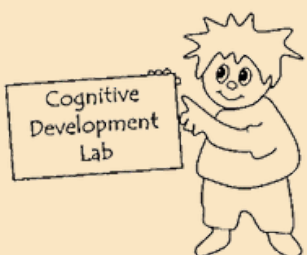
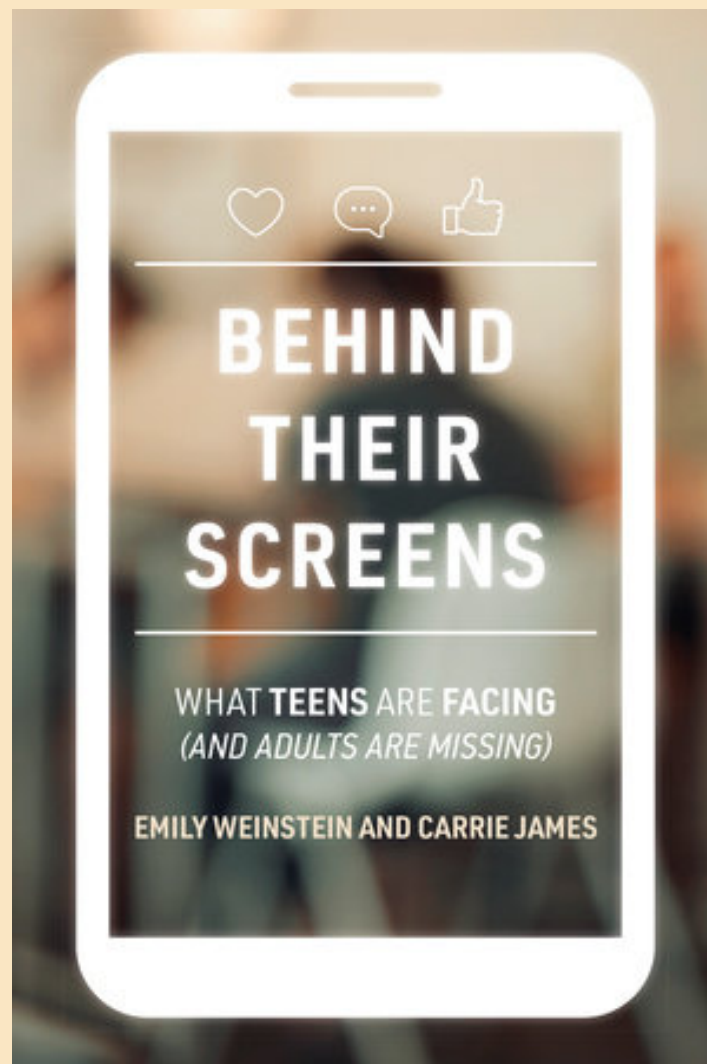
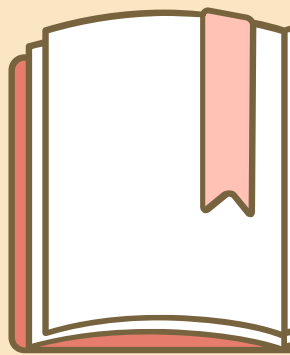
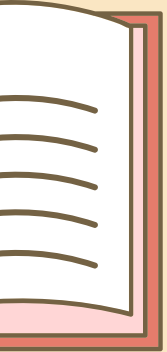


The Cognitive Development Lab at the University of
Waterloo

Suggested Books

Behind the Screen

By Emily Weinstein and Carrie
James



About the book

As adolescent communication has increasingly transitioned online, it can be difficult for parents/caregivers to know how to support or set limits. This book is geared towards parents and caregivers to provide insights into teens' digital lives, covering topics like social media, sexting, friendship dynamics, and activism. We enjoyed reading it because the authors balanced the discussion of their data with personal anecdotes from the youth they worked with.

In our lab, we just finished a study looking at what adolescents say they want to receive as a response to their social media posts (results forthcoming!). This is part of a broader inquiry into how youth think about the minds of those they communicate with online (e.g., see Bowman-Smith et al., 2021).



Behind the Screen was written by Emily Weinstein and Carrie James.

Weinstein, E., & James, C. (2022). Behind their screens: What teens are facing (and adults are missing). The MIT Press.

Bowman-Smith, C., Sosa-Hernandez, L., & Nilsen, E. S. (2021). The other side of the screen: The impact of perspective-taking on adolescents' online communication. *Journal of Adolescence*, 92, 46 - 56.
<https://doi.org/10.1016/j.adolescence.2021.08.006>

