**Media Resources for Providers and Families**

### Digital

* [**American Academy of Pediatrics' Media Matters Campaign**](http://www.aap.org/advocacy/mediamatters.htm)
This site includes policy statements, articles and public education brochures created by pediatricians.
* [**Campaign for a Commercial-Free Childhood (CCFC)**](http://www.commercialfreechildhood.org/)
* [**Center for Media Literacy**](http://www.medialit.org/)
This non-profit organization offers a large number of parent and teacher media literacy resources, organized by subject matter and grade level, in its online catalog. Some of the resources are available online free of charge, while others are for sale.
* [**Common Sense Media**](http://www.commonsensemedia.org/)
A not-for-profit site that features reviews of movies, music, books, games and other Web sites intended to help families make decisions about what they watch, hear, read and play.
* [**Just Think Foundation**](http://www.justthink.org/)
The site for this San Francisco-based non-profit organization offers resources for parents, teachers and youth.
* [**Media Education Foundation**](http://www.mediaed.org/)
This non-profit educational organization sells videos that cover media issues relevant to adolescents and teens. Video topics include the way girls and women are portrayed in media, consumerism and hip hop culture.
* [**Net Family News**](http://www.netfamilynews.org/)
At this site, parents can subscribe to a weekly e-mail newsletter that includes family-relevant news clippings and also a blogroll of others who are writing and tweeting about children and technology.
* [**New Media Literacies**](http://www.newmedialiteracies.org/)
Based at USC’s Annenberg School for Communication, this site houses print resources and videos on such topics as remixing and reading in a participatory culture.
* [**Parent Further**](http://www.parentfurther.com/technology-media)
Run by the Search Institute and drawing on the National Institute on Media and the Family, the “Technology and Media” section of this site includes information on cell phones, social networking and a range of other topics.
* [**PBS Teachers: Media Literacy**](http://www.pbs.org/teachers/media_lit/)
The PBS Teachers's section on media literacy includes a quiz that parents can take about kids and media use, as well as links to other resources and classroom ideas for educators

### Print

* **Born Digital: Understanding the First Generation of Digital Natives**
by John Palfrey and Urs Gasser
Referring to people born after 1980, this books looks at the social and legal issues facing young people and the adults who guide them.
* **Convergence Culture: Where Old and New Media Collide**
by Henry Jenkins
Written by a communications professor (formerly at MIT, now at USC), this book weaves together trends in popular culture and emerging media that are shaping the world in which young people are growing.
* **Hanging Out, Messing Around, and Geeking Out: Kids Living and Learning with New Media**
by Mizuko Ito et al
Growing out of a collaborative project funded through the MacArthur Foundation’s Kids’ Informal Learning with Digital Media, this collection of essays focuses on young people’s use of media at home, in afterschool programs and online.
* **Into the Minds of Babes: How Screen Time Affects Children from Birth to Age Five**
by Lisa Guersey
This books summarizes research on children and media, highlighting study findings with easy-to-follow descriptions.

## **Media Tracking Apps/Hardware**

## [**Moment**](https://inthemoment.io/)

We all know the feeling of getting sucked into something on Instagram or reading about the latest Twitter feud, and then bam, it’s two hours later. Moment helps you keep track of your own time (and set limits), or those in your household with [Moment Family](https://inthemoment.io/family). It logs things like how many times you’ve picked up your phone, which apps are most frequently used and of course, how much overall time is spent on the phone. To scale back, you can set time limits and even turn off devices for ‘Family Dinner Time.’ ***Good for:*** Tracking individual time or family members’ usage, ***Cost:*** Free for individual use ($3.99/month for Pro features); $14.99 for three months of Moment Family, ***Platform:*** [iOS](https://itunes.apple.com/us/app/moment-track-how-much-you/id771541926?mt=8&ign-mpt=uo%3D4)

## [**unGlue**](https://www.unglue.com/index.html)ke up to the day's most important news.

Top of Form

Bottom of Form

unGlue puts more responsibility onto the kids’ themselves in managing their own screen time. unGlue works on smartphones, tablets and computers and allows you to set time parameters on each device, Internet schedules. Parents can be the overall time keepers (ex. two hours of ‘Entertainment Time’ per day), but kids then decide how they want to spend that. Kids can also bank unused time and also complete special chores/tasks via the [unGlue Kids app](https://itunes.apple.com/us/app/unglue-kids/id1129021582?mt=8) to earn more time (if the parent chooses to grant it). The service extends outside of the home via VPN, but intermittent connectivity makes it more consistent and accurate when used at home. ***Good for:*** Younger kids with smartphones. ***Cost:*** Free if you have a networked desktop computer, otherwise $30 for a piece of hardware that connects to router. ***Platform:*** [iOS](https://itunes.apple.com/us/app/unglue-parental-control-screen-time-manager/id1129017998?mt=8)

## [**Bosco**](https://www.boscoapp.com/)

Bosco relies on a unique algorithm that flags “irregular” events on your child’s phone that might indicate something out of the ordinary. Things like changes in sleep patterns, unusual social media activity, geo-location that identifies atypical routes are examples. It relies on this irregular behaviors and activities to alert you, without giving you access to all content on their phones and requiring you to read every text or status update. ***Good for:*** Older kids on social networks who are more autonomous. ***Cost:*** Free ***Platform:*** [iOS](https://itunes.apple.com/us/app/bosco-smart-parents-app/id1169993252?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.bosco.boscoApp)

## [**Bark**](https://www.bark.us/)

Bark follows a similar philosophy as Bosco about taking a more hands-off approach to digital monitoring, but is **much** more comprehensive in what it tracks. It covers all major email platforms; social media platforms; popular group apps like WhatsApp, Kik and GroupMe; and even has the ability to detect nudity on images/videos sent via text. The algorithm can even decipher a ‘you suck’ comment made in jest about getting a new iPhone vs. one with malicious intent. ***Good for:*** Older kids on social networks who are more autonomous. ***Cost:*** $9/month or $99/year (first month free) for unlimited number of kids’ devices. ***Platform:*** [iOS](https://itunes.apple.com/us/app/bark-your-familys-watchdog/id1164495253?mt=8) and [Android](https://play.google.com/store/apps/details?id=cm.pt.barkparent)

## [**Circle by Disney**](https://meetcircle.com/)

Circle provides a combination of features from all that have been previously mentioned, and offers comprehensive monitoring, tracking and filtering for all age groups. The general age categories are Pre-K; Kid; Teen; and Adult. You can get very specific with controls, enabling or disabling certain websites and apps after a certain amount of time (e.g. 45 minutes of Minecraft). Circle is a piece of hardware that connects to your router. **Good for:** Everyone in the family if you want to get very specific with monitoring. **Cost:** $99 for hardware, no subscription needed for in-home use; additional fees apply if you want to continue monitoring outside of home with Circle Go. **Platform:** [iOS](https://itunes.apple.com/us/app/circle-home/id1037062934) and [Android](https://play.google.com/store/apps/details?id=com.circlemedia.circlehome)