com>

Apps:

- myKinCloud
- Headspace
- Mindshift
- Clear Fear
- SmartCAT.
- Breathe, Think, Do with Sesame
- Mightier

Books:

- [The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness](#)
- [Behind Their Screens: What Teens Are Facing \(and Adults Are Missing\)](#)
- [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](#)
- [Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology](#)

Kids In Crisis
Helpline:

203-661-1911

