

Children & Nature Network

*Resources shared during the Children & Nature Network's
"Appstinence – Less Screen Time for More Green Time" event, September 10, 2025*

- Find your native land: <https://native-land.ca>
- How to support Indigenous Peoples Everyday, adapted from Amplifier Art <https://amplifier.org/campaigns/well-being/> and 'Āina Momona <https://www.kaainamomona.org/>
- Resources and inspiration for families, caregivers and program service providers: <https://www.childrenandnature.org/families/>
- Subscribe to our Families newsletter: <https://www.childrenandnature.org/subscribe/>
- Support the children and nature movement: <https://www.childrenandnature.org/support/>
- Appstinence website: <https://appstinence.org/>
- Articles about Appstinence:
 - <https://www.gse.harvard.edu/ideas/news/25/04/offline-and-empowered>
 - <https://www.fastcompany.com/91338849/what-is-appstinence-gen-z-alpha-social-media-movement-harvard>
 - <https://arcmag.org/living-a-life-of-appstinence/>
 - <https://www.sheknows.com/parenting/articles/1234886518/teens-appstinence-trend/>
- Children & Nature Network articles:
 - <https://www.childrenandnature.org/resources/research-digest-screen-time-and-green-time/>
 - <https://www.childrenandnature.org/resources/more-green-less-screen/>
 - <https://www.childrenandnature.org/resources/fnn-funding-from-social-media-lawsuits-could-promote-more-green-time-and-less-screen-time/>