# Resources for Families

Some books we found helpful

The Tech-Wise Family Everyday steps for Putting Technology in its Proper Place

Andy Crouch, 2017, ISBN: 978 0 801018664

When you pick up this little book, with its bright red cover it seems quite innocuous. It's only just over four hours as an audiobook. I expect that it will provoke strong responses in many readers with its challenging, personal examination of the potential impact of technology on family life, and how you might go about keeping it in its proper place.
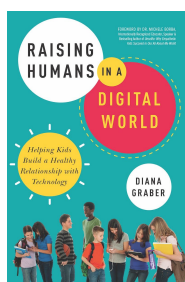
TechHuman review
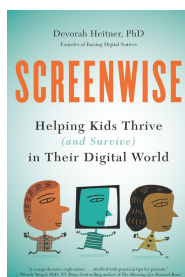
Screenwise, Helping Kids Thrive (and Survive) in Their Digital World

Devorah Heitner, 2016 ISBN: 9781629561455

"You don't have to know everything about every app and device to mentor your children. But you do need to be in the conversation. If you're not a part of their world, you can't influence their world."

TechHuman review

Raising Humans in a Digital World

Diana Graber 2019 ISBN: 978081443979

"This beautifully written book gives you the tools to raise healthy kids in a digital world. The anecdotes underscore the thoughtfulness of today's youth and their hunger for learning how to navigate their world well, instead of just being warned off by fearful adults. It is thoughtfully organized and theoretically sound and will empower parents to have some of those much-needed conversations with their kids." -- Dr. Pamela Rutledge, Director, Media Psychology Research Center, Fielding Graduate University

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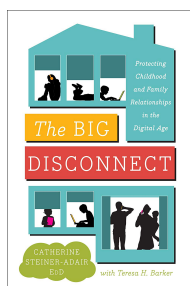
The Big Disconnect

Protecting childhood and family relationships in the Digital Age
Catherine Steiner-Adair, 2013 ISBN: 978 0 062082435

"*Scary, Crazy and Clueless": these are the labels the Author uses to characterised common, unhelpful parental responses to challenges young people have negotiating adolescence in a digitally dominated age, based on interviews with over a thousand children in recent years.*

TechHuman review
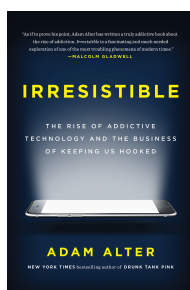
Irresistible

The rise of addictive technology and the business of keeping us hooked
Adam Alter 2017, ISBN: 978 1 784701659

Adam Alter is a psychologist and writer, currently based at New York University's Stern School of Business. His academic research focuses on social psychology, judgment and decision-making, with an interest in the effects that subtle cues in the environment can have on human cognition and behaviour. "Irresistible" is more about diagnosis than self-help. It is a book that I think deserves to be widely read – and happily it isn't a difficult read.

TechHuman review
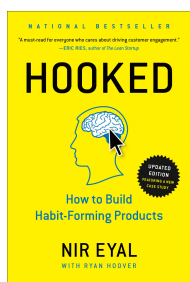
Hooked

how to build habit-forming products
Nir Eyal with Ryan Hoover, ISBN: 978 0 241184837

If you want to understand why so many smartphone applications seem to be 'addictive' – this book explains, with devastating simplicity how it is done. Nir Eyal graduated from Stanford University Business School. After completing his MBA, he wanted to understand how products could 'modify' our actions and ultimately cause compulsions. At that time there was no predictable description of how to achieve this at will. Eyal researched what was happening empirically and identified a core pattern that seemed to underpin all 'successful' solutions of this type, which he described and called the 'Hook Model'

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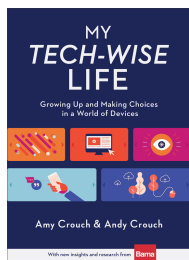
My Tech-Wise Life

Growing Up and Making Choices in a World of Devices

by Amy Couch and Andy Crouch, 2020 ISBN: 978 0 801018671

Andy Crouch's "The Tech-Wise Family" was a major inspiration for the family's section of the TechHuman initiative. We were most interested to see what Amy Crouch (Andy's daughter) was going to say about her experiences growing up in a 'Tech-Wise Family'.

Andy began the book by inviting us to "take hold of the life that is truly life". To do that: to celebrate, to feast, to love then this is invariably best done in community, in relationship with other living human beings. It is only there that we can fully celebrate our triumphs, completely share in our sorrows, and find true encouragement from one another. It is in community and in family that we can be loved, accepted, and known. Digital technology offers a semblance of 'comfort' and 'connection' on a very grand scale; yet the reality it turns out to be a pale shadow of the real thing.

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