



Thanks for joining us to discuss the very real issues related to *Screen Fatigue*. As we said, we're all in this together and we hope you find these resources from Cyberwise, the Children's Screen Time Action Network and No App for Life helpful!

Here is the full **Screen Fatigue** Podcast that can be accessed through [Spotify](#), iTunes, and [AudioBoom](#). Feel free to share, and thanks again for being a part of the conversation.

Joni, Jean and Diana

Diana Graber- Cyberwise

- Cyberwise Website for Parents: www.cyberwise.org
- [Cyberwise Learning Hubs](#)
- ["Raising Humans in a Digital World"](#) book, plus free discussion guide for parents:
- [Cyber Civics curriculum for schools](#)
- [Cyber Civics for home use](#) (special offer)
- [Parent/Child Technology Agreement](#)
- ["Is Your Child Ready for a Smartphone?"](#) checklist
- [How to Child-Proof Your Devices and Apps During Lockdown:](#)
- [Cyberwise parent newsletter](#), sent every 2 weeks - Here is a sample (<https://conta.cc/34xg4ke>)
- Articles you might find useful: [How Lockdown Has Changed American's Screen Time Habits](#)
- Suggestions on best parental controls... [Bark](#), [NetNanny](#), [Qustodio](#), [Mobicip](#)

Jean Rogers – Children's Screen Time Action Network

The [Children's Screen Time Action Network](#) is a collaborative community of practitioners, educators, advocates and parents working to reduce excessive and harmful screen use in childhood. Membership is currently free and benefits include weekly News You Can Use (it's hard to keep up with screen time data), access to the experts via webinars and events, Let's Talk member coffees, and ability to join a work group.

The [Screens-in-Schools Action Kit](#) and it's [Covid-19 Addendum](#) are resources to help anyone engage in meaningful activism against EdTech overuse, whether you're a seasoned activist or just getting started!

[Dear Parents](#) is a resource by teens for parents and teens to use together. Better communication about smart devices will make both sides happy!



[Be Tech Wise With Baby](#) is for expecting and new parents. While you're thinking about feeding, diapering and sleep, consider the digital world that will surround baby and how it will impact brain development and communication skills for the new little one.

Joni Siani – No App For Life

We'd love you to collaborate with our Manhattanville College students as they take the No App For Life challenge, please contact me directly at NoAppForLife@gmail.com.

This week-long exercise is based on Cognitive Behavior practices, designed to address the anxiety and addictive nature of our digital dependence, while developing interpersonal and mindful communication skills. This project has evolved from our original *digital cleanse* to a more practical *compare and contrast* experience.

You can do this as a class, a family or just someone who needs a break!

Check out [the trailer](#) for the documentary film **Celling Your Soul** available at www.CellingYourSoul.com and download the **FREE No App For Life challenge** to review.

[Streaming](#) is available at Amazon Prime and academic streaming is through [Bullfrog Films](#).

[Celling Your Soul: No App For Life](#) is a paperback book for high school and college age students. As students are reading this and as they have a book sitting around the house, we hear that it becomes a conversation starter between parents and their kids. There are discussion questions and action items included.

Film Screening Discussion/Speaking Engagements – If you're interested in booking a film screening and discussion, here is an example of our engaging events. We can arrange for a virtual or hopefully, in person event!

[Joni Siani – Ideal Presentation, Franklin Pierce University](#)