

Resource List for “Healthy Sexuality in a Time of Distraction”

Helpful Book Resources:

Borba, Michele. (2017). *UnSelfie Why Empathetic Kids Succeed in Our All-About-Me World*. New York, NY: Touchstone.

Carr, Nicholas. (2011). *The Shallows*. New York, NY: W.W. Norton & Company.

Fine, Deborah. (2014). *Beyond Texting The Fine Art of Face-to-Face Communication for Teenagers*. Moscow, Idaho: Canon Publishers.

Freed, R. (2015). *Wired Child: Debunking Popular Technology Myths*. CreateSpace Independent Publishing.

Jackson, Maggie. (2008). *Distracted: The Erosion of Attention and The Coming of Dark Age*. Amherst, NY: Prometheus Books.

Sadler, E. and Harrison, L. (2017). *Selfies, Sexts and Smartphones. A Teenager’s Online Survival Guide*. Cape Town, South Africa: Penguin Books.

Turkle, Sherry. (2015). *Reclaiming Conversation. The Power of Talk in a Digital Age*. New York, NY: Penguin Press.

Helpful Article Resources:

American College of Pediatricians.(November 2016). *The Impact of Media Use and Screen Time on Children, Adolescents, and Families*. Retrieved from <https://www.acped.org/the-college-speaks/position-statements/parenting-issues/the-impact-of-media-use-and-screen-time-on-children-adolescents-and-families>.

Anderson, M. and Jiang, J (May 2018). *Teens, Social Media & Technology 2018*. Retrieved from <https://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/>.

Berger, M.W. (November 2018). *Social Media Use Increases Depression and Loneliness*. Retrieved from <https://penntoday.upenn.edu/news/social-media-use-increases-depression-and-loneliness>.

Carr, N. (October 2017). *How Smartphones Hijack Our Minds*. Retrieved from <https://www.wsj.com/articles/how-smartphones-hijack-our-minds-1507307811>.

Carr, N. (July 2008). *Is Google Making Us Stupid?* Retrieved from <https://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/>

East, S. (August 2016). *Teens: This is How Social Media Affects Your Brain*. Retrieved from <https://www.cnn.com/2016/07/12/health/social-media-brain/index.html>.

Ehmke, R. *How Using Social Media Affects Teenagers*. Retrieved from <https://childmind.org/article/how-using-social-media-affects-teenagers/>.

Homayoun, A. (June 2017). *The Secret Social Media Lives of Teenagers*. Retrieved from <https://www.nytimes.com/2017/06/07/well/family/the-secret-social-media-lives-of-teenagers.html>.

O'Connell, C. (March 2010). *Eye Gaze Pattern While Searching vs. Browsing a Website*. Retrieved from <https://www.usability.gov/get-involved/blog/2010/03/eyetracking.html>

Twenge, J. M. (September 2017). *Have Smartphones Destroyed a Generation?*. Retrieved from <https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>.

