

VCHIP CHAMP

Resources for CHAMP 2024-2025 QI Project: Social Media & Youth Well-Being

AAP Resources

1. <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>
2. [5 C's framework provides new approach for discussing media use with families](#)
3. AAP Social Media and Youth Mental Health ECHO ([AAP Social Media and Youth Mental Health ECHO \(padlet.com\)](#))

AAFP

4. [Impact of Social Media on Youth Mental Health \(Discussion Paper\) | AAFP](#)

American Academy of Child and Adolescent Psychiatry Screen Resource Center (AACAP)

5. https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Screen_Media_Resource_Center/Home.aspx

Materials from Learning Session breakout sessions

6. Unretouchable by Sofia Szamosi ([Unretouchable: The Graphic Novel That Exposes the Dark Side of Fashion Photography - IGN](#))
 - VCHIP CHAMP has purchased 1 Unretouchable novel for each CHAMP Practice registered for the learning session
7. Showing up for Parents and Caregivers: Engaging and Empowering Families
MIT Raising Teens Resource <https://hr.mit.edu/static/worklife/raising-teens/>

Other

8. National Academies "Social Media and Adolescent Health"
[Social Media and Adolescent Health One Pager.pdf \(nationalacademies.org\)](#)
9. [BF_HealthySocialMedia_Tipsheet.pdf \(aap.org\)](#)