Hey everyone, and thanks for listening. This is just a quick resource and reference list for some of the items that we discussed during the show with pastor John Roy. I hope these can be a help to you on you and your family's journey to having a healthy relationship with technology and social media. If you think that I can be of help to you, you can email me at heath@beautyforashescounseling.org or check out our website [beautyforashescounseling.org](https://www.beautyforashescounseling.org/)

Adolescence on social media and peer review literature:

[Barry, et al, 2017](https://www.google.com/url?sa=t&source=web&rct=j&url=https://scholar.google.com/scholar_url%3Furl%3Dhttps://www.researchgate.net/profile/Christopher-Barry-5/publication/319559179_Adolescent_social_media_use_and_mental_health_from_adolescent_and_parent_perspectives/links/59b5ef51aca2728472db9ebc/Adolescent-social-media-use-and-mental-health-from-adolescent-and-parent-perspectives.pdf%26hl%3Den%26sa%3DX%26ei%3DVZuJZOdtjI7qtA-w7IqoBw%26scisig%3DAGlGAw8xnMhaMeEQxO91EY2_hM3g%26oi%3Dscholarr&ved=2ahUKEwj2h6qzy8L_AhWjlWoFHUPzDx4QgAN6BAgREAE&usg=AOvVaw1DHPACGHy7Yx7fDZz95vh2)

[Coyne, et al, 2020](https://scholarsarchive.byu.edu/cgi/viewcontent.cgi?article=5103&context=facpub)

[Valkenburg, et al, 2022](https://doi.org/10.1016/j.copsyc.2021.08.017)

[Hill, et al, 2016](https://publications.aap.org/pediatrics/article/138/5/e20162592/60321/Media-Use-in-School-Aged-Children-and-Adolescents)

[Lajnef, 2023](https://link.springer.com/article/10.1007/s12144-023-04273-1)

Neuroscience & Social Media

[Meshi, et al, 2015](https://pubmed.ncbi.nlm.nih.gov/26578288/)

[Ed. Floyd, et al, 2020](https://www.taylorfrancis.com/books/edit/10.4324/9781351235587/handbook-communication-science-biology-kory-floyd-ren%C3%A9-weber) (book)

Resources

[Surgeon General Vivek Murthy's statement on social media](https://www.hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html)

The American Academy of Pediatrics [Family Media Plan](https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx?_gl=1*l36l1o*_ga*MTE5NjY4NTY2Ni4xNjg2NzQyMzky*_ga_FD9D3XZVQQ*MTY4Njc0MjM5MS4xLjAuMTY4Njc0MjM5MS4wLjAuMA..&_ga=2.151065786.2033514443.1686742392-1196685666.1686742392) recommendations

[Hill, et al, 2016](https://publications.aap.org/pediatrics/article/138/5/e20162592/60321/Media-Use-in-School-Aged-Children-and-Adolescents)