

How to Support Teens RE: Tech, Mental Health + Physical Well-being

Hosted by the Center for Parent and Teen Communication (CPTC)
Tuesday, May 25, 2pm ET

Panelist Information

- [Leticia Barr](#) ([Facebook](#), [Twitter](#), [Instagram](#))
- [Michael Robb](#), Common Sense Media ([Facebook](#), [Twitter](#), [Instagram](#))
- [Hina Talib, M.D.](#) ([Facebook](#), [Twitter](#), [Instagram](#))

Contact Information

- Center for Parent and Teen Communication
 - Media inquiries, contact Eden Pontz PONTZE@chop.edu
 - Join our teen thought leader email list: <http://bit.ly/CPTCmedia>
 - Connect on [Facebook](#), [Twitter](#), and [Instagram](#)
- Common Sense Media
 - Media inquires, contact Marisa Naughton mnaughton@commonsense.org
 - Subscribe to the [Stand Up For Kids mailing list](#)

Event Information

- [Event landing page](#)
- [Quote graphics folder](#)
- [Youtube playlist](#)

Resource Links

- Common Sense Media
 - Report: [Coping with COVID-19: How Young People Use Digital Media to Manage Their Mental Health](#) + companion [infographic](#) and [video](#)
 - [Social media and mental health tips for families](#)
 - [Creating healthy digital ecosystems that support kids mental health](#)
 - [How to talk to kids about starting on social media](#)
 - [Ultimate Guide to Parental Controls](#)
 - CSM + Boston Consulting Group research into the [digital divide](#)
 - [How to find/model balance in media and technology habits](#)
 - [Tech Balance](#) (real-time text advice)
 - [PsyberGuide](#) (mental health app guide)
- Resources via Dr. Talib
 - [Healthy Children Family Media Plan](#)



- [8 things to say to a kid needing hope](#) (Instagram graphic)
- [WeStartNow](#) (re: healthy screen-time balance)
- Digital Wellness Lab ([Family Digital Wellness Guide](#))
- CPTC Resources
 - [Tips to get teens talking](#)
 - [Tip sheets](#) on the teen brain + teens and emotions
 - [Bond with technology](#)
 - [Personal devices and your health](#)
 - [Tips on how much digital freedom to give kids](#)
 - [Be a digital age role model](#)
 - [The impact of COVID on family mental health](#)
 - [Connecting in the digital age](#)
 - [Finding reliable health information online](#)
 - [Preparing teens to seek professional help](#)
 - [Warning signs your teen could be at risk for suicide](#)
 - [Ensuring strong connections for teens](#)