

Check out our Resources!

aap.org/socialmedia



Q&A Portal

A collection of questions from youth, parents, educators & clinicians, and about social media and youth mental health, answered by experts with evidence-based responses.



Youth-Led Digital Design Guide

BRAND NEW guide developed in collaboration with teen advisors, this guide reflects a vision of social media that better supports how adolescents think, feel, and connect.



Motivational Interviewing for Family Media Habits

Series of brief vides based on concepts from the 5 Cs of Media Use that offers healthcare providers guidance on using motivational interviewing to engage in meaningful conversations with families about media habits.



Early Childhood Development Screen Time Toolkit

Developed for use by early childhood educators, childcare providers, early interventionists, home visitors, pediatricians, or other professionals who support families with young children and includes training resources.



Social Media Case Scenarios for Providers

Developed for use by early childhood educators, childcare providers, early interventionists, home visitors, pediatricians, or other professionals who support families with young children and includes training resources.



Building Media Skills for Children 10 and Under

Help children build healthy media habits early with practical strategies that promote balance, critical thinking, self-regulation, and online safety from toddlerhood through elementary school.

5 Cs Resource Hub:

<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/5cs-of-media-use/>

Calm Toolbox:

<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/the-calm-toolbox-healthy-ways-to-cope-with-stress/>

AAP Family Media Plan:

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

Conversation Starters:

<https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/conversation-starters-for-families-about-media/>