

Recommended Educational Resources

Youth & Digital Technology: Growing Up Online Toolkit

This document provides service providers with a curated list of evidence-based recommendations, research, and practical resources to support families in navigating digital technology use. It includes websites, articles, brochures, booklets, and videos that offer insights into the impact of digital media on mental health and strategies for responsible use.

Digital Technology & Media Literacy

- **Canadian Centre for Child Protection:** <https://www.protectchildren.ca/en/>
- **Common Sense:** <https://www.commonsense.org>
- **Educate and Empower Kids:** <https://educateempowerkids.org>
- **Fight the New Drug:** <https://fightthenewdrug.org>
- **Media Smarts – Canada’s Centre for Digital Literacy:** <https://mediasmarts.ca/>
- **Protect Young Minds:** <https://www.defendyoungminds.com/>
- **Screen Agers – Tech Talk Tuesday Blog:** <https://www.screenagersmovie.com/tech-talk-tuesdays>
- **Screen Time Contract:** <https://www.screenagersmovie.com/contracts>
- **The Center for Internet and Technology Addiction:** <https://virtual-addiction.com/>
- **TechAddiction:** <http://www.techaddiction.ca/>

Mental Health & Addiction Resources

- **American Academy of Pediatrics (AAP):** https://www.aap.org/shopaap?gad_source=1&gclid=Cj0KCQjw2tHABhCiARIsANZzDWrPAqF_pPBq0bxyZ55uCj9yQJfM9xNTOgpjxEdqoGjG9cQDhrTVOdkaArR1EALw_wcB
- **American Psychiatric Association (APA):** <https://www.psychiatry.org/>
- **American Psychological Association (APA):** <https://www.apa.org/>
- **Bell Let’s Talk:** <https://letstalk.bell.ca/en/>
- **Can We Talk:** <http://canwetalk.ca/>
- **Centre for Addiction and Mental Health (CAMH):** <https://www.camh.ca/>
- **Family Smart:** <http://www.familysmart.ca/>
- **Galileo Institute:** <http://galileo.org/>
- **International Classification of Diseases 11th (WHO ICD-11):** <https://icd.who.int/en>
- **Mental Health and Addiction 101 Series (CAMH):** http://www.camhx.ca/education/online_courses/mha101/youthandtechnology/Youth_and_Technology_.htm
- **Mind Your Mind:** <http://mindyourmind.ca/>
- **MyHealthAlberta.ca – Youth Addiction & Mental Health:**
 - <https://myhealth.alberta.ca/HealthTopics/child-youth-mental-health>
- **Net Addiction:** <http://netaddiction.com/>
- **Recovery College:**
 - <https://alberta.cmha.ca/what-we-do/cmha-in-albertas-projects/alberta-recovery-colleges/>
- **Specialist Link:** <http://www.specialistlink.ca/>

For more information, contact

informationandcystandards@recoveryalberta.ca

Updated: June 2025

<https://www.albertahealthservices.ca/info/Page17564.aspx>

Recommended Educational Resources | 2

- **The Canadian Mental Health Association (CMHA):** <https://cmha.ca/>
- **Youth Addiction & Mental Health (MyHealthAlberta):**
<https://myhealth.alberta.ca/HealthTopics/youth-addiction-mental-health>

Articles, Brochures, & Booklets

These materials are evidence-based resources that increase awareness and understanding about the interaction of digital technology and mental health.

- Urbanova, L. B., Geckova, A. M., Veselska, Z. D., Capikova, S., Holubcikova, J., van Dijk, J. P., & Reijneveld, S. A. (2023). Technology supports me: Perceptions of the benefits of digital technology in adolescents. *Frontiers in Psychology*, 13, 970395. <https://doi.org/10.3389/fpsyg.2022.970395>
- Substance Abuse and Mental Health Services Administration. (2024). *Online health and safety in children and youth: Safe internet use*. Retrieved from <https://www.samhsa.gov/mental-health/children-and-families/online-health-and-safety-for-children-and-youth>
- Kuss, D. & Lopez-Fernandez, O. (2016). Internet addiction and problematic internet use: A systematic review of clinical research. *World Journal of Psychiatry*, 6(1), 143-176. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4804263/>
- Canadian Paediatric Society. (2017). *Screen time and young children: Promoting health and development in a digital world*. <https://doi.org/10.1093/pch/pxx123>
- Canadian Centre for Child Protection. (2018). *Parenting Tweens and Teens in the Digital World*. https://www.protectchildren.ca/en/order/product/214:en/https://epi.org.uk/wp-content/uploads/2017/06/Social-Media_Mental-Health_EPI-Report.pdf
- eMentalHealth.ca. (2019). *Unplug (from Technology) and Connect: Keeping Families Strong in a Wired World*. Retrieved from <https://www.ementalhealth.ca/Ontario/Unplug-from-Technology-and-Connect-Keeping-Families-Strong-in-a-Wired-World/index.php?m=article&ID=26722>
- CAMH. (2016). *Youth, Family and Interactive Technology*. Retrieved from <http://www.camh.ca/-/media/files/youthfamilyinteractive-onlinebrochure-pdf.pdf>
- Calgary Reads. (2020). *I'm Ready Booklet*. Retrieved from <https://www.littleredreading.house/tukay/>
- Canadian Pediatric Society. (2017). *Screen Time and Young Children: Promoting Health and Development in a Digital World*. <https://www.cps.ca/en/documents/position/screen-time-and-young-children>

Videos:

Below are some useful videos on problematic use of the internet, gaming and digital technology for service providers who work with addiction and mental health

Concurrent Disorders Learning Series: Dr. Potenza: CSAM 2016 Behavioural and Substance Addictions:

The presenter of this video provides a good overview of how DSM-5 was improved to include Internet Gaming Disorder and explains a basic understanding of behavioural or process addictions.

https://www.youtube.com/watch?v=36MvUmnC78w&index=44&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&t=0s

Concurrent Disorders Learning Series: Dr. Joel Billieux: Risk associated with the development of diagnostic criteria for behavioural addictions:

This video highlights important aspects of behavioral disorders and dysfunctional coping strategies versus healthy passions. The presenter considers the terminology of unhealthy coping strategies and analyzes the impact of behavioural addictions on people from both symptom and process-based criteria.

https://www.youtube.com/watch?v=Pfqcd3RFPKo&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&index=44

Concurrent Disorders Learning Series: Daniel Kardefelt- Winther: When can new diagnostic categories do more harm than good (Internet Gaming Disorder):

The host of this video discusses the risks of pathologizing normal, healthy behavior. The presenter analyzes the imprecise line between healthy and harmful behaviour; and concludes by noting the need for further research involving youth as participants, rather than subjects.

https://www.youtube.com/watch?v=TrHrAuZqeSI&index=47&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8

Concurrent Disorders Learning Series: Floriam Rehbein, Contribution of different diagnostic criteria to the assessment of gaming (2016):

This video shows the concurrent disorders and differential diagnoses of Internet Gaming Disorder, Internet Addiction, Internet pornography, and gambling. The presenter notes how further study and research are necessary to avoid false positives during the diagnosis process.

https://www.youtube.com/watch?v=JMHWN6b5XDo&index=45&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8

Concurrent Disorders Learning Series: Susumu Higuchi – Application of gaming disorder criteria for treatment seeking patient (2016):

This video shows the diagnostic guidelines for Gaming Disorder (GD), and highlights how there are non-essential criteria for the diagnosis of GD.

https://www.youtube.com/watch?v=81J3ZLNaKgE&list=PL4H2py77UNuVg1iJUD4y2zwqi4_Zxy-w8&index=123

If you need help or support, contact: Addiction Helpline Recovery Alberta at 1-866-332-2322 (toll free within Alberta). Mental health & addiction helplines | Recovery Alberta, <https://recoveryalberta.ca/>

© 2025 Recovery Alberta – Clinical Business Initiatives



This work is licensed under the [Creative Commons Attribution-NonCommercial-NoDerivative 4.0 International licence](https://creativecommons.org/licenses/by-nc-nd/4.0/). You are free to copy and distribute the work (including in other media and formats) for non-commercial purposes, as long as you attribute the work to Recovery Alberta, do not adapt the work, and abide by the other licence terms. To view a copy of this licence, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. The licence does not apply to Recovery Alberta trademarks, logos or content for Recovery Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Recovery Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Recovery Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.)