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Titolo	Social media wellness : helping tweens and teens thrive in an unbalanced digital world // Ana Homayoun
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ISBN	1-0718-7319-9 1-5063-4306-6 1-5063-0131-2
Descrizione fisica	1 online resource (222 pages) : illustrations
Collana	Corwin Teaching Essentials
Disciplina	004.678083
Soggetti	Social media and children Internet and children
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (pages 191-205) and index.
Nota di contenuto	Landscape : what today's social media world looks like for tweens and teens -- Background : where we've been, where we're going, and why it matters -- Side effects : five ways social media affects today's tweens and teens -- Conversations : how to talk about social media -- Academic wellness : organization, compartmentalization, and energy management in the age of distractions -- Social and emotional wellness : encouraging students to be healthy online and in real life -- Physical wellness : finding balance in an unbalanced world -- Moving forward : implementing the strategies at school and at home -- Recommended reading list -- Acknowledgments -- Endnotes -- Index.
Sommario/riassunto	Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: • Manage distractions • Focus and prioritize • Improve time-management •

Become more organized and boost productivity • Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness "Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." -Jessica Lahey, Author of The Gift of Failure "This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know." -Rachel Simmons, Author of The Curse of the Good Girl Read About Ana Homayoun in the news: • NYTimes, The Secret Social Media Lives of Teenagers • Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting • Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat • Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online • Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? • Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint • 5 Ways Parents Can Help Kids Balance Social Media with the Real World.
