

Addiction:

Further information and helpful resources.

Books

Dopamine Nation: Finding Balance in the Age of Indulgence, by Anna Lembke

Presents the evidence that explains why the relentless pursuit of pleasure leads to pain, and what to do about it.

Simplicity Parenting, by Kim John Payne and Lisa M. Ross

Explores how children may be impacted by a fast-paced and overstimulating environment, and presents ideas for change.

The Addiction Questions and Answers Book, by the writers of The Good and the Beautiful curriculum.

This book is designed to accompany a science unit for students in grades 7-8. It aims to teach children and teenagers to recognize addictive substances and activities, the dangers of using them, and honor themselves as God's divine creations.

The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness, by Jonathan Haidt

The author, a social psychologist, explores the reasons for the rapid rise in depression and anxiety among youth. He also addresses how addiction works in adolescents.

Handouts

[Help Children Reduce Screen Time](#)

[Contracts for Smartphones, Social Media and Gaming](#)

[The 5 Cs of Media Use](#)

[Talking to Kids about Alcohol & Other Drugs](#)

[Building Communication](#)

[Conversations about Alcohol - Decision Making Guide](#)

Websites

Additude Magazine

“The ADHD and Addiction Link: Addictive Behaviors in Adults Explained”
(<https://www.additudemag.com/addictive-behaviors-adhd/>)

Al-Anon

(<https://al-anon.org/>) Find in-person or electronic support groups and other resources for those (including teens) affected by someone’s problem drinking.

Amaze

“The #AskableParent Guide to Porn” (<https://amaze.org/parents/guides/porn/>): Evidence-based information and support for parents talking with children and adolescents about sex. This particular link addresses talking about pornography.

American Psychological Association (APA)

“Keeping Teens Safe on Social Media”
(<https://www.apa.org/topics/social-media-internet/social-media-parent-tips>)
“How Much Is Too Much Social Media Use”
(<https://www.apa.org/topics/social-media-internet/social-media-literacy-teens>)

Child Mind Institute

“Is Internet Addiction Real?” (<https://childmind.org/article/is-internet-addiction-real/>)
“How to Set Limits on Screen Time”
(<https://childmind.org/article/how-to-set-limits-on-screen-time/>)

Common Sense Media

(<https://www.commonsensemedia.org/>): Find ratings and reviews for media content as well as guidance to help you make decisions on appropriate content for your children.
(<https://www.commonsensemedia.org/articles/how-do-i-decide-which-parental-controls-to-use>): An overview of available parent controls, and advice on determining which to use.

Find Treatment

(<https://findtreatment.gov/>): An address-based search tool to find substance use treatment providers.

Good Inside

(<https://www.goodinside.com>): Offers a subscription-based parenting resource library including a “Managing Screen Time” workshop.
(https://m.youtube.com/watch?v=r_BnhWkMiEs): The Good Inside Podcast addresses parenting topics including the “Losing my Teen to the Screen” episode.

Healthy Children

“Family Media Plan” tool

(<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>): create, save, print, and edit your family’s media plan based on your schedule, needs, and values.

National Center of the Sexual Behavior of Youth

(<https://www.ncsby.org/children>): information for parents about normal sexual development and problematic sexual behavior in children.

National Institute on Drug Abuse

(<https://nida.nih.gov/research-topics/parents-educators>): Resource page to parents and educators

Psychology Today (<https://www.psychologytoday.com/us/basics/anxiety>): Information and resources for a variety of mental health conditions. The site also offers a free “Find a Therapist” search tool.

Substance Abuse and Mental Health Services Administration (SAMHSA)

(<https://www.samhsa.gov/find-help>): provides resources on behavioral health treatment across the country, as well as medication-assisted treatment programs for opioid addiction.

- You can also call the SAMSHA National Helpline at 1-800-662-HELP(4357) (TTY: 1-800-487-4889), which is free and open 24/7, 365 days a year. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

“Alcohol Treatment Navigator” (<https://alcoholtreatment.niaaa.nih.gov/>): Provides a step-by-step strategy for finding the best quality alcohol treatment programs and individual providers.

Self-Empowering Addiction Treatment Association

(<http://www.seatainfo.org/>): Provides a directory for harm reduction and other treatment alternatives to a disease-model approach.

Talk it Out

(<https://www.talkitoutnc.org/>): Provides resources on how to start the conversation to reduce underage drinking.

WeCan

<https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/index.htm>

Ways to reduce screen times.