

# *What's Next? Tools to keep Unplugging:*

## **Unplug Books for Kids:**

*It's a Book* by Lane Smith

*Dot.* by Randi Zuckerberg (Author), Joe Berger (Illustrator)

*Goodnight iPad: a Parody for the next generation* by Ann Droyd

*Doug Unplugged* by Dan Yaccarino

## **Unplug Books for Adults:**

*Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age* by David Dutwin

*The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* by Catherine Steiner-Adair EdD. and Teresa H. Barker

*Alone Together: Why We Expect More from Technology and Less from Each Other* by Sherry Turkle

*The Information Diet: A Case for Conscious Consumption* by Clay A. Johnson

*Irresistible* by Adam Alter

*An Oasis in Time* by Marilyn Paul PhD

*How to Break Up With Your Phone* by Catherine Price

## **Play:**

**Off the Grid Box.** A family activity that makes it easy and fun for parents and kids to discuss their values and experiences with social media, online safety and responsibility, while learning about each other.

## **Track your Tech:**

**Lilspace:** The lilspace app, available for iOS and android, gives us a way to use the power of technology for good. With lilspace you can set intentions to unplug, tag your focus and track your time. Get inspired by challenging your friends and showing them that good things happen when we put away our phones! You can spread the power of unplugging by posting your progress on Twitter and FB. Lilspace offers unplugging tools like automatic snooze and status updates in slack (iOS and android) as well as auto reply to texts and calls (android only). Get lilspace today and focus on what matters most!

## **Watch:**

**Screenagers** probes into the vulnerable corners of family life, including the director's own, and depicts messy struggles, over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists solutions emerge on how we can empower kids to best navigate the digital world.