



OCTOBER 21 WEBINAR RESOURCES – BEYOND SCREEN TIME: UNDERSTANDING YOUTH TECHNOLOGY USE AND ITS IMPACTS

For some links, login to PathwaysBC is required. To create an account, go to <https://pathwaysbc.ca/login>, and select Request Access in the lower right corner.

Resources

- CHART Lab [\[View\]](#)
- Alberta Health Services, Youth & Digital Technology: Growing up online toolkit [\[View\]](#)
- Digital Wellness Lab, Recommendations for Industry: How Teens are Using AI [\[View\]](#)
- OLGA Outreach, On-line Gamers Anonymous [\[View\]](#)
- American Psychiatric Association, What are Positive Childhood Experiences (PCE's)? [\[View\]](#)
- American Psychiatric Association, Health advisory on social media use in adolescence [\[View\]](#)
- PathwaysBC [\[View\]](#)

Articles

- Australian eSafety Commissioner, Early days, early insights: Understanding experiences of social media age restrictions at the three-month follow-up [\[View\]](#)
- [Gender and Sexual Orientation Differences in the Relationship Between Social Media Use and Disordered Eating: Results From a Serial Cross-Sectional Youth Survey From 2022 to 2024](#) (Delgado-Ron et al., 2015)
- [Social media use and early adolescent brain structure: Findings from the Adolescent Brain Cognitive Development \(ABCD\) Study](#) (Nagata et al., 2026)



Canadian Pediatric Society Position Statements and Commentary

- [Screen time and preschool children: Promoting health and development in a digital world](#) (Ponti, 2022)
- [Digital media: Promoting healthy screen use in school-aged children and adolescents](#) (Ponti, 2019, reaffirmed in 2025)
- [Social media and youth: A call to action](#) (Ponti, 2023)

Speaker Emails

- Hasina Samji - hasina.samji@bccdc.ca
- Amy Lynn McQuarrie - amacqua2@unb.ca