



Resources on MTSS & Digital Wellness

Education Development Center (EDC)

Thank you for attending our session, “Using an MTSS Approach to Address Student Digital Media Use Issues and Promote Their Mental Health: Potential Strategies.”

Below are some resources on digital wellness and the MTSS framework. We also have a [worksheet](#) to help you plan for the MTSS approach to digital wellness at your school or district.

If you have any questions or feedback or would like to get in touch, please email Eleanor Dong at edong@edc.org or Akira Gutierrez Renzulli at agrenzulli@edc.org.

[Worksheet to Plan for an MTSS Approach to Digital Wellness](#)

Resources on Promoting Mental Health and the Multi-Tiered Systems of Support (MTSS) Approach

- [Social, Emotional, & Behavior Academy’s Resources](#)
- [Using MTSS to Support Student Well-being: New Fact Sheets for Schools](#)
- [A Multi-Tiered Approach to Promoting SEL](#)
- [Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders \(CDC\)](#)
- [Protecting Youth Mental Health: The U.S. Surgeon General’s Advisory](#)
- [Reflecting on our Practice: Ten Ways Schools Can Foster Belonging Among Students With and Without Disabilities](#)
- [Stories from the Field: Fostering positive peer relationships](#)
- Services and supports for schools and districts:
 - [SEL and Mental Health: Rapid Assessment and Action Planning \(Education Development Center\)](#)
 - [SEL and Mental Health: EDC Solutions for Education & Wellbeing \(Education Development Center\)](#)

Resources on Digital Media Use and Digital Wellness

General Resources on Digital Wellness

- [A Multi-Tiered Approach to Digital Wellness](#)
- [Health Advisory on Social Media Use in Adolescence \(American Psychological Association\)](#)
- [Online Health and Safety for Children and Youth: Best Practices for Families and Guidance for Industry \(SAMHSA\)](#)
- [American Psychological Association's Resources on Social Media and the Internet](#)
- [Children and Screens' Resources on Digital Media Use](#)

Resources on School Policies

- [Resource Guide for Pediatricians: School Phone Policies \(Center of Excellence on Social Media and Youth Mental Health\)](#)
- [What the Science Says: Smartphones in Schools \(The Digital Wellness Lab\)](#)
- [Are Cell Phone Bans in Schools the Answer? \(The Digital Wellness Lab\)](#)
- [Beyond Bans: How Can Teachers Tackle Social Media at School? \(Psychology Today\)](#)

Articles on Screening for and Treating Problematic Interactive Media Use

- [Which Are the Optimal Screening Tools for Internet Use Disorder in Children and Adolescents? A Systematic Review of Psychometric Evidence](#)
- [Problematic interactive media use in teens: comorbidities, assessment, and treatment](#)
- [Treatment Modalities for Internet Addiction in Children and Adolescents: A Systematic Review of Randomized Controlled Trials \(RCTs\)](#)

Resources on Media Literacy

- [Media Literacy Toolbox \(Education Development Center\)](#)
- [National Association for Media Literacy Education's Resources on Media Literacy](#)



Resources for LGBTQ+ Youth

- [The Trevor Project's Guide: Protect Your Space and Well-Being on Instagram](#)
- [The Trevor Project's Guide: Online Safety for LGBTQ+ Young People](#)

Resources for Parents/Families

- [Family Media Plan \(American Academy of Pediatrics\)](#)
- [American Academy of Pediatrics' Resources for Families](#)
- [How Social Media Affects Your Teen's Mental Health: A Parent's Guide \(Yale Medicine\)](#)
- [Family Digital Wellness Guide \(Digital Wellness Lab\)](#)
- [Family Guides on a Topics related to Digital Wellness \(Digital Wellness Lab\)](#)