Additional Resources:

**Articles:**


Blogs
Adolescent Internet Use and Parenting Practices
https://blogs.extension.org/militaryfamilies/2014/02/07/5469/

Can a Smartphone Make You Smarter?
https://blogs.extension.org/militaryfamilies/2014/12/16/can-a-smartphone-make-you-smarter/

Resource Discovery: Text4Baby as an Online Parenting Tool
https://blogs.extension.org/militaryfamilies/2014/04/16/resource-discovery-text4baby-as-an-online-parenting-tool/
Books:


Websites/Links:
Mindful.org: Smartphones Hurt Our Face-to-Face Relationships
http://www.mindful.org/smartphones-hurt-our-face-to-face-relationships-sherry-turkle/

NPR: Software Flags 'Suicidal' Students, Presenting Privacy Dilemma

Parenting.com: 10 Best Educational Websites for Kids
http://www.parenting.com/child/education/10_best_educational_websites_kids

PBS: Sex, social media and the pressure on teenage girls
http://www.pbs.org/newshour/bb/sx-social-media-and-the-pressure-on-teenage-girls

Pew Research Center: Teens, Social Media & Technology Overview 2015

Psychology Today: This Is the Real Reason You Can't Stop Checking Your Phone
https://www.psychologytoday.com/blog/rewired-the-psychology-technology/201507/is-the-real-reason-you-cant-stop-checking-your-phone
reSTART: Internet Addiction Recovery Program
http://www.netaddictionrecovery.com/programs/treatment-program.html

Today.com: Parenting over Skype: 7 lessons from military families
http://www.today.com/parents/parenting-over-skype-7-lessons-military-families-t30106