



Screenagers
Under the
Influence
November 22 2023



WELCOME

Parenting has become more complex in our modern technological world. Our hope is to find the balance between modern dopamine addictions (food, vaping, shopping, drugs, gaming, etc.) and finding a healthy balanced lifestyle. From the author of Dopamine Nation and practicing psychiatrist Anna Lembke *"I have come to believe living one day at a time is the key to living a more contented life. I have come to believe it ever more firmly because I see many young people who are born with every imaginable privilege- good parents, excellent education, relative wealth and they are so unhappy."* This one-page handout highlights some parenting resources and youth support services.

PODCASTS

[Your Teen with sue and steph-](#)

[Power your parenting-](#)

[Ask Lisa The Psychology of Parenting](#)



WEBSITES

[Quitnow.ca](#) -- resource for youth quitting or reducing vaping

[Foundry Langley BC](#) -- integrated health & wellness service for ages 12-24

[PCRS](#)- Pacific Community Resource Society

[Project Resiliency](#)- Langley School district

[Family Smart](#)- Families Helping Families

[Langley Children](#) Database of Langley Services

BOOKS/ARTICLES

[CBC Nov 16 2023 Research article](#)

[Dopamine Nation](#) Anna Lembke. MD

[Parenting in the Screen Age](#)
Delaney Ruston MD

[The Emotional Lives of teenagers: Raising Connected Capable and Compassionate Adolescents](#) Lisa Damour PHD



