

## Anxious Generation Further Reading

*Over the influence: why social media is toxic for women and girls - and how we can take it back*

Kara Alaimo, 2024

*Growing up in public: coming of age in a digital world*

Devorah Heitner, 2023

*How to raise a healthy gamer : end power struggles, break bad screen habits, and transform your relationship with your kids*

Alok Kanojia, 2023

*Stolen focus: why you can't pay attention--and how to think deeply again*

Johann Hari, 2023

*Behind their screens: what teens are facing (and adults are missing)*

Emily Weinstein, 2022

*Who's raising the kids?: big tech, big business, and the lives of children*

Susan Linn, 2022

*The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life*

Miller, Lisa, 2021

*iGen: why today's super-connected kids are growing up less rebellious, more tolerant, less happy--and completely unprepared for adulthood*

Jean Twenge, 2017

*Free-range kids: giving our children the freedom we had without going nuts with worry*

Lenore Skenazy, 2010

*The Impact of Screen Time on Kids: What's at Stake* - <https://www.youtube.com/watch?v=uLV4G06WIkE>

A panel of experts join TODAY to discuss the impact of smartphones, social media and screens on the physical and mental health of children and teens. They talk about the current concerns over screen time, the developmental impacts of smartphones and more.

Resources from the Substance Abuse & Mental Health Services Administration (SAMHSA) -

[https://www.samhsa.gov/sites/default/files/kohs-social-media-internet-youth-mental-health-factsheet.pdf?fbclid=IwY2xjawEshl1leHRuA2FibQIxMAABHV7cgJPKxG7nswNg1n3mO42aljR52-kypXsZrWcOyxr8kxEvHU\\_8rZ87ug\\_aem\\_xKgBT9-qeVsApLrO9XLtFQ](https://www.samhsa.gov/sites/default/files/kohs-social-media-internet-youth-mental-health-factsheet.pdf?fbclid=IwY2xjawEshl1leHRuA2FibQIxMAABHV7cgJPKxG7nswNg1n3mO42aljR52-kypXsZrWcOyxr8kxEvHU_8rZ87ug_aem_xKgBT9-qeVsApLrO9XLtFQ)