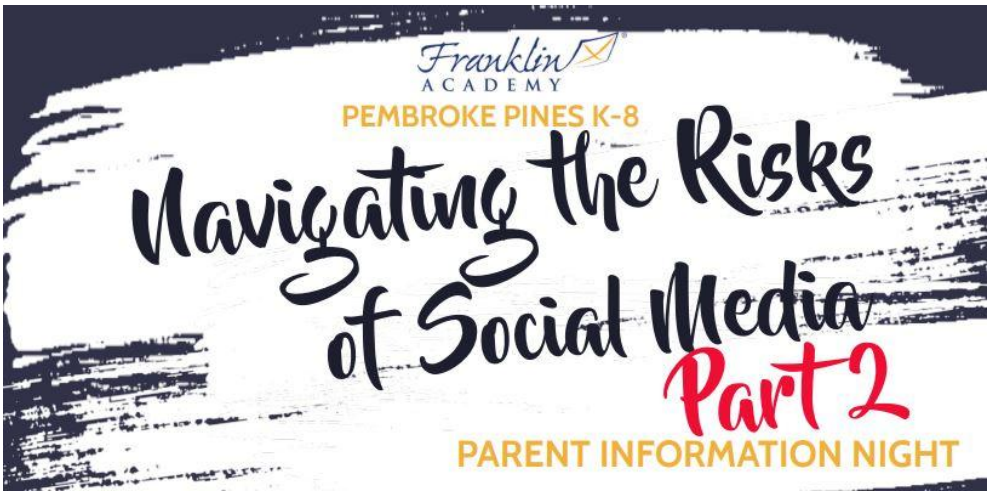

Resources

Article "The Dangers of Social Media For Teens"
-**https://www.outbacktreatment.com/the-dangers-of-social-media-for-teens/**

Article "18 Social Media Apps and Sites Kids are Using Right Now"
https://www.commonsensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook

Common Sense Media Website - media reviews, recommendations and advice for families. **www.commonsensemedia.org**

OurPact App - accessible via google or apple store

Documentary "The Social Dilemma" - Accessible via Netflix

In this clip, the inventors and creators of all media applications discuss what their job responsibilities were and how they created an algorithm to become addicted.
https://youtu.be/zK-GIh4FJZQ

The Center for Internet and Technology Addiction Website - A great site created by psychologists to help parents, kids, families learn about the addiction of technology and how detox is imperative to the success of our up and coming generation.
https://virtual-addiction.com/