

Resources

Websites with a balanced approach to screens

www.common sense media.org

Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools. Very complete list of reviews and advice to help families navigate the digital world.

www.humanetech.com

Launched by a former Google employee, this nonprofit opens a window into the behind-the-scenes struggle to create technology that serves the best in humans.

<https://www.wnyc.org/series/bored-and-brilliant>

A clever and heady podcast with a series of 6 challenges to help you or your teen detach from the phone and spend more time thinking creatively.

www.portlandfamilycounseling.com

Check Yshai Boussi's blog for dozens of very practical suggestions on making your home a nurturing place where healthy, balanced kids thrive.

A workshop might work!

If you're interested in learning more about how to help your teen grow into their best self both online and off, Yshai Boussi offers workshops in the Portland area. You can expect lots of relevant tools, information and strategies that will empower you to have better conversations and more effective responses to your teen or preteen'