

FAMILY DISCIPLE SHIP

conference

Resources

- <https://cpyu.org/>
- [Digital Kids Initiative](#)
- [Handout on Teens and Digitally Interrupted Sleep](#)
- [CPYU Family TableTalk devotionals](#)
- [Youth Culture Matters podcast archive](#) (episodes with Dr. Leonard Sax)
- [CPYU 1-minute long Youth Culture Today daily podcast](#)
- [Handout on Taking a Social Media Purposeful Pause](#)
- [Handout – A Primer On Electronic Addiction](#)
- [Common Sense Media](#)
- [Trinity Forum: a conversation with Andy Crouch](#)

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Book Recommendations

- Track: Culture: A Student's Guide to Technology
- Girls on the Edge: Why So Many Girls Are Anxious, Wired, and Obsessed--And What Parents Can Do
- The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups
- Boys Adrift
- Why Gender Matters, Second Edition: What Parents and Teachers Need to Know About the Emerging Science of Sex Differences
- Face Time: Your Identity in a Selfie World
- The Tech-Wise Family
- The Next Story: Faith, Friends, Family, and the Digital World
- Track: Anxiety: A Student's Guide to Anxiety
- 12 Ways Your Phone Is Changing You
- Track: Culture: A Student's Guide to Navigating Culture