





6. How do/did smartphones influence the way your parents are involved in your life?
7. In what ways would you like to see younger kids' tech use change?
8. How do you feel about the amount of time you spend online? Are there other activities you wish you had more time for? If yes, how can you create more opportunities to engage with the real world as opposed to the virtual one?
9. The book says that one problem with a phone-based childhood is that it replaces the hours children would otherwise spend playing in the real world: "M



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1. Do the obvious: Leave your phone outside the bedroom at night.
  2. Take a digital sabbath—a day off a month when you don't use any internet-connected devices. You will live.
  3. Try a no-phone get-together.
  4. Partner with a few friends to advocate for a phone-free space (or school, classroom, or dining hall, depending on your stage of life).
  5. Keep the phone in another room the whole time you visit Grandma.
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*Bowling Alone*, Robert D. Putnam  
*Never Enough*, Jennifer Breheny Wallace  
*The Emotional Lives of Teenagers*, Lisa Damour, PhD  
*How to Raise a Healthy Gamer*, Alok Kanojia, MD, MPH  
*The Screen Strong Solution*, Melanie Hempe, BSN  
*Quiet*, Susan Cain  
*The Family Firm*, Emily Oster  
*Mortal Combat*, Patrick M. Markey, PhD, and Christopher J. Ferguson, PhD  
*Unequal Childhoods*, Annette Lareau

[letgrow.org](http://letgrow.org) (school programs)  
[everyschool.org](http://everyschool.org)  
[phonefreeschoolsmovement.org](http://phonefreeschoolsmovement.org)

[screenstrong.org](http://screenstrong.org)  
[fairplayforkids.org](http://fairplayforkids.org)  
[gamequitters.com](http://gamequitters.com)  
[screentimenetwork.org](http://screentimenetwork.org)  
[waituntil8th.org](http://waituntil8th.org)  
[healthygamer.gg](http://healthygamer.gg)  
[protectyoungeyes.com](http://protectyoungeyes.com)  
[delaysmartphones.co.uk](http://delaysmartphones.co.uk)  
[lookupnonprofit.com](http://lookupnonprofit.com)  
[smart-families.org](http://smart-families.org)  
[oktodelay.org](http://oktodelay.org)  
[getmediasavvy.org](http://getmediasavvy.org)  
[smartphonefreechildhood.co.uk](http://smartphonefreechildhood.co.uk)  
[screensanity.org](http://screensanity.org)  
[wearemama.squarespace.com](http://wearemama.squarespace.com)  
[parentssos.org](http://parentssos.org)

[letgrow.org](http://letgrow.org)  
[outsideplay.org](http://outsideplay.org)  
[montanawildernessschool.org](http://montanawildernessschool.org)  
[nifplay.org](http://nifplay.org)  
[nols.edu](http://nols.edu)  
[onbeing.org](http://onbeing.org)  
[afsusa.org/study-abroad](http://afsusa.org/study-abroad)  
[americanexchangeproject.org](http://americanexchangeproject.org)  
[outwardbound.org](http://outwardbound.org)  
[wildernessadventures.com](http://wildernessadventures.com)  
[ycamp.org/wilderness-trips](http://ycamp.org/wilderness-trips)  
[boystomen.org/](http://boystomen.org/)

designitforus.org  
gamequitters.com  
healthygamer.gg  
logoffmovement.org  
nosonovember.org

humanetech.com  
reset.tech

П H Λ B Ъ  
commonsense.org  
aibm.org  
psychoftech.org