

What Can Parents and Educators Do?

The most important thing an educator and parent can do is to be tuned in to what youth are using, how they are using it, and the messages that they convey and receive through their use of media. The [American Academy of Pediatrics](#) offers policy statements, toolkits and resources for parents, including encouraging all families to develop a [Family Media Plan](#). Common Sense Media is a reputable resource for both parents and educators, with an extensive inventory of media and an associated rating system. This includes social networking applications, movies, games, websites and much more. My Digital Tat2 stresses the importance of teaching young people critical thinking skills to promote responsible media use and hosts several resource lists for parents and educators:

<http://www.mydigitaltat2.org/resources-1.html>.

[ConnectSafely](#) has several guides for parents and educators, such as A Parent's Guide to Mobile Phones, A Parent's Guide to Instagram, A Parent's Guide to Cyberbullying, An Educator's Guide to Social Media, and more. A range of links to guides for parents, phone contracts and media controls, etc. can also be found through the [HeardAlliance.org](#).

For those interested in using technology to help manage specific mental health conditions and symptoms, [Psyberguide](#) maintains a compendium of technologies categorized by mental disorder and offers a rating system that also references any research that has been done to support the products listed. For coaches, counselors and educators seeking greater skill development, Australia's Orygen National Centre for Youth Mental Health and offers a 28 module, evidence-based online training for a certificate in Youth Mental Health Technology: <https://www.orygen.org.au/Campus/Expert-Network/Training-Modules/Certificate-in-YMHTech>.