

Help Guide: Parenting In the Digital Age

Resources for Parents³

Of the many out there, we've found these the most helpful

Articulating the WHY of your family's approach

- "Letter from the Headmaster – Smart Phones," by Alvaro de Vicente: heights.edu/smart-phones/
- *Digital Minimalism*, by Cal Newport (tech philosophy of Georgetown computer science professor)

Device Setup How-Tos

- protectyoungeyes.com (practical materials on parental controls, app safety, etc.)
- cmgparent.org (video course on internet safety)

App & Content Reviews

- protectyoungeyes.com (practical materials on parental controls, app safety, etc.)
- commonsensemedia.org (app, book, and movie reviews)

Guiding Children: General

- *Father-Son Accountability: Integrity through Community*, by John and Lucas Fort (helping dads speak to their sons about these issues)
- *Screen Strong Solution*, by Melanie Hempe (A step-by-step guide to reducing screen access)

Guiding Children: Pornography

- purityispossible.com (online training from Harvard psychiatrist on mastering cravings, anxiety, and distraction) and [FightTheNewDrug.com](https://fightthenewdrug.com) (well done resources)
- *Good Pictures, Bad Pictures*, by Kirsten Jenson and Gail Poyner (ages 7-12) (children's book explaining dangers of internet pornography)
- [Chastity Project](https://chastityproject.org) – guide to dating and moral topics related to dating & porn

³ Compiled by Rob Dunikoski with substantial contributions from Conner Reilly.

- *Pandora's Box is Open*, by Gail Poyner (practical guide for parents whose child has been exposed to pornography)
- *Integrity Restored*, by Peter Kleponis (guide book for Catholic families dealing with pornography addiction)

Parents' General Knowledge

- *iGen*, by Jean Twenge (research by San Diego State psychology professor)
- *Irresistable*, by Adam Alter
- "The Flight from Conversation," by Sherry Turkle, <https://www.theatlantic.com/technology/archive/2015/10/reclaiming-conversation-sherry-turkle/409273/>. See also [this video of her lecture](#).
- "Worry Over Kids Excessive Smartphone Use Is More Justified Than Ever Before," by Jean Twenge <https://www.mercatornet.com/mobile/view/worry-over-kids-excessive-smartphone-use-is-more-justified-than-ever-before>