

- New Healthy Advisory on Social Media Use in Adolescence - <https://sparkandstitchinstitute.com/health-advisory-teenage-social-media/>
- Let's Design Tech With Adolescent Development in Mind (Not Dollars) - <https://sparkandstitchinstitute.com/lets-design-tech-for-adolescent-development-not-dollars/>
- Why the Shift From Control to Connection is Key To Mental Health - <https://sparkandstitchinstitute.com/teens-and-screens-why-the-shift-from-control-to-connection-is-key-to-mental-health/>
- Mental Health TikTok and Teens: <https://sparkandstitchinstitute.com/mental-health-tiktok/>
- Attention and the Brain: Why It's So Hard to Filter Out Digital Distractions - <https://sparkandstitchinstitute.com/attention-and-the-brain-hard-to-filter-digital-distractions/>
- What Teens Need Us to Know About Social Media and Mental Health - <https://sparkandstitchinstitute.com/need-to-know-social-media-mental-health/>
- Why Reducing Screen Time Might Not Be Your Best Resolution (But Changing Digital Habits Is) - <https://sparkandstitchinstitute.com/reducing-screen-time-digital-habits/>
- New Digital Devices? Get Off to the Right Start With a Family Media Plan - <https://sparkandstitchinstitute.com/new-devices-family-media-plan/>
- 10 Steps for Building Trust With Parental Controls - <https://sparkandstitchinstitute.com/build-trust-parental-controls/>
- Still Complicated: Instagram, Teens, and Body Image - <https://sparkandstitchinstitute.com/still-complicated-instagram-teens-and-body-image/>
- When Phones Get in the Way of Connection (and When They Don't) - <https://sparkandstitchinstitute.com/when-phones-get-in-the-way-of-connection/>
- Listen to Youth Voices in Uncertain Times - <https://sparkandstitchinstitute.com/listen-to-youth-voices-in-uncertain-times/>