Managing Your Family's High-Tech Habits: (From Video-Games to the Dark Side of the Web)

Arnie Cole, Pam Ovwigho Ph.D., Michael Ross

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Most families are riding the wave of high-tech gadgets, rarely considering its negative consequences: increased stress, connected isolation, loneliness, bad habits and behaviors, and dangerous addictions. *Managing Your Family's High-Tech Habits* helps you sort through the promise and the pitfalls of virtual living, showing you how to navigate social media choices and set healthy boundaries. Various chapters address hot-button issues: why boys get hooked on video games; why our daughters practically live on their cell phones; what to do when families are caught in the dark side of the web.

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