

Skärmstark – ljudboken



Tips för vidare läsning och lyssning

Om nätet

Vad gör unga på nätet? 4:e uppl. Elza Dunkels (2021) Gleerups.

Nätmobbing, näthat och nätkärlek. Elza Dunkels (2016) Gothia.

Dumma frågor om internet. Podcast med korta avsnitt som besvarar en fråga om nätet. Internetstiftelsen.

Våra barn och nätet. Podcast om barns liv på internet. Internetstiftelsen.

Alexandramannen. Katia Wagner (2021) Storyside.

Om föräldraskap

Balansakten – skärmtid, föräldraskap och ett digitalt familjeliv. Henrik Pallin (2023).

Kampen om skärmtiden. Henrik Pallin (2019).

Frigående barn. Sandra Dahlén (2021) Leopard förlag.

Livsviktigt - en handbok i kroppspositivt föräldraskap. Kajjan Andersson (2020) Forum.

Relatera mera. Podcast om vuxnas kommunikation och konflikthantering med barn och unga. Med David Edfelt och Petra Krantz Lindgren.

Stopp! Min kropp! Hur man pratar med barn om kroppen, gränser och sexuella övergrepp. Rädda barnen (2019).

#nätsmart - tips och råd för hur du kan prata med barn om sexuella övergrepp på nätet. Rädda barnen (2021).

Om myter, paniker och annat intressant

Ja skiter i att det är fejk det är förjävligt ändå" - om myter på nätet, fejkade berättelser och vikten av källkritik. Jack Werner (2019) Albert Bonniers Förlag.

Build for Tomorrow. Podcast om negativa reaktioner genom historien. Med Jason Feifer.

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An Honest Liar. Dokumentär om James Randis arbete mot charlataner (2014).

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