



Family Resources for Digital Health

1. [**Be Internet Awesome**](#): Google program to teach kids online safety in animated Interland
2. [**Children and Screens Tip Sheets**](#): brief tip sheets for caregivers on variety of topics, including online safety, misinformation, sextortion, video gaming, neurodivergent youth
3. [**Common Sense Media**](#): curated reviews of media based on child's age
4. [**Family Media Plan**](#): popular template from the American Academy of Pediatrics
5. [**Family Online Safety Institute**](#): international org shares best practices and resources for good digital parenting, including a Digital Reputation Checklist
6. [**FBI Safe Online Surfing**](#): game developed by the FBI teaches kids about cyber safety and digital citizenship
7. [**Glossary of Digital Media Platforms**](#): detailed information about video sharing, social media and gaming apps popular with kids along with parent controls
8. [**Guide to Dumb Phones**](#): comparing smartphones to basic phones
9. [**Healthy Media Habits Series**](#): Wisconsin video series for families
10. [**Healthy Video Viewing Guide for Parents with Teens**](#): American Psychological Association guide on how video content affects adolescent development, mental health, and well-being, along with ways to build skills for thoughtful media consumption
11. [**Raising Digitally Responsible Youth**](#): a visual parent's guide covering the essentials, general household suggestions, screenshots explaining popular apps plus an emoji guide
12. [**Safety Checklist**](#): set parent controls, see [parent guides](#), practice with [YouTube Family Center](#)
13. [**Social Media & Mental Health Question Portal**](#): interactive Q&A portal staffed by youth mental health experts
14. [**SUSO**](#): Speak Up, Speak Out tipline to report bullying/threatening behavior among Wisconsin youth 24/7
15. [**Take it Down**](#): free service to help remove online nude, partially nude, or sexually explicit photos and videos taken before age 18
16. [**Teen Slang Every Parent Should Know**](#) and [**Emoji Drug Code**](#): understanding and decoding digital communications among youth