

Children's Mental Health Network Meeting Resources
Technology and Children's Mental Health
August 7, 2026

Studies and Research on Artificial Intelligence (AI)

Common Sense Media

- **AI Use by Tweens and Teens, 2026**
 - [About the report and link to report](#)
 - [Direct link to report](#)
- **Talk, Trust, and Trade-Offs: How and Why Teens Use AI Companions, 2025**
 - [About the report and link to report](#)
 - [Direct link to report](#)

[The Rithm Project](#)

Youth, AI, and the Relationships that Shape Them – large-scale study that explores how young peoples' AI use intersects with their social lives, emotional wellbeing, and the relationships around them. [Read the report](#)

Tools and Resources on Screens, AI, and Digital Safety

American Academy of Pediatrics (AAP)

- Center of Excellence: Social Media and Youth Mental Health – Early Childhood Development and Screen Time Toolkit. [Access the toolkit](#).
- Healthy Digital Habits, AAP Digital Tools – Family Media Plan, tipsheets, tools, videos, 5Cs of Media Use, presentations, and parent articles. [Access the information](#).

Common Sense Media

- AI Literacy Toolkit for Schools and Families. [Access the toolkit](#)
- Youth AI Safety Institute – AI product evaluations, help for families. [Access the information](#)

Jonathan Haidt Ted Talk – How Screens Stole Childhood – [Watch the video](#)

Children and Screens Institute of Digital Media and Child Development

- Tip sheets, webinars, podcasts. [Access the information](#)
- Research at a Glance – Social Media and Youth Mental Health 2026. [See the research](#)

Our Minds Matter – social media and mental health – written for teens, by teens. [Access the information](#)

Child Trends – A Short Guide for Parents and Caregivers on Helping Boys Navigate Harmful Online Influences. [Access the information](#)

- Helping Boys Navigate Harmful Online Influences. [Access the research brief](#)
- 5 Ways to Help Boys Use Tech Respectfully. [Access the research brief](#)