

## **Consolidated Resources:**

### **High-level summary/links**

<https://www.physicianscenter.org/parents/parenting-resources/articles/technology-use-screen-time-impacting-relationships/>

On-line/Screens linkage to mental health

<https://pubmed.ncbi.nlm.nih.gov/32699514/>

Current research requires better measurement: There is time

<https://link.springer.com/article/10.1007/s00127-020-01858-0>

<https://www.teensandtech.org/our-research/research-projects>

Managed/thoughtful use might be key

<https://pubmed.ncbi.nlm.nih.gov/32699513/>

Face to Face matters:

<https://www.fastcompany.com/90491367/screens-are-lifesavers-right-now-but-theyre-still-relationship-wreckers>

Face-to-Face human interaction matters: COVID highlights:

<https://www.nature.com/articles/s41598-023-34957-4>

Impact to Social Skills- 4C's (UCLA study)

<https://time.com/3153910/why-access-to-screens-is-lowering-kids-social-skills/>

Good overview:

<https://www.apa.org/monitor/2020/04/cover-kids-screens>

Impacts:

[H-60.911 Harmful Effects of Screen Time in Children | AMA \(ama-assn.org\)](https://www.hhs.gov/ashrt/harmful-effects-of-screen-time-in-children)

[Surgeon General Issues New Advisory About Effects Social Media Use Has on Youth Mental Health | HHS.gov](https://www.hhs.gov/ashrt/harmful-effects-of-screen-time-in-children)

[H-60.911 Harmful Effects of Screen Time in Children | AMA \(ama-assn.org\)](https://www.hhs.gov/ashrt/harmful-effects-of-screen-time-in-children)

[The health effects of screen time on children: A research roundup \(journalistsresource.org\)](https://journalistsresource.org/stories/the-health-effects-of-screen-time-on-children-a-research-roundup-2020-04-29/)

[Trends in Screen Time Use Among Children During the COVID-19 Pandemic, July 2019 Through August 2021 | Child Development | JAMA Network Open | JAMA Network](https://www.pediatrics.org/cgi/doi/10.1542/peds.2020-100000)

Impact on Health:

[Association of Physical Activity and Screen Time With Body Mass Index Among US Adolescents | Adolescent Medicine | JAMA Network Open | JAMA Network](https://www.pediatrics.org/cgi/doi/10.1542/peds.2020-100000)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9638701/>

[Screen time and early adolescent mental health, academic, and social outcomes in 9- and 10- year old children: Utilizing the Adolescent Brain Cognitive Development<sup>SM</sup> \(ABCD\) Study - PubMed \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/30264607/)

<https://pubmed.ncbi.nlm.nih.gov/30264607/>

TED Talk from Sherry Turkle: Connections

[https://www.ted.com/talks/sherry\\_turkle\\_connected\\_but\\_alone?language=en](https://www.ted.com/talks/sherry_turkle_connected_but_alone?language=en)

Social Impacts:

<https://www.psychologytoday.com/us/blog/the-fallible-mind/202207/how-screens-interfere-the-innate-drive-socialise>

<https://universe.byu.edu/2023/02/01/screen-time-is-harming-in-person-connection/>

<https://www.sciencedirect.com/science/article/pii/S2211335518301827>

Dopamine, social media, and screens:

<https://sitn.hms.harvard.edu/flash/2018/dopamine-smartphones-battle-time/>

**Jodi Dworkin:**

<https://www.cbsnews.com/minnesota/news/talking-points-pandemics-impact-on-youth-mental-health/>

[Talking screen time with U of M | University of Minnesota \(umn.edu\)](#)- Prof Dworkin (UMN-TC)

<https://onlinelibrary.wiley.com/doi/10.1111/fare.12811>

[https://www.getready.state.mn.us/pdfGR/Navigating\\_Teen\\_Technology\\_and\\_Social\\_Media\\_Use\\_PowerPoint.pdf](https://www.getready.state.mn.us/pdfGR/Navigating_Teen_Technology_and_Social_Media_Use_PowerPoint.pdf)