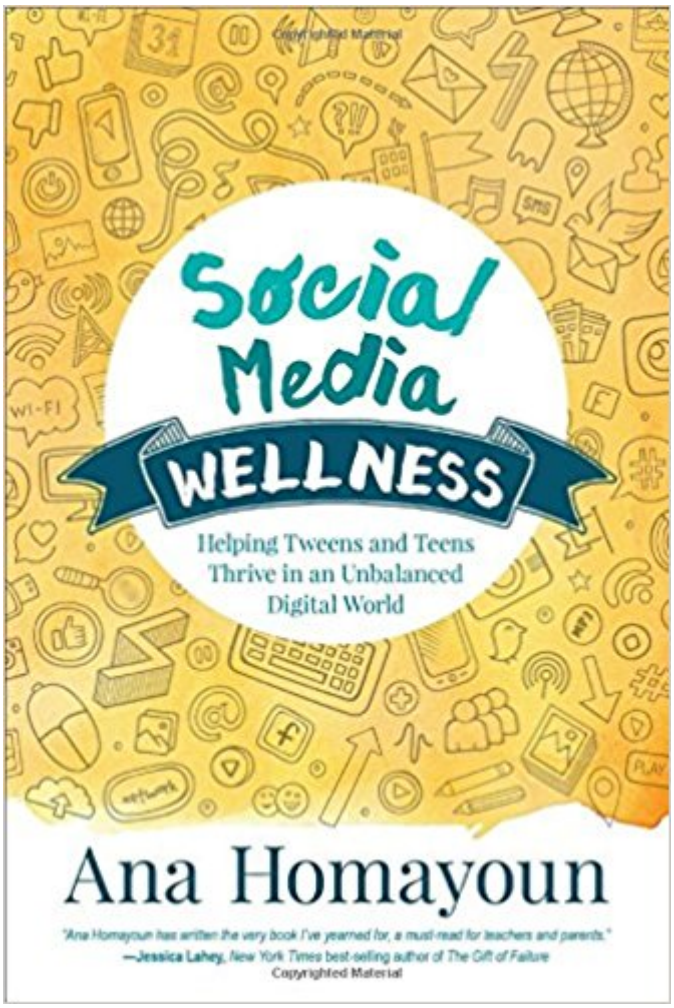
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Social Media Wellness: Helping Tweens And Teens Thrive In An Unbalanced Digital World



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Synopsis

Solutions for navigating an ever-changing social media world TodayÃ¢â ¬â„¢s students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutionsÃ Â to help students: Manage distractionsÃ Â Focus and prioritizeÃ Â Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. "Ana Homayoun has written the very book IÃ¢â ¬â„¢ve yearned for, a must-read for teachers and parents. I have been recommending AnaÃ¢â ¬â„¢s work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." Ã¢â ¬â ¢Jessica Lahey, New York Times Bestselling Author of The Gift of Failure "This is the book IÃ¢â ¬â„¢ve been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. IÃ¢â ¬â„¢ll be recommending it to everyone I know." Ã¢â ¬â ¢Rachel Simmons, New York Times Bestselling Author of The Curse of the Good Girl Read About Ana Homayoun in the news: NYTimes, The Secret Social Media Lives of Teenagers Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online

Customer Reviews

-In our selfie society, teens and tweens encounter constant temptations and threats to their social, emotional, physical, and academic health. Ana Homayoun’s new book provides strategies to -unselfie- our teens and develop a healthy, balanced relationship with social media.---Michele Borba, Ed.D.-This is the essential guide to navigating the ephemeral and transactional communications woven into the language of social media online and IRL. I relished every page of this book. It was jam-packed with sound and seasoned self-management and executive-functioning

tips and systems. The research and artfully reconstructed narratives, tools, ideas, and reflective questions feed the systematic and practical approaches the author shares to empower students, parents, and educators alike. I can’t wait to add this to my professional library and share it with all of my teachers!!!-

"Ana Homayoun has written the very book IÃ¢â ¬â„¢ve yearned for, a must-read for teachers and parents. I have been recommending AnaÃ¢â ¬â„¢s work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world." (Jessica Lahey, Author of New York Times bestseller "The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed")"This is the book IÃ¢â ¬â„¢ve been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. IÃ¢â ¬â„¢ll be recommending it to everyone I know." (Rachel Simmons, Author of New York Times bestseller "The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence")"This is the essential guide to navigating the ephemeral and transactional communications woven into the language ofÃ Â social media online and IRL. I relished every page of this book. It was jam-packed with sound and seasoned self-management and executive-functioningÃ Â tips and systems. The research andÃ Â artfully reconstructed narratives,Ã Â tools, ideas, and reflective questions feed theÃ Â systematic and practical approaches the author sharesÃ Â to empower students, parents, and educators alike. I canÃ¢â ¬â„¢t wait to add this to my professional library and share it with all of my teachers!!!" (Lisa Johnson, Author of "Cultivating Communication and the Classroom")"I wish every parent, teacher, teen and tween knew Ana Homayoun as I do. As a journalist, sheÃ¢â ¬â„¢s long been my go-to source for advice on social media dilemmas affecting families because she is smart, wise andÃ¢â ¬â ¢above allÃ¢â ¬â ¢empathetic. IÃ¢â ¬â„¢m so glad to see Social Media Wellness is now available to everyone. Buy it. Like it. Share it." (Steven Petrow, Ã¢â ¬Å“Digital LifeÃ¢â ¬Â• Columnist)"Keeping up with tweens and teens on social media often seems like a dizzying task that leaves us, the adults, lost and confused--too often giving up. Social Media Wellness brings great clarity to the matter offering actionable advice for parents and schools. In her typical style, Homayoun is realistic, pragmatic and refreshingly straight forward. She gets our attention without using scare tactics and then gives us, parents and educators, the tools to most effectively help out children find wellness in the social media age." (Andrew Davis, Head of School)"In our selfie

society, teens and tweens encounter constant temptations and threats to their social, emotional, physical, and academic health. Ana HomayounÃ¢â ¬â„¢s new book provides strategies to "unselfie" our teens and develop a healthy, balanced relationship with social media." (Michele Borba, Author of "Unselfie: Why Empathetic Kids Succeed in our All About Me World")"Ana Homayoun demonstrates how social media and our digital lives have reoriented relationships and how we think. In her book she offers vital tools and strategies for this revolution - whether youÃ¢â ¬Â re a teacher, parent or student. I found myself challenged from each of these viewpoints!" (Homa Tavangar, Global Education Adviser)"Rich with stories and thoughtful interpretations of tweensÃ¢â ¬Â and teensÃ¢â ¬Â online habits, curiosities, and consequences, Ana provides parents and educators an especially powerful resource to confidently guide our students and children with tools, counsel and reassurance as they navigate social media. Bravo!" (Stephanie Balmer, Head of School)

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