

Social Media, Screens & Technology: What Parents Need to Know



Why This Series Exists



Credible & Science-Based

Information from trusted sources like the AAP, APA, U.S. Surgeon General, and leading children's hospitals.



Supportive, Not Scary

Some information out there can feel overwhelming or alarmist – we focus on what is true, useful, and empowering.



Aligned with Your Values

Our goal is to give you the confidence to guide your family in a way that fits your own family values.

Questions We'll Answer Together



Mental Health Impact

How do I know if social media or video games are affecting my child's mental health?



The Full Picture

Are there any positives to social media and technology – or is it all negative?



First Phone Decisions

Should I give my child a phone? How do I set rules when they get their first one?



Healthy Habits

How do I help my child build healthy screen habits from the start?



Cyberbullying

How do I recognize it, address it, and step in when my child needs me?

Who This Series Is For



Tweens & Teens (11–17)

Most of this series is designed for families with children ages 11 to 17 – when social media becomes a bigger part of their world.



Younger Children (Under 10)

We also share resources for younger kids – even children under 10 are already using video games, YouTube, and encountering content that isn't always age-appropriate.



All Parents

This series is for every parent who wants evidence-based tools – free from judgment – to support their family with confidence.

Our Approach



No Judgment

This is not about shaming families or spreading fear about something that is here to stay.



Evidence-Based

Every recommendation and insight is grounded in peer-reviewed research and guidance from leading medical organizations.



Practical Tools

We give you real, usable strategies – not just information – so you feel equipped to act.



Extra Resources

Check out the PDF linked to this video for additional resources, curated especially for families with younger children.



Your Ollie Team

Have questions along the way? Reach out to your Ollie team anytime – we're here to support you.

References

- References: American Academy of Child & Adolescent Psychiatry (AACAP), American Academy of Pediatrics (AAP), American Psychological Association (APA), Canadian Paediatric Society (CPS), U.S. Surgeon General, World Health Organization (WHO), Royal Society Open Science, Preventive Medicine Reports, Social Issues and Policy Review.