

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.