

Virginia Tech Child Study Center Newsletter

Resources for Families

10 RECOMMENDATIONS FOR PARENTS, PLATFORMS, AND POLICYMAKERS

from APA'S HEALTH ADVISORY ON SOCIAL MEDIA USE IN ADOLESCENCE



1. **Build and encourage use** of functions that promote healthy socialization
2. **Tailor platform design, functionality, and permissions** to youths' developmental capabilities
3. **Monitor use** for early adolescents (10-14 years old) to the extent possible
4. **Remove content** that depicts and minimize exposure to content that depicts illegal or psychologically maladaptive behavior—including self-harm, harm to others, and eating disordered behavior
5. **Remove content** that promotes and minimize exposure to content that promotes discrimination, prejudice, hate or cyberbullying—especially based on race, ethnicity, gender, sexual orientation, religion, or disability status
6. **Routinely screen** for signs of "problematic use" that can impair the ability to engage in daily life and routines
7. **Limit use** that interferes with sleep and physical activity
8. **Limit use** that encourages social comparison, particularly around beauty- or appearance-related content
9. **Precede use** with training teens in social media literacy
10. **Provide resources** for continued research on the positive and negative effects of social media on development

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to benefit the
Virginia Tech Autism Clinic!

Saturday September 23, 2023 7am - 3pm

Open to anglers in any motorless boat (one person per boat).

Awards for 1st, 2nd, 3rd & Big Bass

To learn more, visit
grumpaws.com/nraaa23
or scan the



Tournament Host:

New River Outdoor Adventures
5785 Fries Rd
Galax, VA 24333
Camping Available!

Fall in

VIRGINIA'S

NEW
RIVER
VALLEY

Wilderness Trail Festival

Pumpkin Festival at Sinkland Farms

Doe Creek Farm Pick-Your-Own Apples

Hokie Half Kids Fun Run

Radford Highlanders Festival

Ongoing Research Studies



WANT TO BETTER UNDERSTAND HOW YOUR CHILD IS DOING SOCIALLY AND EMOTIONALLY?

ARE YOU A TEEN ON THE AUTISM SPECTRUM?
HAVE YOU BEEN TO THERAPY?



YOU AND YOUR CHILD CAN HELP

**THE VIRGINIA TECH AUTISM CLINIC & CENTER FOR AUTISM RESEARCH
LEARN MORE ABOUT**

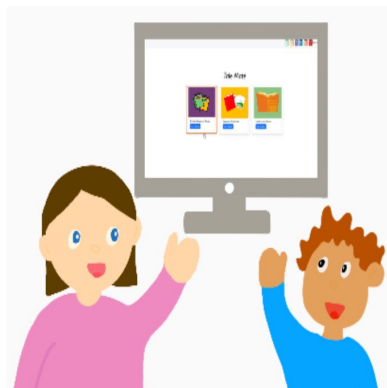
teleassessment

ARE YOU CONCERNED ABOUT YOUR ADOLESCENT'S EATING?

RESEARCHERS AT VIRGINIA TECH ARE CONDUCTING A STUDY TO BETTER UNDERSTAND EMOTIONS, EATING BEHAVIORS, AND MENTAL HEALTH IN ADOLESCENTS.

Let's Read with TaleMate!

How do parents and children read with conversational AI agents?



Who: Children ages 3 to 6 years and their parents who live in the U.S and speak English.

What: Children will read a storybook with their parents by using the TaleMate platform, a system that enhances reading by using AI. The study includes two 30-minute Zoom sessions. During each Zoom session, parents and children will read a book and answer questions. Parents will also complete a 15-minute online survey about their child's background, media use, and reading habits. The zoom session will be audio/video recorded for research purposes. This is a Virginia Tech research study (IRB # 23-748).

Where: Zoom platform.

Online Program for Asian Pacific Islander Desi American Parents of Preschoolers



Have a child between 2-12 years?

CONCERNED ABOUT THEM DISPLAYING BEHAVIOR PROBLEMS SUCH AS HYPERACTIVITY, TANTRUMS, NON-COMPLIANCE, AGGRESSION, OR RESISTANCE TO CHANGE?

Click on any of the images above for more information on that study!