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The Commonwealth's Reclaiming Childhood Initiative

Reclaiming Childhood - this webpage provides comprehensive information on the initiative, the Reclaiming Childhood Task Force, and links to a variety of additional resources, including the *Social Media & Mental Health Toolkit* (published September 29th, 2025).

Everything All in One Place

Center of Excellence on Social Media and Youth Mental Health - created by the American Academy of Pediatrics (AAP) with a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to be a "centralized, trusted source for evidence-based education and technical assistance to support the mental health of children and adolescents" for parents, caretakers, clinicians, educators, mental health service providers, and youth themselves.

Why The Need for Action is So Urgent

The Anxious Generation - provides information on Jonathan Haidt's best selling book credited with beginning a global movement towards the reduction of phone and social media use among youth in schools, communities, and in government policy; links to many other resources also included.

Social Media and Youth Mental Health | HHS.gov - provides link to the Surgeon General's 2024 Advisory as well as insight and resources that go beyond it.

Specific to Foster Care Related Populations

Youth in Care and Social Media Use | Center for Advanced Studies in Child Welfare - University of Minnesota's resource page developed to connect foster parents, caregivers, child welfare workers, and other adults supporting youth in care to resources for safe use.

Social Media: Tips for Child Welfare Workers - downloadable, audience-specific fact sheet.

Social Media: Tips for Foster Parents and Caregivers - downloadable, audience-specific fact sheet.

Social Media: Tips for Youth in Foster Care - downloadable, audience-specific fact sheet; appropriate to print and share with youth in foster care.

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[A Systematic Review of Internet Communication Technology Use by Youth in Foster Care - PMC](#) - article from the Child and Adolescent Social Work Journal

Parental/Caretaker Oversight

[Social Media parental controls & privacy settings | Internet Matters](#) - step-by-step guides on navigating WhatsApp, FaceTime safety, Snapchat, Instagram, etc. - all information is updated regularly and currently up to date for 2025.

[Social media advice hub | Internet Matters](#) - provides advice/guides on using strong privacy settings, talking about sharing safely, limiting friend and follower requests, monitor activity with supervision tools, talking about keeping it positive online + a lot more.

[Parent Guides from ConnectSafely - ConnectSafely](#) - offers a combination of the two resources just above+ more, but not as extensive regarding number of apps they have guides for, though there are guides for other things like guides to Google Searches, "smart" glasses, literacy and false information, etc.

[Smart Social - YouTube](#) - provides guidance for caretakers on all of the above and more via (very) current YouTube videos for those who rather watch/listen instead of read webpages

[Popular Teen Apps for Parents & Teachers](#) (Smart Social) - "170+ Popular Teen Apps Parents and Teachers Need to Know" - Probably the most extensive list of apps on any website I've been able to find in the last 8-9 months, many I've never seen or heard of before.

[430+ Teen Slang, Emojis, & Hashtags Parents Need to Know](#) (Smart Social) - Guide to online use of emoji combos, slang etc. allowing caretakers to more easily decode messages, hashtags etc.

[Parents' Ultimate Guides | Common Sense Media](#) - assortment of guides on AI chat bots, AI companions, Snapchat, Instagram, etc. - all information is updated regularly and currently up to date for 2025. ***Note:*** Membership of $3.99/month required for full access.

Positive Role Modeling & Open Communication

[Parents & screen time: role-modelling | Raising Children Network.](#) - provides tips on role-modeling heathy screen time, use of digital technology, and social media; website offers guidance on many other parenting and caretaking topics as well.

[Conversation Starters for Families Around Social Media.pdf](#) - advice & prompts for starting open conversations about social media and keeping them going with tweens and teens.

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[Access The Anxious Generation Guide for FREE - Good Inside](#) - enter your email to download a free guide from Good Inside and the Anxious Generation titled, "5 Strategies for Parents to Free the Anxious Generation" (easy to unsubscribe from email list after).