

Digital Education Resources

Research and tools compiled by the PTACHC Technology Committee
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Learn about how technology impacts development, wellbeing, and education

- Books
 - [The Anxious Generation](#) - Published in Spring 2024, this book has had a global impact. It lays out the impact of technology on childhood and how it is causing an epidemic of mental illness. The author also created [a website](#) with all the data/graphics supporting his book and he did a [talk at NYU](#) where he answered “Why is Gen Z Different?”, covering many of the topics in his book.
 - [The Digital Delusion](#) - Published in December 2025 and written by a former teacher turned neuroscientist, this book lays out the research on how EdTech is failing our education system and what we can do about it. Watch [this webinar](#) with the author where he discusses the book shortly after its release and his [verbal testimony](#) as an expert witness at the Senate hearing on children and technology in January 2026.
 - [Better Than Real Life](#) - Published in 2025 by a child and adolescent psychologist, this book discusses how persuasive design is integrated into technology and social media, pulling kids away from developmentally healthy activities at home and at school. The author, Dr. Freed, summarizes key points from his book in this [substack post](#).
- Movies
 - [The Social Dilemma](#) - excellent documentary on Netflix where tech executives talk about how their products were made to be addictive and are dangerous to kids. Focus is primarily social media. The execs share their own limitations for their children.
 - [Childhood 2.0](#) - popular documentary on the challenges kids face - cyberbullying, online predators, suicidal ideation, and more - in a tech-based childhood
- Podcasts
 - [ScreenStrong Families](#) - Host Melanie Hempe, BSN, features guests who simplify medical science regarding tech use and provide practical solutions.
 - [Scrolling to Death](#) - Podcast that started off focusing on the negative mental health impact of social media but the topics are now much more robust. She brings on various types of professionals to share their expertise on mental health, child development, classroom behavior, EdTech, government policies, etc. all related to children and tech
- White Papers and Research
 - [Handbook of Children and Screens](#) - This open access handbook synthesizes the current research about the impacts of digital media on children across development.
 - [ADHD Youth and Digital Media](#) - tip sheet composed by the Institute for Digital Media and Child Development that explains why children with ADHD are more susceptible to consequences of digital media use. The tip sheet contains a [webinar](#) with a panel of experts speaking on the topic.
 - [Three Lies About EdTech and the Law](#) - White Paper published by the EdTech Law Center that summarizes issues with common EdTech practices from a legal perspective
 - [Health Professionals for Safer Screens Call for Action](#) - a health briefing on the evidenced risks of screens for early years children

Learn practical ways for managing children's technology use

- [Family IT Guy](#) - website made by a cyber security expert with NSA experience. Provides extensive guides on how to set up protective settings on various forms of platforms and devices.
- [Parenting in a Tech World](#) - This is a facebook group moderated by Bark. It's a community of parents raising issues and seeking advice on how to navigate the digital lives of their families. It's extremely eye opening to the challenges parents are facing and practical in terms of the advice circulated.
- [Defend Young Minds](#) - focus around helping parents navigate the risks of kids encountering porn online. Also has a [video series](#) developed by a pediatrician with useful tips for helping children with digital overuse.

- [Protect Young Eyes](#) - organization dedicated to equipping parents with research and resources about digital safety
- Parental control products:
 - [Safe Vision app](#) - manages YouTube content so only “whitelisted” sites are available rather than full access to youtube
 - [Game Safe](#) - an app that monitors gaming chat features to alert parents of potentially unsafe/inappropriate conversations
 - [Bark](#) - best known for their Bark phone, which gives parents a very high level of control over the phone but they also make monitoring software parents can apply to other devices
 - [Gryphon Mesh Router](#) - a wifi router designed for parents who want enhanced parental controls.
 - To avoid reliance on device-level parental controls, add an extra layer of protection by using a router with advanced parental controls.
 - [AngelQ](#) - an internet browser app made for kids in an effort to keep the “bad stuff” out of their searches

Learn about resources for educating children on navigating their digital lives

- [Kids’ Brains & Screens](#) - a (not inexpensive) book created to teach kids about screen overuse, addiction and harmful content. It does a good job making the concepts graspable for mid-late elementary school children.
- [Good Pictures, Bad Pictures](#) - an excellent picture book written for kids to introduce the concept of pornography and how to determine what kinds of pictures are appropriate to take, look at, and share. There is a Junior version for kids under 6 and a version for kids over 6.
- [The Adventures of Super Brain](#) - book made for ages 7-10 to teach them about how the brain works and how to protect it from screen overload
- [The Amazing Generation](#) - Complement to Jonathan Haidt’s Anxious Generation but for kids, this is a chapter book great for late-elementary and middle schoolers.

Learn about advocacy efforts regarding digital wellbeing, online safety, and EdTech reform

- [Fairplay for Kids](#) - lots of information about digital wellbeing, safety, and Edtech. Also has handouts for download/distribution geared more toward a teenage parent audience
- [Smartphone Free Childhood](#) - provides great resources for parents, including workshops, and is involved in a lot of advocacy efforts at the local level
- [Distraction Free Schools Policy Project](#) - a coalition formed to promote safe technology use in schools. Local chapters have formed to influence state legislation
- [EdTech Law Center](#) - serves as a leader in advocacy efforts and litigation regarding the harms EdTech is inflicting on schools and children. They not only litigate but they have many educational resources publicly available, including this widely shared [white paper](#)

Learn about how HCPSS handles technology

- [HCPSS device and online safety policies and expectations](#) - <https://www.hcpss.org/devices/>
- [HCPSS Instructional Technology Curriculum](#)
- HCPSS [master list of digital tools](#) for the classroom - Visit your child’s Canvas portal for links to specific digital tools used in their classrooms. Click “Resources” within each course
- [HCPSS Lightspeed Accounts](#) - Parents can create a Lightspeed account to monitor their child’s internet activity on their HCPSS technology account and apply some controls
- [Opt In to Google Additional Services](#) - Parents must consent to give their children direct access to Additional Services such as Google Translate and YouTube.
- [Northfield Elementary tech classroom usage](#)

Tech Management - these are tips compiled from the resources above and through conversations with other parents on effective tactics for moderating tech use

- As a household rule, keep screens out of bedrooms to preserve sleep, limit isolation, and allow for monitoring
- Regulate content and wifi access via internet router in addition to device parental controls
- Pre-high school, opt for a smartwatch or flip/light phone instead of a smartphone for communication needs to limit internet access
- Avoid “gifting” devices - keep them as items kids theoretically “borrow” as a privilege so parents maintain the ability to take the device away when deemed necessary without resentment.
- Create a “media use” agreement in partnership with your child for all devices to set parameters for acceptable use
- Ensure playdates and hangouts are screentime-free by placing devices in a central location upon arrival and discussing this boundary when your child goes to other homes.
- Avoid device use during meals (adults and kids), including at restaurants to promote social interaction and allow for proper awareness during food consumption to avoid overeating
- Adults can verbalize/narrate their use of their devices in the presence of their children to help moderate their own use by gaining awareness of how often and why devices are being used and demonstrate how tech is a tool used intentionally (ex. “I’m going to check my phone to see if an important work email came through”)