**Resources**

**News Stories**

*Well Spent Founder Tristan Harris on Recode Decode*. Available at: <https://thriveglobal.com/stories/full-transcript-time-well-spent-founder-tristan-harris-on-recode-decode/>

*Tristan Harris says tech is “downgrading” humanity – but we can fix it*. Available at: <https://www.vox.com/recode/2019/5/6/18530860/tristan-harris-human-downgrading-time-well-spent-kara-swisher-recode-decode-podcast-interview>

*Former Facebook exec says social media is ripping apart society*, Available at: <https://www.theverge.com/2017/12/11/16761016/former-facebook-exec-ripping-apart-society>

*Interview with Jaron Lanier.* Available at: <https://www.theguardian.com/technology/2017/nov/12/jaron-lanier-book-dawn-new-everything-interview-virtual-reality>

**Videos**

*Coleman Hughes on ‘Social Dilemma’ With Tristan Harris [S2 Ep.11]* Available at: <https://www.youtube.com/watch?v=O397sTyNm54>

*Full Interview with Facebook Co-Founder Chris Hughes*. Available at: <https://www.cnbc.com/video/2019/06/17/watch-cnbcs-full-interview-with-facebook-co-founder-chris-hughes.html>

*The Social Dilemma*. Available on Netflix.

**Podcasts**

*Recode Decode: Facebook co-founder Chris Hughes.* Available at <https://podcasts.apple.com/us/podcast/bonus-why-facebook-co-founder-chris-hughes-wants-government/id1011668648?i=1000437748053>

*Digital Humanism: A Conversation with Jaron Lanier.* Available at: <https://samharris.org/qa/jaron-lanier/>

*The Ezra Klein Show: Jaron Lanier’s Case for Deleting Social Media Right Now.* Available at:[**https://www.youtube.com/watch?v=o7XigVwjD1Y**](https://www.youtube.com/watch?v=o7XigVwjD1Y)

**Books**

*New Dark Age* by James Bridle

*How to Do Nothing: Resisting the Attention Economy* by Jenny Odell

*The Attention Merchants* by Tim Wu

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

*Digital Minimalism: Choosing a Focused Life in a Noisy World* by Cal Newport

**Research Articles**

*Internet Addiction Prevalence and Quality of (Real) Life: A Meta-Analysis.* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4267764/>

Takeaway: Rates of Internet Addiction are higher in countries that report lower happiness.

**Research Articles for Parents**

*Smartphones, social media use and youth mental health.* Available at: <https://www.cmaj.ca/content/192/6/E136.short>

*Social media use and risky behaviours in adolescents: A meta-analysis*. Available at: <https://www.researchgate.net/profile/Anna-Vannucci/publication/338979439_Social_media_use_and_risky_behaviors_in_adolescents_A_meta-analysis/links/5e3c3a03a6fdccd9658df0f4/Social-media-use-and-risky-behaviors-in-adolescents-A-meta-analysis.pdf>

*Social Media Use and Mental Health and Well-Being Among Adolescents – A Scoping Review.* Available at: <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01949/full>

*Children & Young People’s Mental Health in the Digital Age.* Available at: <https://www.oecd.org/els/health-systems/Children-and-Young-People-Mental-Health-in-the-Digital-Age.pdf>

*Through the Looking Glass of Social Media.* Available t: <https://www.mdpi.com/1660-4601/18/6/3319/pdf>

*The effect of social media on well-being differs from adolescent to adolescent.* Available at: <https://www.nature.com/articles/s41598-020-67727-7>