

# WELLNESS

## Resources

# Help protect children!

*Important Public Service Message from*

# NICHOLAS DIBS, TEACHER

*Advocate for better schools and communities*

- SaveTheKids.org
- ProtectYoungEyes.com
- ScreenagersMovie.com/resources
- TomKersting.com ("DISCONNECTED, How to Reconnect Our Digitally Distracted Kids")
- InternetMatters.org
- DrLisaStrohman.com (Digital Citizen Academy to help keep families safe from online dangers)
- TheJoyfulChild.org ("Be Brave-Be Safe" program)
- FTC.gov/KidsOnline ("NET CETERA, Chatting with Kids About Being Online")
- Judiciary.senate.gov/committee-activity/hearings/protecting-our-children-online
- Google: CA HR28 Humane education for students
- SocialEmotionalPAWS.com (and .org)
- DrKardaras.com (Glow Kids: How Screen Addiction is Hijacking Our Kids - and How to Break the Trance")
- Kindness1billion.org (OCDE's goal to reach 1 billion acts of kindness)
- EyeSafe.com/scr73/
- ECPATusa.org
- Human Trafficking Hotline (888.373.7888)
- SuicideisPreventable.org (800.273.8255 or Dial 988)
- 24/7 HELP Dial 211
- RichardFreed.com ("WIRED CHILD: Reclaiming Childhood in a Digital Age")
- OrangeCountyTribune.com/2023/03/29/utah-vs-social-media-addiction
- ScreenStrong.org
- GaiaBernstein.com
- TheSocialDilemma.com
- BlueLightSummit.com
- Teens.DrugAbuse.gov
- DrugAbuse.gov
- SAMHSA.gov (800.622.4357)

