

Resources for Parents



Common Sense Media shares helpful information by age, topic, and apps and games under the “parents need to know” tab.



The Massachusetts Aggression Reduction Center at Bridgewater State University has parent help guides and tools to build personal family contracts for cell phones and pictures / video sharing.



The Child Mind Institute has resources for helping kids learn to use screens in healthy ways.



Cyberwise has a screen time guide and a podcast for parents.



Boston Children's Hospital Digital Wellness Lab includes a Parent's Guide to a Child's First Cell Phone and other resources.



Netsmartz has an online safety program and age appropriate games and videos to teach kids about being safer online.

Social Media Accounts to Follow (Facebook):

- Digital Wellness Lab (Boston Children's Hospital)
- Cyberwise
- Massachusetts Aggression Reduction Center
- The Child Mind Institute
- Katie Greer - Internet Safety Expert & Keynote Speaker
- Out Tech Your Kids
- Parenting in a Tech World

