

FURTHER RESOURCES

CONTENT TO WATCH

- **Swiped, Channel 4 documentary:** <https://www.channel4.com/programmes/swiped-the-school-that-banned-smartphones>
- **Health Professionals For Safer Screens – Webinars and Parent resources:** <https://healthprofessionalsforsaferscreens.org/resources/resources-for-professionals/resources-for-education-professionals/>
- **EdTech webinar – Sophie Winkleman and Jonathan Haidt:** <https://youtu.be/Uh-j0XvR6K8>
- **Smartphone Free Childhood - Kent Webinar (November 2024) – Featuring John Wallis Academy Principle, Damian McBeath:** <https://www.youtube.com/watch?v=xhBt27rHnXk>
- **The Battle for your Time – Exposing the Costs of Social Media -** <https://youtu.be/4TMPXK9tw5U?si=1FxeWhfbysZYy6m3> (Potentially suitable as content to show children, pending parental review)

PODCASTS TO LISTEN TO

- **Cyber brothels, AI girlfriends and misogynistic algorithms: Laura Bates on the new age of sexism -** <https://podcasts.apple.com/gb/podcast/cyber-brothels-ai-girlfriends-and-misogynistic/id1602088590?i=1000708033143>
- **Rangan Chaterjee, Feel Better Live More with Jonathan Haidt** <https://drchatterjee.com/how-smartphones-are-rewiring-our-brains-why-social-media-is-eradicating-childhood-the-truth-about-the-mental-health-epidemic-with-jonathan-haidt/>
- **Dopamine Slot Machine -** <https://podcasts.apple.com/gb/podcast/the-dopamine-slot-machine/id1788796528>
- **Your Undivided Attention -** <https://podcasts.apple.com/gb/podcast/your-undivided-attention/id1460030305>

RECOMMENDED READING

- **Jonathan Haidt, The Anxious Generation (Book) – Includes research and analysis on the impact of screens on children since the early 2010s and the changes in society.** https://www.amazon.co.uk/s?k=anxious+generation%2C+jonathan+haidt&crd=2C303S4T75J3F&sprelix=anxious+generation+jonathan+haidt%2Caps%2C87&ref=nb_sb_noss_2
- **<https://www.humanetech.com>** – several resources and modules on key topics
- **[Smartphonefreechildhood.org](https://www.smartphonefreechildhood.org)** – containing further resources and information
- **Minimising WhatsApp risks to children -** <https://docs.google.com/document/d/1ZkhH0atDrjciLowywmlaBEeA1KkOAVVp6VADaZCsjlw/edit?tab=t.0#heading=h.marhyd1pfhm6>