

Resources

YouTube

- #TIKTOKBOOM? | Keynote with Glynn Harrison (Part 1 of 3)
<https://youtu.be/m-ZuKXY49so?si=EpYA8Hkzs9a3-ivJ>
- Smartphone Addiction and Gen Alpha | Jonathan Haidt, Social Psychologist
<https://youtu.be/k1SyCZwMqfY?si=bdYTfZUMlWAqsbh0>
- Helping parents to talk to teens on social media, the internet and porn | Marshall Ballantine-Jones, The Pastor's Heart
<https://youtu.be/kt2RnYwjzQ0?si=C51AHZ6r8pv9ASHy>
- Understanding Adolescent Anxiety, Depression, and Mental Health | TGC Podcast - Ep. 359
<https://youtu.be/Gk5dQyEpuRg?si=bpbmvZmRR0yW2TC2>
- 6 Lies We're Being Fed Right Now | Glen Scrivener (Speak Life)
<https://youtu.be/SGKknrUiyfU?si=ALqwSnh4fJ3tzYWW>

Books

- Raising Kids in a Screen-Saturated World, Help for Parents | Eliza Huie
<https://uk.10ofthose.com/product/9781912373314/raising-kids-in-a-screen-saturated-world-paperback>
- Scrolling Ourselves to Death, Reclaiming Life in a Digital Age | Brett McCracken and Ivan Mesa
https://uk.10ofthose.com/product/9781433599446/scrolling-ourselves-to-death-paperback?srsId=AfmBOoqlDXp_IVjUIRhuSC1C30TfqdHUp8FfBi_I_nNqk699JZX-4zvLF
- The Anxious Generation | Jonathan Haidt
<https://www.waterstones.com/book/the-anxious-generation/jonathan-haidt/9781802063271>
- The Gospel Way Catechism: 50 Truths That Take On the World | Trevin West and Thomas West
<https://www.amazon.co.uk/Gospel-Way-Catechism-Truths-World/dp/0736991417>

Podcasts

- The Crossway Podcast - How to Develop Healthier Tech Habits in 2025 | Samuel James
<https://open.spotify.com/episode/2cC8j6agaJhDHbzsdwZz0J>
- The Crossway Podcast - How to Talk with Your Kids about Sexuality, Screen Time, and Hostility at School | Andrew and Christian Walker
<https://open.spotify.com/episode/14Hkos9nq6UvIIT3TlyHY3>
- The Crossway Podcast - What Your Teenager Needs Most | Paul Tripp <https://open.spotify.com/episode/1t68j2IEAA9984kRNAk5Zv>
- Redeeming Productivity - What is Christian Productivity? | Reagan Rose
<https://open.spotify.com/episode/3RQRXMmiZTGJhqMIGetDeG>

Articles

- Gen Z, Fight 'Brain Rot' by Reading Books February 3, 2025 | by Luke Simon <https://www.thegospelcoalition.org/article/gen-z-brain-rot-books/>
- Guard Kids' Eyes and Hearts Online, November 7, 2024 | Tim Wolford <https://www.thegospelcoalition.org/article/guard-kids-online/>
- Seek Wisdom in the Age of Algorithms, October 13, 2022 | Steve Bateman <https://www.thegospelcoalition.org/article/wisdom-algorithms/>