

When screens take over...



...it can be frustrating for parents and caregivers



When Screens Take Over:
A Parent's Guide on Teen Digital Media Overuse

A PROJECT OF
Screens Take Over Mental Health Work Group
a national network of experts

This authoritative, evidence-based guide is the definitive resource on digital media overuse and addiction. It's an easy-to-use tool that supports parents/caregivers, mental health practitioners, pediatricians, school counselors, and anyone who works with teens and children.

Top experts in the fields of addiction and youth mental health reveal:



How persuasive design tactics lead to overuse and addiction

Prevention recommendations to keep youth safe

Treatment options if a teen you know is struggling

Wellness practices to support adolescent well-being

Resources for navigating family conversations

Family media plan that invites collaboration



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bit.ly/WhenScreensTakeOver