



DIGITAL MEDIA AND DEVELOPING MINDS

INTERNATIONAL SCIENTIFIC CONGRESS

WASHINGTON ★ DC | JULY 13–16, 2025

PROGRAM
OF EVENTS



ABOUT US

Children and Screens: Institute of Digital Media and Child Development is an independent, 501(c)(3) organization working to help children lead healthy lives in a digital world. The Institute delivers evidence-informed resources that equip families, youth-facing professionals, and policymakers with the confidence and knowledge necessary to act in the best interests of children and their development. Interdisciplinary research, science-based recommendations, communications, informed policy – it's how we create a world of good for children in the digital age.

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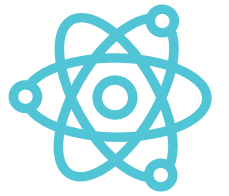
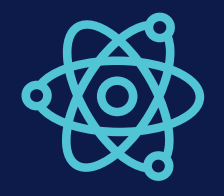


TABLE OF CONTENTS

Welcome	3
Sponsors	5
Schedule at-a-Glance	6
Maps	8
Tools and Methodologies Exposition	10
General Information	12
Research Grant Program	13
Daily Program	14
Sunday, July 13th	14
Monday, July 14th	17
Tuesday, July 15th	26
Wednesday, July 16th	35





WELCOME

from

Executive Director

KRIS PERRY

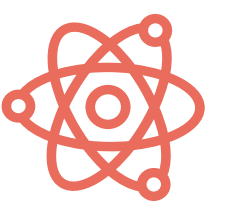


It is my great pleasure to welcome you to Washington, DC and to the *2025 Digital Media and Developing Minds International Scientific Congress*. As leaders and advocates from across the globe and disciplines – from neuroscience to pediatrics, education to public health, state capitols to parliaments – you are the changemakers at the heart of a movement to understand and improve the digital lives of children.

This year's Congress convenes at a time of unprecedented technological advancement. AI companions, immersive platforms, hyper-targeted content, and algorithm-driven social media are now central to the lives of young people, transforming not only how they learn and connect, but how they develop, grow, and understand themselves. The pace of this change continues to outstrip our capacity to collectively comprehend these impacts and make informed choices to create a healthy environment for children and their future. That's why your work, and your presence here, is so essential.

Over the next four days, more than 65 invited speakers and hundreds of participants will explore the impacts of digital media on children's mental, physical, social, and cognitive development. You'll engage in cutting-edge panels, solutions-focused breakout discussions, and cross-sector conversations that span disciplines, generations, and even continents. Together, we'll identify research gaps, connect ideas to action, and help shape the next generation of evidence, policy, and practice.





This year's Tools and Methodologies Exposition highlights innovations in how we capture, measure, and analyze digital media use and its effects — from AI-based content analysis to biometric sensing and digital phenotyping. If you're looking for new ways to strengthen your work or find collaborators, don't miss these exhibits and demos.

DC remains a uniquely fitting location for this Congress. It is not only the seat of government and policymaking, but a city shaped by activism, scholarship, and cultural vibrancy. Just blocks away from where you are seated tonight, movements for civil rights, social justice, and public health took shape, reminding us that evidence alone does not drive change. It takes connection, conviction, and collaboration.

Thank you to the generous donors and sponsors who support the Institute and have made this convening possible. We are especially grateful to our platinum sponsor, the Social Media Victims Law Center, and to gold sponsors, Joshua Block, Laust Helmig, and Clark Munnell of Goldman Sachs for their vital support of this important event.

Whether this is your first Congress or your fourth, we invite you to fully engage: ask questions, contribute your voice in breakout sessions, explore interdisciplinary connections, and seek out new partners for future work. As Urie Bronfenbrenner taught us, children develop within a system of relationships and environments. To improve their digital landscape, we must take a systemic approach – one that includes caregivers, educators, clinicians, researchers, and policymakers alike, and alongside the youth and families that we all seek to serve.

Thank you for being part of this remarkable community. Together, we can build a healthier digital future for all children.

Let's get to work.

Kris Perry, MSW

EXECUTIVE DIRECTOR

Children and Screens: Institute of Digital Media and Child Development

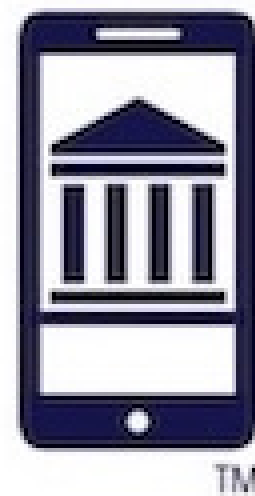




DIGITAL MEDIA AND DEVELOPING MINDS

INTERNATIONAL SCIENTIFIC CONGRESS

SPONSORS



**Social Media
Victims
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Supported by: Clark Munnell
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**Healthy
Screen
Habits**



**New Visions
for Public Schools**



WALTONS
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DUCC
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Society for Research in Child Development

**FORESIGHT
LAW+POLICY**

SPRINGER NATURE

[BACK TO MENU](#)





SCHEDULE AT-A-GLANCE

SUNDAY, JULY 13

MEDIA AND MINDS

★ 2025 ★

REGISTRATION HOURS:

Sunday 3:00 pm - 8:00 pm

Monday 7:30 am - 6:30 pm

Tuesday 7:30 am - 6:00 pm

Wednesday 7:30 am - 1:00 pm

Tools and Methodologies
Exhibits (TME) open
throughout the Congress

Refreshments will be provided during breaks.
Options may vary.

4:00 pm – 5:00 pm

Mentorship Program
Meet-and-Greet
Rock Creek Salon A

Tools & Methodologies
Expo Open for Early Birds
Rock Creek Foyer

5:00 pm – 7:00 pm

Welcome and Opening Remarks
Brief and Brilliant Talks
Panel: Legislation and Litigation
Rock Creek Salon B-C

7:00 pm – 8:00 pm

Welcome Reception
Rock Creek Foyer

MONDAY, JULY 14

8:30 am – 8:40 am

Welcome + Brief and Brilliant Talks
Rock Creek Salon B-C

8:45 am – 9:45am

Panel: Brain Development
Rock Creek Salon B-C

9:45 am – 10:45 am

Panel: Teen Mental Health
Rock Creek Salon B-C

10:45 am – 11:15 am

Break

TME Spotlights:
AAP Center of Excellence, Biopac,
Child Mind Institute, imec-mic-UGent
Rock Creek Foyer

11:15 am – 12:15 pm

Panel: Cyber Risk and Violence
Rock Creek Salon B-C

12:15 pm – 1:30 pm

Lunch
Rock Creek Foyer (Food Pickup)
Various Seating Locations Available

1:30 pm – 2:20 pm

Panel: Physical Health
and Digital Media Use
Rock Creek Salon B

Symposium: New Tools and
Approaches for Youth Digital
Media Research
Rock Creek Salon C

2:30 pm – 3:20 pm

Panel: Diverse Media Use in
Diverse Families
Rock Creek Salon B

Symposium: Understanding
Problematic Media Use
Rock Creek Salon C

3:20 pm – 4:00 pm

Break

TME Spotlights:
Brain Vision, Fairplay / Phone-Free Schools
Movement, Healthy Screen Habits, Nanit
Rock Creek Foyer

4:00 pm – 5:00 pm

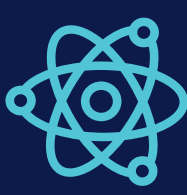
Breakout Sessions: Advancing the Research Agenda
Locations Vary

5:00 pm – 6:30 pm

Poster Session I
Drinks and Snacks Available;
Tools and Methodologies Exhibits Open
Rock Creek Salon A

Dinner on Your Own





SCHEDULE AT-A-GLANCE

TUESDAY, JULY 15

8:30 am - 8:40 am
Welcome + Brief and Brilliant Talks
Rock Creek Salon B-C

8:45 am - 9:45 am

Debate: Should High Schools Ban Smartphones?
Rock Creek Salon B-C

9:45 am - 10:45 am

Panel: #Born: How Screen Use Shapes Early Development
Rock Creek Salon B-C

Break

10:45 am - 11:15 am

TME Spotlights:
ANT-Neuro, Aura, Sentinel Computers,
Stanford Screenomics Lab
Rock Creek Foyer

11:15 am - 12:15 pm

Panel: Risks and Rewards of an AI-Mediated Childhood
Rock Creek Salon B-C

12:15 pm - 1:30 pm
Lunch
Rock Creek Foyer (Food Pickup)
Various Seating Locations Available

1:30 pm - 2:20 pm

Panel: Research Designs
Rock Creek Salon B

Symposium: Understanding
Contextual Influences
Rock Creek Salon C

2:30 pm - 3:20 pm

Panel: Child-Centered Design
Rock Creek Salon B

Symposium: Social
Development and
Mental Health
Rock Creek Salon C

3:30 pm - 4:30 pm

Breakout Sessions:
Advancing the Research Agenda
Locations Vary

4:30 pm - 6:00 pm
Poster Session II
Drinks and Snacks Available
Tools and Methodologies Exhibits Open
Rock Creek Salon A

6:00 pm - 7:00 pm
Free Time

7:00 pm - 10:00 pm
Dinner
The National Museum
of Women in the Arts
1250 New York Ave NW, Washington, DC

WEDNESDAY, JULY 16

8:30 am - 8:40 am
Welcome
Rock Creek Salon B-C

9:00 am - 10:00 am

Breakout Sessions:
Tackling Opportunities and Challenges for the Field
Locations Vary

10:00 am - 10:30 am
Break
Rock Creek Foyer

10:30 am - 11:30 am

Breakout Sessions:
Tackling Opportunities and Challenges for the Field
Locations Vary

11:40 am - 1:00 pm







Closing Session
Connecting the Dots: From Research to Action
Breakout Recap + Closing Remarks
Rock Creek Salon B-C

Tools and Methodologies Exhibits
open throughout the Congress

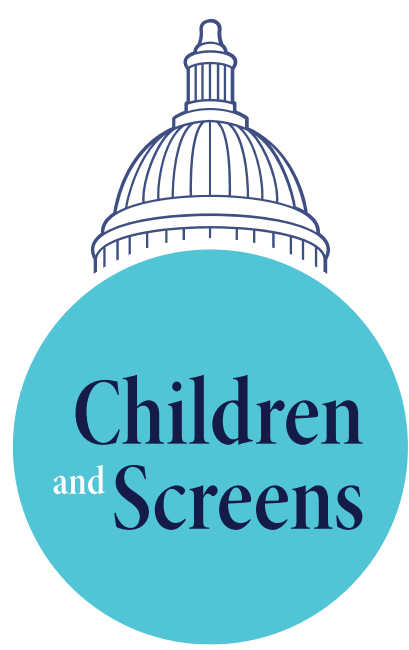
Children
and
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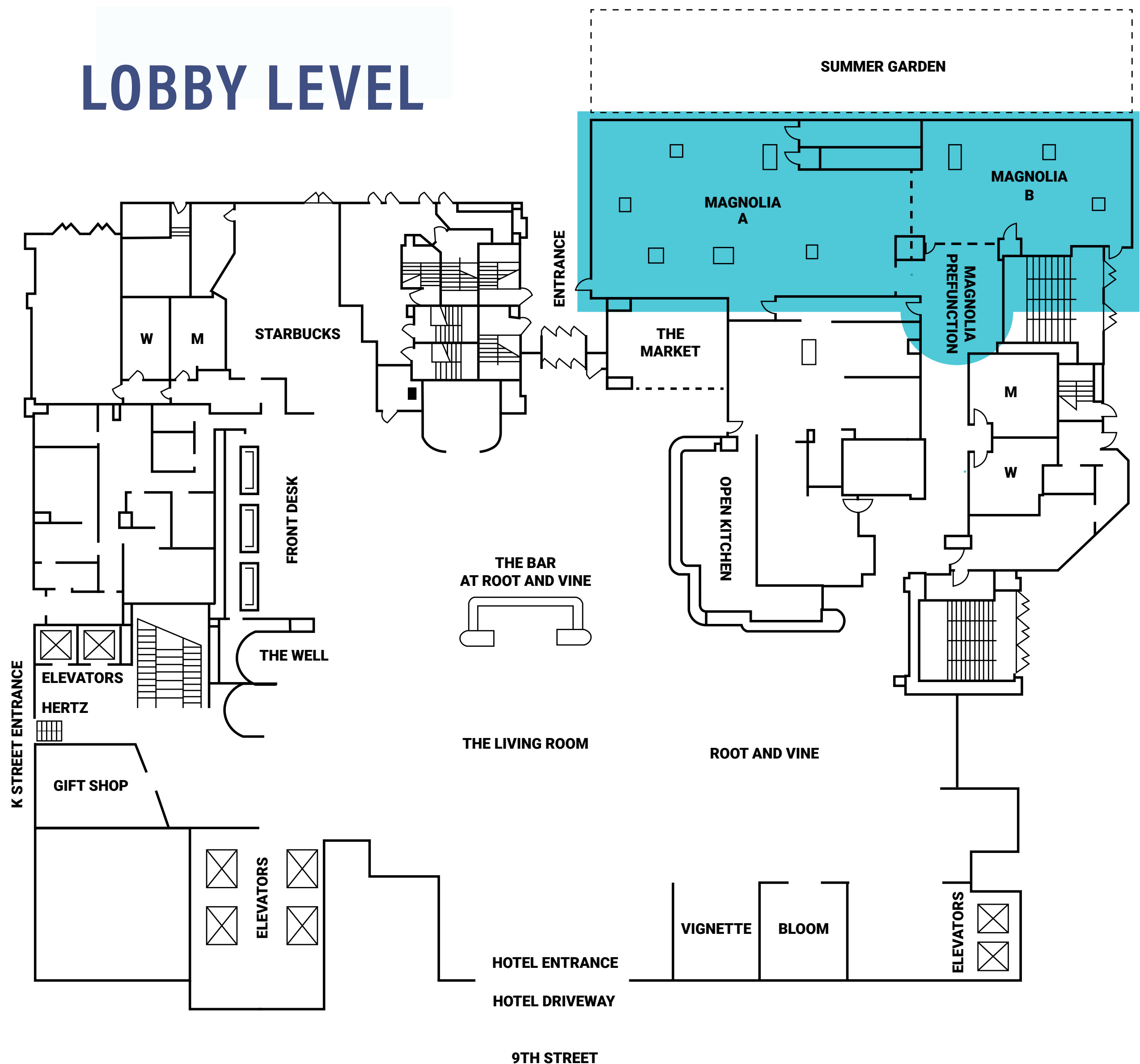


DIGITAL MEDIA AND DEVELOPING MINDS

INTERNATIONAL SCIENTIFIC CONGRESS

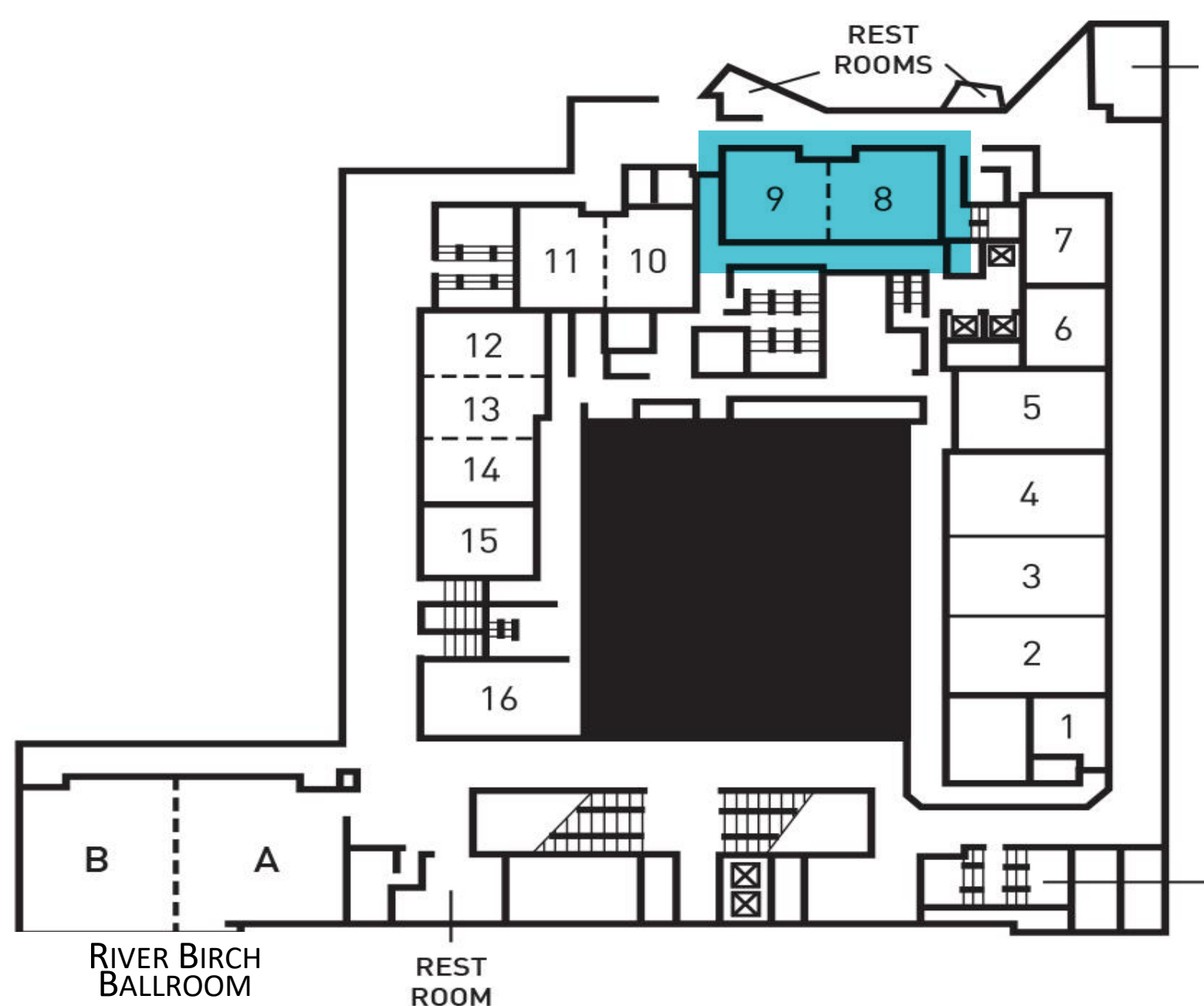
MAPS

LOBBY LEVEL



CONGRESS
LOCATIONS
INDICATED
IN BLUE

MEETING LEVEL

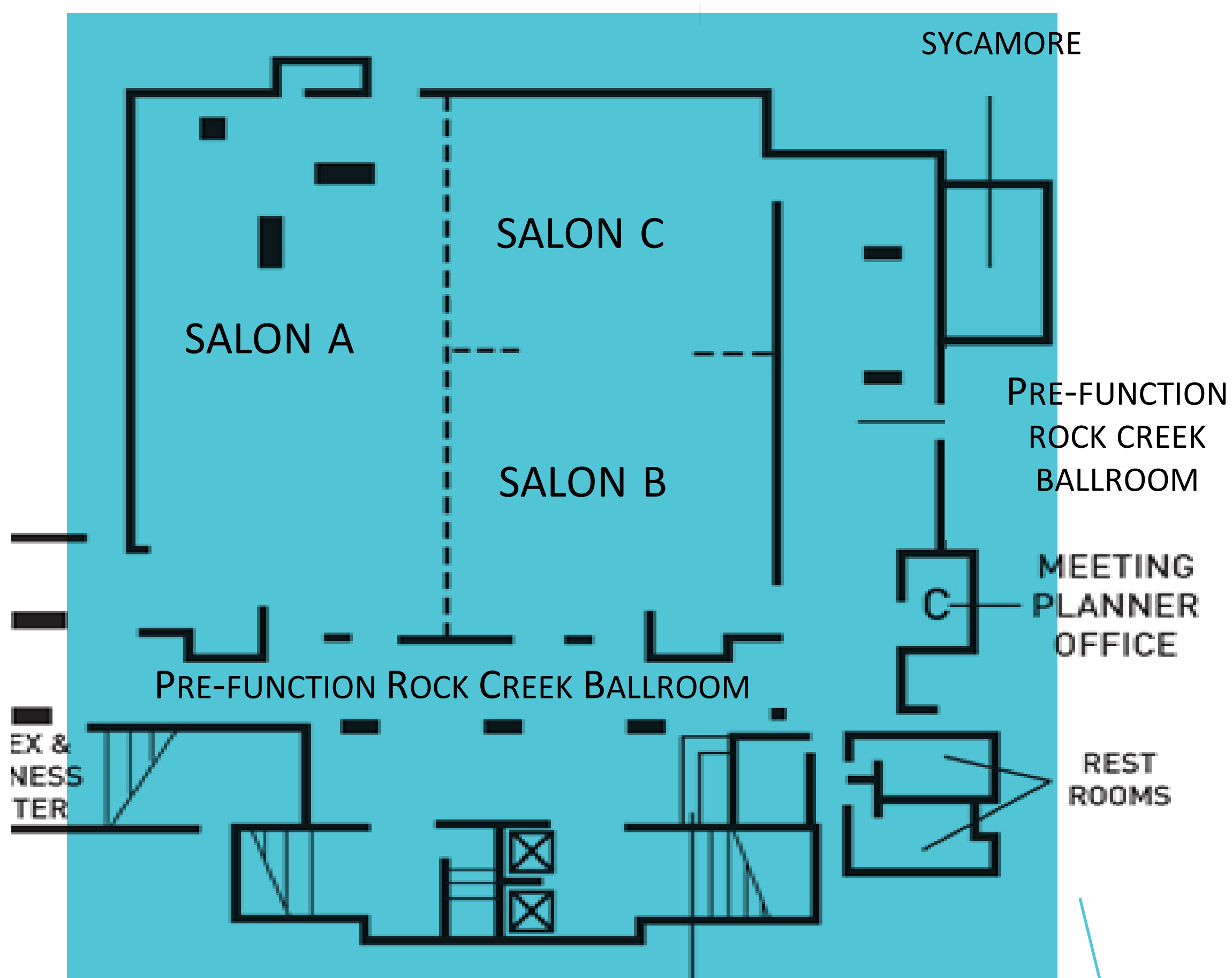




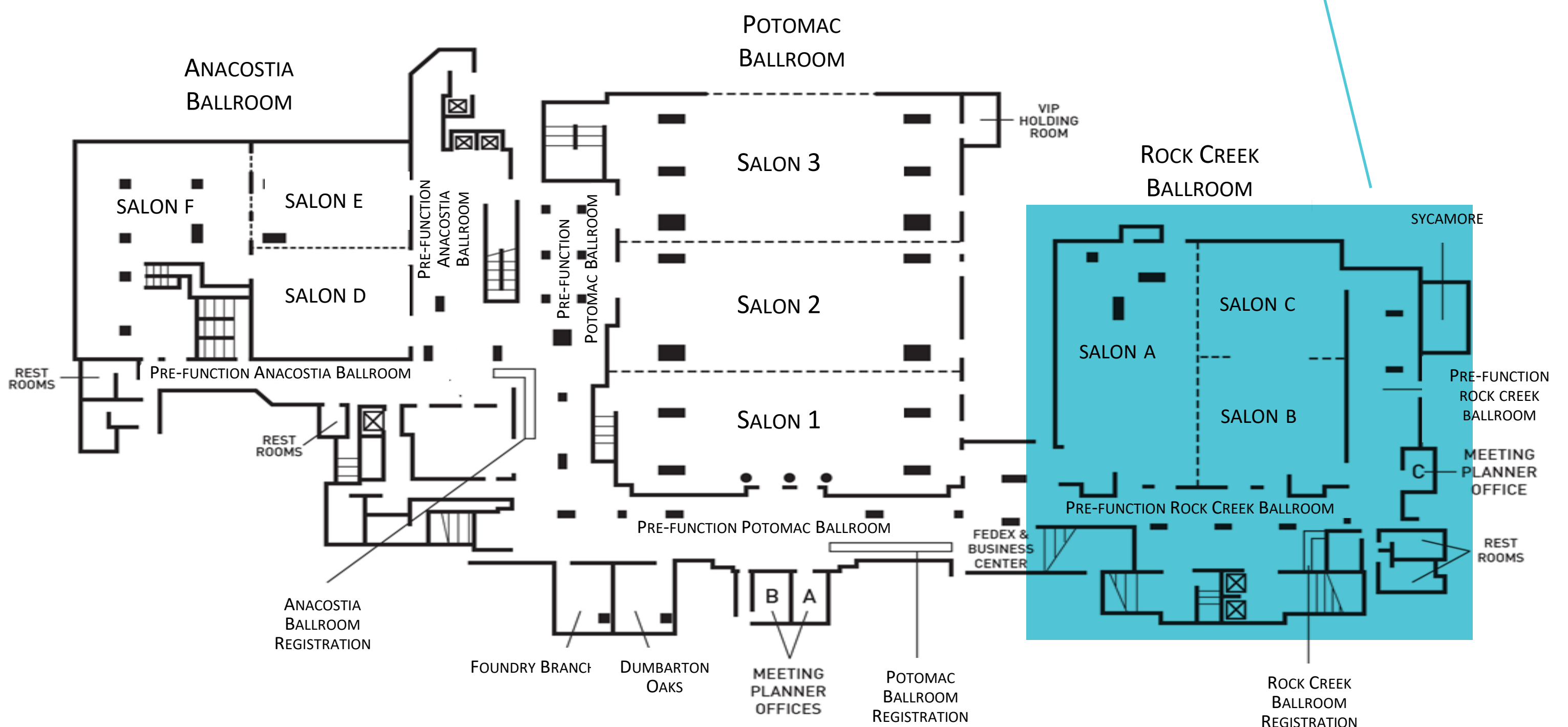
MAPS

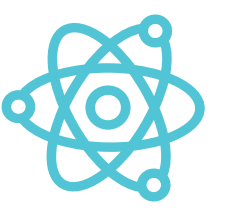
BALLROOM LEVEL

ROCK CREEK BALLROOM



ROCK CREEK
BALLROOM
REGISTRATION





TOOLS AND METHODOLOGIES **EXPOSITION**

HOURS

Sunday: 4:00 pm - 8:00 pm

Monday: 8:00 am - 6:00 pm

Tuesday: 8:00 am - 6:00 pm

Wednesday: 8:00 am - 12:00 pm

LOCATION

Rock Creek Foyer

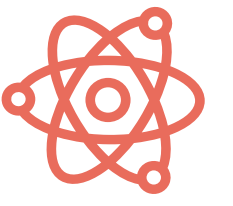
Visit the Tools and Methodologies Exposition to learn more about new and near-term technologies that permit advanced measurement of children's media use and related outcomes. We hope that the technologies presented will be of interest and practical use to you and your colleagues in your future research or practice, and that the experience will stimulate new ideas and collaborations.

Exhibits will be open throughout the Congress, but make sure to stop by during each exhibitor's scheduled spotlight for a special demonstration.



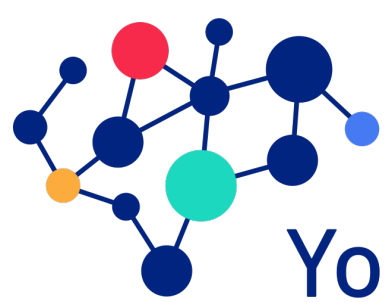


#MediaAndMinds25



TOOLS AND METHODOLOGIES SPOTLIGHTS

MONDAY, 10:45 AM - 11:15 AM



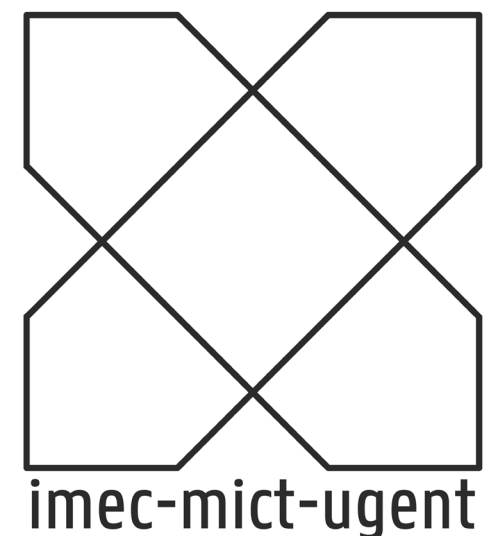
CENTER OF EXCELLENCE
Social Media and
Youth Mental Health



Child Mind
Institute



BIOPAC
Systems, Inc.



MONDAY, 3:20 PM - 4:00 PM



BRAIN VISION
Solutions for neurophysiological research



Healthy
Screen
Habits



fairplay
childhood beyond brands



PHONE-FREE SCHOOLS MOVEMENT

nanit **LAB**

TUESDAY, 10:45 AM - 11:15 AM



ant neuro
north america

Sentinel
Computers

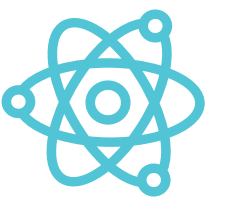
ĀURA

Stanford
SCREENOMICS LAB

Human Screenome Project

BACK TO MENU





GENERAL INFORMATION

WIFI ACCESS

Free Wi-Fi access will be available to Congress guests. When you arrive, connect to the Westin WiFi network (recommend Chrome or Edge) and enter the promo code: MediaandMinds25. Network connection and password information will be posted throughout the meeting space. If you have any issues logging in, please go to the Registration desk for assistance.

REGISTRATION DESK HOURS

Sunday: 3:00 pm - 8:00 pm

Monday: 7:30 am - 6:30 pm

Tuesday: 7:30 am - 6:00 pm

Wednesday: 7:30 am - 1:00 pm

FOOD AND BEVERAGE HIGHLIGHTS

Lunch

Monday and Tuesday

Receptions with Hors d'oeuvres

Sunday and Tuesday (see schedule)

Congress Dinner

Tuesday at the National Museum of Women in the Arts

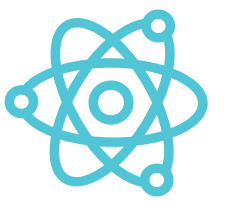
Complimentary Coffee, Tea, Water, and Snacks

Available during breaks

Water fountains are available near the session rooms and throughout the hotel and can be used to refill water bottles.

Lobby coffee shop available for additional refreshments.

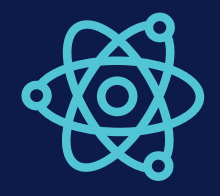




RESEARCH GRANT PROGRAM

Children and Screens is pleased to announce a seed grant funding opportunity in conjunction with this year's Congress. Grants of up to \$150,000 will be awarded on a competitive basis to Congress participants, enabling them to further pursue innovative research and initiatives inspired by the event. This funding aims to support interdisciplinary scientific research that advances our understanding of the critical issues discussed at the Congress. Learn more about the award and eligibility requirements on the [*Congress website*](#), and stay tuned for a full RFP to be released after the Congress.





SUNDAY, JULY 13TH

4:00 pm-
5:00 pm

Mentorship Program “Meet and Greet”

Rock Creek Salon A

*This event sponsored by **Common Sense Media***

5:00 pm-
5:20 pm

Welcome and Opening Remarks

Rock Creek Salon B-C



Kris Perry

EXECUTIVE DIRECTOR

Children and Screens:

Institute of Digital Media and Child Development

5:00 pm-
5:40 pm

Brief and Brilliant Flash Talks

Rock Creek Salon B-C *Full abstracts are available in the Abstract Book*



The Role of Youth as Experts in Improving the Effectiveness of Digital Media Literacy Interventions

Kyra Dingle

MEDICAL STUDENT

University of Irvine School of Medicine



The Interplay Between Problematic Smartphone Use, Depression, and Creative Personality in Adolescents: A Longitudinal Cross-Lagged Model

Jing Chen, MA

PHD STUDENT

*Department of Human Development and Family Science,
Virginia Tech*



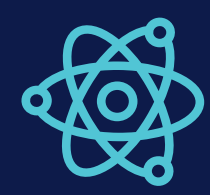
Physiological Responses to Social Media Detox: VA Randomized Control Study With, By, and For Teen

Destinee Ramos

UNDERGRADUATE STUDENT

Harvard College and Center for Digital Thriving





SUNDAY, JULY 13TH

5:20 pm-
5:40 pm

Brief and Brilliant Flash Talks

Rock Creek Salon B-C



The SMaRT Mom Intervention – Partial Abstinence Alters Neural Processing in Parietal Regions of Breastfeeding Mothers with Excessive Smartphone Use to Smartphone Cues – Initial Results of an ERP Study

Lilach Graff Nomkin, MA

RESEARCH PSYCHOLOGIST, DOCTORAL CANDIDATE IN PSYCHOLOGY

Bar-Ilan University



Hiding in Plain Sight: Instagram Violates the DSA by Serving as a Gateway for a Vast Network of Pedophiles

Gretchen Peters, MA

EXECUTIVE DIRECTOR

Alliance to Counter Crime Online

ADVISORY BOARD MEMBER

SOMI (Stichting Onderzoek Marktinformatie / Foundation for Market Information Research)

5:40 pm-
6:40 pm

INVITED PANEL

Legislation and Litigation: Approaches to Accountability for Social Media

Rock Creek Salon B-C

This panel will share the insights learned from some of the leading voices trying to mitigate, moderate, and remediate the potential harms that social media poses to today's youth, through legislation and litigation approaches. Together, panelists will discuss how different strategies intersect with one another and with scientific evidence, as well as what is still needed from the field to support evidence-based approaches to regulation.



Kris Perry *Moderator*

EXECUTIVE DIRECTOR

Children and Screens: Institute of Digital Media and Child Development



Matthew Bergman, JD

FOUNDING ATTORNEY

Social Media Victims Law Center

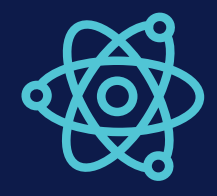
PROFESSOR

Lewis and Clark Law School





#MediaAndMinds25



SUNDAY, JULY 13TH



Alix Fraser
VICE PRESIDENT OF ADVOCACY
Issue One



Imran Ahmed
CEO & FOUNDER
Center for Countering Digital Hate

6:40 pm-
7:00 pm

Fireside Chat with the Chair of the Federal Trade Commission

Rock Creek Salon B-C



Andrew N. Ferguson, JD
CHAIRMAN
Federal Trade Commission



Dimitri Christakis, MD, MPH
CHIEF SCIENCE OFFICER
Children and Screens: Institute of Digital Media and Child Development
GEORGE ADKINS PROFESSOR OF PEDIATRICS
University of Washington
CHIEF HEALTH OFFICER
Special Olympics International

7:00 pm-
8:00 pm

Welcome Reception

Rock Creek Foyer





MONDAY, JULY 14TH

8:30 am-
8:40 am

Welcome + Brief and Brilliant Talks

Rock Creek Salon B-C *Full abstracts are available in the Abstract Book*



Associations between Postsecondary Students' Lifestyle Habits and Positive Mental Health: A Gender-Based Analysis

Caroline Fitzpatrick, PhD

ASSOCIATE PROFESSOR
Université de Sherbrooke



Bidirectional Associations of Problematic Social Media Use and Problematic Gaming with Mental Health Difficulties and Strengths in Adolescents: Sex and Social Support as Potential Moderators

Luka Todorović, MSc

PHD CANDIDATE, DEVELOPMENTAL PSYCHOLOGY
University of Amsterdam

8:45 am-
9:45 am

INVITED PANEL

Brain Development in a Digital World

Rock Creek Salon B-C

How do young brains respond to digital media — and how does it affect critical periods of development in early childhood and adolescence? In this session, panelists will review the foundations of brain development, focusing on the rapid development that occurs during the first years of life and again during adolescence, how we study the brain and its activities, and what we know (or have yet to uncover) about intersections with digital media use throughout childhood.



Heather Kirkorian, PhD *Moderator*

LAURA M. SECORD CHAIR IN EARLY CHILDHOOD DEVELOPMENT,
PROFESSOR AND CHAIR
Department of Human Development and Family Studies, University of Wisconsin-Madison



Tzipi Horowitz-Kraus, PhD

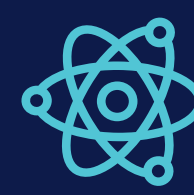
ASSOCIATE PROFESSOR
Faculty of Education in Science and Technology, Faculty of Biomedical Engineering, Technion-Israel Institute of Technology Haifa, Israel
ASSOCIATE PROFESSOR
Neuropsychology Department, Kennedy Krieger Institute



Lucía Magis-Weinberg, MD, PhD

ASSISTANT PROFESSOR, DEPARTMENT OF PSYCHOLOGY
University of Washington





MONDAY, JULY 14TH

9:45 am-
10:45 am

INVITED PANEL

Teen Mental Health: The Double-Edge Sword of Social Media

Rock Creek Salon B-C

This panel will explore the relationship between teen social media use and mental health. Panelists will include a child and adolescent psychiatrist with clinical and research expertise in helping youth and families manage risky online behaviors, a research psychologist who studies sociocultural and technological influences on adolescent development and a youth advocate for healthier screen use. The panel will discuss both positive and negative outcomes related to youth social media use and highlight potential differences for youth based on individual risk and identity factors. They will provide ideas and future directions for researchers, clinicians and educators working with youth.



Erin L. Belfort, MD, DFAACP *Moderator*

ASSOCIATE PROFESSOR OF PSYCHIATRY

Tufts University School of Medicine



Meredith Gansner, MD

CHILD AND ADOLESCENT PSYCHIATRIST AND ASSISTANT PROFESSOR

University of Rochester Medical Center



Anne (Annie) Maheux, PhD

ASSISTANT PROFESSOR & WINSTON DISTINGUISHED FELLOW

*University of North Carolina at Chapel Hill, Winston Center on
Technology and the Developing Mind*

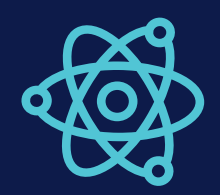


Ben Forman

HONORS MECHANICAL ENGINEERING STUDENT

University of Colorado





MONDAY, JULY 14TH

10:45 am-
11:15 am

Break / Tools and Methodologies Spotlights

Rock Creek Foyer

AAP Center of Excellence
Biopac/fNIR Devices
Child Mind Institute
imec-mic-UGent

11:15 am-
12:15 am

INVITED PANEL

Cyber Risks and Violence: Understanding Child Safety Online

Rock Creek Salons B-C

This panel will address risk, aggression, and violence online across platforms, examining how individual and group inequities shape exposure to harm. Dr. Brendesha Tynes (USC), Dr. Ran Barzilay (CHOP), and Amanda Sanchez (Culture Reframed) will explore the intersections of racism, misogyny, and bias in shaping digital experiences for youth. Grounded in research and clinical practice, the conversation will highlight the psychological, developmental, and social impacts of online violence, with a focus on intervention and prevention. This session will offer critical insights for those working to build safer, more equitable digital environments for youth.



Desmond Upton Patton, PhD, MSW *Moderator*
SCHWARTZ UNIVERSITY PROFESSOR / PIK UNIVERSITY PROFESSOR
University of Pennsylvania



Mandy Sanchez, PhD
DIRECTOR OF PROGRAMMING
Culture Reframed

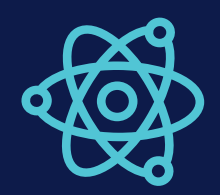


Ran Barzilay, MD, PhD
ASSISTANT PROFESSOR OF PSYCHIATRY
University of Pennsylvania Perelman School of Medicine
ATTENDING CHILD AND ADOLESCENT PSYCHIATRIST
Children’s Hospital of Philadelphia Department of Child and Adolescent Psychiatry and Behavioral Sciences



Brendesha Tynes, PhD
PROFESSOR OF EDUCATION AND PSYCHOLOGY
University of Southern California Center for Empowered Learning and Development with Technology





MONDAY, JULY 14TH

12:15 pm-
1:30 pm

Lunch
Rock Creek Foyer (Food Pick-Up) Various Seating Locations Available
*This event sponsored by **Waltons Trust** and the **Centre for Media, Technology, and Democracy***

1:30 pm-
2:20 pm

INVITED PANEL
**Spirits in the Material World:
Physical Health and Digital Media Use**
Rock Creek Salon B

Nothing blurs the line between mental and physical health like electronic media. Look no further than the tight coupling of screen use and sleep deprivation, a relationship that can lead directly to depression, inattention, and weight gain. Or consider the contribution of social media to body dysmorphia and eating disorders. What about the role advertising and normalization play in youth uptake of tobacco, alcohol, and other substances? Where do the mind and body connect, and what happens when we plug them both into the Internet? Three of the top researchers in the field map out this critical interface.



David L. Hill, MD, FAAP *Moderator*
ADJUNCT ASSOCIATE PROFESSOR OF PEDIATRICS
UNC School of Medicine



Jason M. Nagata, MD, MSc
ASSOCIATE PROFESSOR
Department of Pediatrics, Division of Adolescent and Young Adult Medicine, University of California, San Francisco



John Brand, PhD
RESEARCH SCIENTIST
*Department of Epidemiology in the Geisel School of Medicine
Dartmouth College*



Rebecca Robbins, PhD
ASSISTANT PROFESSOR
Harvard Medical School
SLEEP SCIENTIST
Brigham and Women's Hospital



MONDAY, JULY 14TH

1:30 pm-
2:20 pm

RESEARCH SYMPOSIUM
**Innovation in Action:
New Tools and Approaches for Youth Digital Media
Research**

Rock Creek Salon C [Full abstracts are available in the Abstract Book](#)

This symposium highlights emerging approaches to understanding and improving youth digital media experiences. Drawing on experimental design, AI-driven content analysis, and passive sensing technologies, presenters examine the latest techniques for capturing and evaluating screen use. Together, these talks offer practical tools and critical insights to advance the evidence base in youth digital media research.



Ofcom: Children’s Passive Online Measurement

Sumita Deb
SENIOR ONLINE AUDIENCE ANALYST
Ofcom – the UK’s Online Safety



**Rethinking Inconsistency in Measures of Screen Media
Activity: Insights from the ABCD Study**

Yihong Zhao, PhD
PROFESSOR OF DATA SCIENCE
Columbia University Irving Medical Center



An AI Tool to Detect Educational YouTube Content for Kids

Claire Christensen, PhD
SENIOR EDUCATION RESEARCHER
SRI Education



**Developing an Evidence Base for Digital Citizenship
Education: An Outcome Evaluation of Common Sense
Media’s Curriculum with Middle School Students**

Lisa M. Jones, PhD
RESEARCH PROFESSOR
University of New Hampshire





MONDAY, JULY 14TH

2:30 pm-
3:20 pm

INVITED PANEL

Diverse Media Use in Diverse Families: Knowledge Base and Persisting Gaps

Rock Creek Salon B

As technology and online spaces have evolved, so has research on parenting in a digital age. Recognizing the diversity of families, contexts, and developmental needs, this session discusses what is currently known and what research gaps exist on media and parenting from birth through adolescence, highlighting directions and possible designs for future research.



Stephanie M. Reich, PhD *Moderator*

PROFESSOR, EDUCATION (PRIMARY), PSYCHOLOGICAL SCIENCE, INFORMATICS
University of California, Irvine



Sarah M. Coyne, PhD

PROFESSOR HUMAN DEVELOPMENT
School of Family Life, Brigham Young University



AnneMarie McClain, PhD, MA, EdM, MS

ASSISTANT PROFESSOR OF MEDIA SCIENCE
Boston University
EDUCATIONAL CONSULTANT
GBH



Linda Charmaraman, PhD

SENIOR RESEARCH SCIENTIST
*Founder/Director of the Youth, Media, & Wellbeing Research Lab
Wellesley Centers for Women*

2:30 pm-
3:20 pm

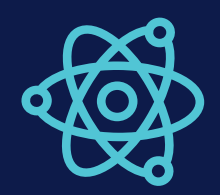
RESEARCH SYMPOSIUM

Understanding Problematic Media Use in Children and Adolescents: Global Insights on Risk and Resilience

Rock Creek Salon C *Full abstracts are available in the Abstract Book*

This symposium brings together international, interdisciplinary research examining the multidimensional risks linked to problematic digital media use in youth. Drawing from large-scale longitudinal and cross-national datasets, four studies examine associations with mental health challenges, substance use, psychotic-like experiences, and social disruptions. Presenters will also investigate the role of gender, culture, and protective environments, highlighting the need to consider ecological, social, and structural factors in assessing and addressing problematic digital media use in youth.





MONDAY, JULY 14TH



Associations Between Problematic Screen Use, Mental Health, Sleep, and Substance Use Among Early Adolescents: A Prospective Cohort Study

Jason M. Nagata, MD, MSc

ASSOCIATE PROFESSOR

*Department of Pediatrics, Division of Adolescent and Young Adult Medicine
University of California, San Francisco*



Gender Differences in the Association Between Problematic Social Media Use and Life Satisfaction: A Cross-National Perspective Among 39 Countries

Jane Shawcroft, PhD

ASSISTANT PROFESSOR

School of Communication, The Ohio State University



Longitudinal Impacts of Problematic Internet Use on Social Relationships across Multiple Ecological Domains of Children and Adolescents

Hyekyung Choo, PhD

ASSOCIATE PROFESSOR OF SOCIAL WORK

National University of Singapore



Situating Problematic Video Gaming and Psychotic-Like Experiences in the Social Environment of Preadolescents

Vincent Paquin, MD

PSYCHIATRIST

McGill University

PHD STUDENT

Maastricht University

3:20 pm-
4:00 pm

Break / Tools and Methodologies Spotlights

Rock Creek Foyer

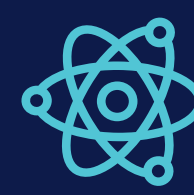
Brain Vision

Fairplay / Phone Free Schools Movement

Healthy Screen Habits

Nanit





MONDAY, JULY 14TH

4:00 pm-
5:00 pm

BREAKOUT SESSIONS

Advancing the Research Agenda

Multiple Locations to be Assigned

Join fellow researchers, practitioners, and thought leaders for deep discussions and help shape the future of the field. In these interactive breakout sessions, you'll choose from topics featured in the day's invited panels, working collaboratively to surface the most pressing research gaps and questions. Together, you'll identify high-priority broader themes, methodological innovations, and translational opportunities that can drive meaningful progress. These dynamic solution-focused conversations are a unique opportunity to spark new ideas and maybe even your next successful grant proposal!

Brain Development

Co-Led by **Tzipi Horowitz-Kraus, PhD**

ASSOCIATE PROFESSOR

Faculty of Education in Science and Technology, Faculty of Biomedical Engineering, Technion-Israel Institute of Technology Haifa, Israel

ASSOCIATE PROFESSOR

Neuropsychology Department, Kennedy Krieger Institute

and **Lucía Magis-Weinberg, MD, PhD**

ASSISTANT PROFESSOR

Department of Psychology, University of Washington

Cyber Risk and Violence

Led by **Mandy Sanchez, PhD**

DIRECTOR OF PROGRAMMING

Culture Reframed

Mental Health

Co-Led by **Anne (Annie) Maheux, PhD**

ASSISTANT PROFESSOR & WINSTON DISTINGUISHED FELLOW

University of North Carolina at Chapel Hill, Winston Center on Technology and the Developing Mind

and **Meredith Gansner, MD**

CHILD AND ADOLESCENT PSYCHIATRIST AND ASSISTANT PROFESSOR

University of Rochester Medical Center





MONDAY, JULY 14TH

Parenting

Led by **Stephanie M. Reich, PhD**

PROFESSOR, EDUCATION (PRIMARY), PSYCHOLOGICAL SCIENCE, INFORMATICS
University of California, Irvine

Physical Health

Led by **John Brand, PhD**

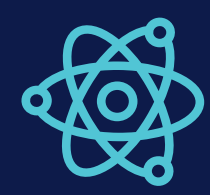
RESEARCH SCIENTIST
Department of Epidemiology in the Geisel School of Medicine, Dartmouth College

5:00 pm-
6:30 pm

Poster Session I *#1-#55*

Rock Creek Salon A





TUESDAY, JULY 15TH

8:30 am-
8:40 am

Welcome + Brief and Brilliant Flash Talks

Rock Creek Salon B-C *Full abstracts are available in the Abstract Book*



Media and Mood in Black Adolescent Socialization

Daniel Labrousse

PHD STUDENT
University of Pittsburgh



Background Screen Exposure at Age 3.5 is Associated with Worse Problem-solving Skills at 4.5 Years

Emma Cristini

PHD CANDIDATE IN EDUCATION
Université de Sherbrooke

8:45 am-
9:45 am

INVITED PANEL

Debate: Should High Schools Impose Full-Day Smartphone Bans?

Rock Creek Salon B-C

Educators report widespread problems with teen smartphone use, (e.g., distraction, disruption of the teaching environment, displacement of socialization, cheating, and bullying). School smartphone bans have been implemented nationwide. Opponents argue they are costly, ineffective, and block opportunities and safety. The question of whether high schools should ban smartphones appears critical for educating youth in a digital world. We will hold a debate on this critical topic in traditional Oxford style format, with opportunities for attendees to address questions to either team. Whichever side sways more attendees will be declared the winner.



Paul Weigle, MD *Moderator*

CHILD AND ADOLESCENT PSYCHIATRIST, ASSOCIATE MEDICAL DIRECTOR
Hartford Healthcare
ASSISTANT PROFESSOR OF PSYCHIATRY
Department of Psychiatry,
University of Connecticut School of Medicine



Josh Golin

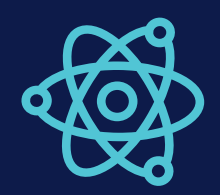
EXECUTIVE DIRECTOR
Fairplay



Daniel Buck, MA

RESEARCH FELLOW
American Enterprise Institution





TUESDAY, JULY 15TH



Carlene MacMillan, MD

CO-FOUNDER

Fermata

CHIEF PRODUCT OFFICER

Radial



Brandon Cardet-Hernandez

PRESIDENT

Mrs Wordsmith

9:45 am-
10:45 am

INVITED PANEL:

#Born: How Screen Use Shapes Early Development and Relationships

Rock Creek Salon B-C

Children develop within the context of relationships, the first and most important being with their primary caregivers (usually parents). Join us to learn more about the ways in which screen media may shape children's development, starting from birth. Presenters will summarize the current research on the relationship between screens and early development; provide insight into how screen use can both empower and distress parents and young children; and conclude with tips for talking with families about their screen media practices. Bring your questions and reflections to join the conversation!



Rebecca Parlakian, MA, Ed *Moderator*

SENIOR DIRECTOR OF PROGRAMS

ZERO TO THREE



Brandon T. McDaniel, PhD

SENIOR RESEARCH SCIENTIST

Parkview Mirro Center for Research and Innovation



Sheri Madigan, PhD, R.Psych

PROFESSOR & CANADA RESEARCH CHAIR IN DETERMINANTS OF CHILD DEVELOPMENT

Department of Psychology, University of Calgary and the Alberta Children's Hospital Research Institute





TUESDAY, JULY 15TH

10:45 am-
11:15 am

Break / Tools and Methodologies Spotlights

Rock Creek Foyer

ANT-Neuro

Aura

Sentinel Computers

Stanford Screenomics Lab

11:15 am-
12:15 pm

INVITED PANEL

Guinea Pigs or Pioneers?
The Risks and Rewards of an AI-Mediated Childhood

Rock Creek Salon B-C

Digital devices are an integral part of growing up today and artificial intelligence technologies are ubiquitous across devices. What are the implications of kids interacting with AI across so many domains of life and development, from early-stage learning and gaming to social media and companionship? What are the risks and rewards? How might crucial factors like identity and personality be impacted by an AI-mediated childhood? What do kids say about these technologies and how do their experiences shape their attitudes about life and information online? Does AI know our kids better than we do? This panel will explore these questions, and delve into the latest research and findings to understand how AI is being deployed to kids now, how their minds and bodies are being impacted and approaches for designing healthier human-centered systems.



Michelle De Mooy *Moderator*

DIRECTOR

Georgetown University McCourt School of Public Policy’s Tech and Public Policy Program



S. Craig Watkins, PhD

ERNEST A. SHARPE CENTENNIAL PROFESSOR

University of Texas at Austin

EXECUTIVE DIRECTOR

IC2 Institute



Amanda Lenhart, MA

SENIOR FELLOW

Joan Ganz Cooney Center at Sesame Workshop

AFFILIATE

Data & Society Research Institute

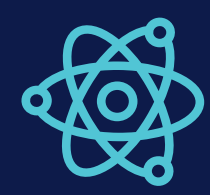


Teodora Pavkovic, MSc

DIRECTOR OF WELLBEING, LEAD ONLINE SAFETY AND DIGITAL WELLBEING EXPERT

Linewize by Qoria





TUESDAY, JULY 15TH

12:15 pm-
1:30 pm

Lunch

Rock Creek Foyer (Food Pick-Up) Various Seating Locations Available

1:30 pm-
2:20 pm

INVITED PANEL

Research Designs: Addressing Causal Mechanisms in a Sea of Correlational Studies

Rock Creek Salon B

Understanding how screens shape children is one of the most urgent—and methodologically complex—questions of our time. This panel brings together leading researchers to explore cutting-edge methods that move beyond correlational studies toward uncovering causal mechanisms. From innovative longitudinal designs and natural experiments to AI-assisted analytics and mixed-methods approaches, we will spotlight tools and frameworks that help untangle the nuanced, dynamic, and sometimes contradictory effects of screens on children’s well-being. We’ll also discuss what new methods are urgently needed to meet the moment as technologies—and childhoods—continue to evolve.



Sunny Xun Liu, PhD *Moderator*

DIRECTOR OF RESEARCH

Stanford Social Media Lab



Thomas N. Robinson, MD, MPH

THE IRVING SCHULMAN ENDOWED PROFESSOR IN CHILD HEALTH AND
PROFESSOR OF PEDIATRICS AND MEDICINE AND, BY COURTESY, OF
EPIDEMIOLOGY AND POPULATION HEALTH

Stanford University



Elizabeth Hoffman, PhD

ASSOCIATE DIRECTOR

ABCD Study®, National Institute on Drug Abuse/NIH



Matías Dodel, PhD

ASSOCIATE PROFESSOR

Department of Social Sciences, Universidad Católica del Uruguay





TUESDAY, JULY 15TH

1:30 pm-
2:20 pm

RESEARCH SYMPOSIUM

Understanding Contextual Influences on Children’s Media Use

Rock Creek Salon B [*Full abstracts are available in the Abstract Book*](#)

This symposium explores the complex interplay between individual traits, environmental contexts, and digital design in shaping young children’s media behaviors and developmental outcomes. Presenters will examine links between early temperament and later screen overuse, how persuasive app features affect disengagement, how screen time mediates the impact of household chaos on sleep, and how real-world play affects game learning. Findings emphasize the importance of aligning digital design with children’s developmental needs and environmental contexts.



Children’s Screen Use Partially Mediates the Link Between Household Chaos and Kindergarteners’ Sleep

Adelaide Delali Klutse, MS, CFLE

PHD CANDIDATE

*Department of Human Development and Family Studies,
Pennsylvania State University*



From Early Temperament to Later Problematic Media Use: The Mediating Role of Adolescent Temperament

Mahmut Sami Gurdal

PHD CANDIDATE

Virginia Tech



The Effects of App Persuasive Design and Child Self-Regulation on their Digital Disengagement: An Acute Experiment

Sumudu Mallawaarachchi, PhD

RESEARCH FELLOW

*ARC Centre of Excellence for the Digital Child
University of Wollongong, Australia*



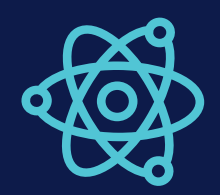
Evaluating Effectiveness of Educational Games in Natural Settings

Jessica Wise Younger, PhD

SENIOR MANAGER, RESEARCH PROJECTS

PBS Kids





TUESDAY, JULY 15TH

2:30 pm-
3:20 pm

INVITED PANEL

Child-Centered Design: Creating Better Digital Experiences for Youth

Rock Creek Salon B

How can design support children’s digital well-being? This panel brings together researchers and advocates to explore how centering children’s perspectives and needs can help shape healthier, more age-appropriate digital experiences. Panelists will discuss the importance of accessible, developmentally supportive technologies and the approaches being used to create them. They will also reflect on the value of involving youth of all ages in the design process. The discussion will assess the current landscape, highlight effective practices, and surface opportunities for impact. Attendees will hear from leading voices in the field and have multiple opportunities to engage with panelists and their ideas.



Katie Davis, EdD *Moderator*

ASSOCIATE PROFESSOR
University of Washington



Alexis Hiniker, PhD

ASSOCIATE PROFESSOR OF HUMAN-COMPUTER INTERACTION
University of Washington Information School



Zamaan Qureshi

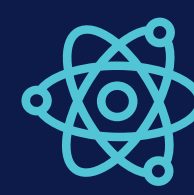
CO-CHAIR
Design It For Us



Medha Tare, PhD

SENIOR DIRECTOR OF RESEARCH
Joan Ganz Cooney Center, Sesame Workshop





TUESDAY, JULY 15TH

2:30 pm-
3:20 pm

RESEARCH SYMPOSIUM

Digital Media Exposure: Tracing Social and Mental Health Impacts Across Development

Rock Creek Salon C [Full abstracts are available in the Abstract Book](#)

This symposium explores the psychological, social, and neurobiological effects of digital media use across key stages of development. Using large datasets and neuroimaging tools, researchers highlight risks related to excessive digital media use, negative online experiences, and exposure to images depicting body enhancements—especially for girls, Black young women, and gender-diverse youth. Collectively, the findings emphasize the need for developmental and identity-informed approaches to guide screen time practices and digital policy.



Longitudinal Associations Between Social Media and Mental Health Among Adolescents: The COMPASS Study

Madelyn Curle, MPH

FACULTY OF KINESIOLOGY, SPORT, AND RECREATION

University of Alberta, Edmonton, Alberta, Canada



Longitudinal Perspectives on Digital Technology Use, Peer Relations Problems and Prosocial Behavior in Childhood

Sheri Madigan, PhD, R.Psych

PROFESSOR AND CANADA RESEARCH CHAIR IN DETERMINANTS OF CHILD DEVELOPMENT

Department of Psychology, University of Calgary and the Alberta Children's Hospital Research Institute



Teen Girls with Fewer Positive and More Negative Experiences on Social Media Show Heightened Neural Sensitivity to Social Evaluation

Jennifer Silk, PhD

PROFESSOR OF PSYCHOLOGY AND PSYCHIATRY

University of Pittsburgh



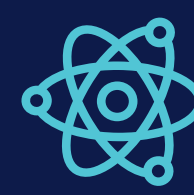
Body Enhanced Social Media Images on Black Women's Body Esteem Satisfaction and Attitudes Towards Cosmetic Surgery

Leonna Davis, PhD

DEVELOPMENTAL PSYCHOLOGIST AND ASSISTANT PROFESSOR

Bowie State University





TUESDAY, JULY 15TH

3:30 pm-
4:30 pm

BREAKOUT SESSIONS

Advancing the Research Agenda

Multiple Locations to be Assigned

Join fellow researchers, practitioners, and thought leaders for deep discussions and help shape the future of the field. In these interactive breakout sessions, you'll choose from topics featured in the day's invited panels, working collaboratively to surface the most pressing research gaps and questions. Together, you'll identify high-priority broader themes, methodological innovations, and translational opportunities that can drive meaningful progress. These dynamic solution-focused conversations are a unique opportunity to spark new ideas and maybe even your next successful grant proposal!

Artificial Intelligence

Led by Michelle De Mooy

DIRECTOR

*McCourt School of Public Policy's Tech and Public Policy Program,
Georgetown University*

Child-Centered Designs

Led by Katie Davis, EdD

ASSOCIATE PROFESSOR

University of Washington

Early Childhood

Led by Sheri Madigan, PhD, R.Psych

PROFESSOR & CANADA RESEARCH CHAIR IN DETERMINANTS OF CHILD DEVELOPMENT

*Department of Psychology,
University of Calgary and the Alberta Children's Hospital Research Institute*

Research Designs

Led by Sunny Xun Liu, PhD

DIRECTOR OF RESEARCH

Stanford Social Media Lab

School Phone Bans

Led by Paul Weigle, MD

CHILD AND ADOLESCENT PSYCHIATRIST, ASSOCIATE MEDICAL DIRECTOR

Hartford Healthcare

ASSISTANT PROFESSOR OF PSYCHIATRY

*Department of Psychiatry,
University of Connecticut School of Medicine*





TUESDAY, JULY 15TH

4:30 pm-
6:00 pm

Poster Session II *#56-#113*
Rock Creek Salon A

6:00 pm-
7:00 pm

Free time

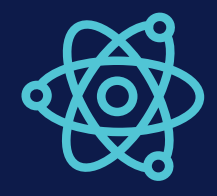
7:00 pm-
10:00 pm

Reception and Dinner
National Museum of Women in the Arts
1250 New York Ave NW, Washington, DC 20005

Join Children and Screens for a reception and dinner at the National Museum of Women in the Arts. Experience a special evening of culture, dining, and fellowship at this renowned DC venue. Together, we will celebrate our collective work and recognize:

- Policymakers who have demonstrated leadership in championing children’s online safety and science-based policy
and
- The recipients of the 2025 Digital Media and Developing Minds Congress Committee Award, for excellence in science (selected from poster presentations).





WEDNESDAY, JULY 16TH

8:30 am-
8:40 am

Welcome

Rock Creek Salon B-C

9:00 am-
10:00 am

BREAKOUT SESSIONS

Tackling Opportunities and Challenges for the Field

Multiple Locations to be Assigned

Engage in focused, forward-looking discussions with peers across science, medicine, education, and public health to examine some of the most critical challenges and promising opportunities in the field. In these small-group breakout sessions, participants will collaborate to identify strategic actions that can move the field forward, whether through research, policy, practice, or cross-section innovation. These conversations offer not only a chance to connect with like-minded colleagues, but also to spark ideas and partnership that could shape the future of the field.

Applying Developmental Frameworks Across Contexts

Led by **Rachel Barr, PhD**

PROFESSOR AND CHAIR, DEPARTMENT OF PSYCHOLOGY

Georgetown University

Defining Problematic Use

Led by **Peter Gerhardstein, PhD**

PROFESSOR OF PSYCHOLOGY

CO-DIRECTOR OF THE CENTER FOR IMAGING, ACOUSTICS, AND PERCEPTION SCIENCE

Binghamton University

Public Health Frameworks

Led by **Thomas N. Robinson, MD, MPH**

THE IRVING SCHULMAN ENDOWED PROFESSOR IN CHILD HEALTH AND PROFESSOR OF PEDIATRICS AND MEDICINE AND, BY COURTESY, OF EPIDEMIOLOGY AND PUBLIC HEALTH

Stanford University

Supporting Schools and Communities

Co-Led by **Roxy Etta, PhD**

COMMUNITY HEALTH PROJECT MANAGER

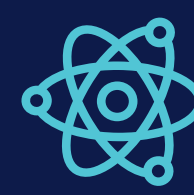
Children and Screens: Institute of Digital Media and Child Development

and **Greg Lucas**

DIRECTOR OF SOCIAL EMOTIONAL LEARNING

New Visions for Public Schools





WEDNESDAY, JULY 16TH

10:30 am-
11:30 am

BREAKOUT SESSIONS

Tackling Opportunities and Challenges for the Field

Multiple Locations to be Assigned

Engage in focused, forward-looking discussions with peers across science, medicine, education, and public health to examine some of the most critical challenges and promising opportunities in the field. In these small-group breakout sessions, participants will collaborate to identify strategic actions that can move the field forward, whether through research, policy, practice, or cross-section innovation. These conversations offer not only a chance to connect with like-minded colleagues, but also to spark ideas and partnership that could shape the future of the field.

Addressing Diversity in Research, Practice, and Design

Led by **Linda Charmaraman, PhD**

SENIOR RESEARCH SCIENTIST AND FOUNDER/DIRECTOR

Youth, Media, and Wellbeing Research Lab, Wellesley Centers for Women

Objective Measurement Tools

Led by **Lauren Hale, PhD**

PROFESSOR

Program in Public Health, Renaissance School of Medicine, Stony Brook University

FOUNDING EDITOR-IN-CHIEF

Sleep Health

Shaping Healthy Digital Norms

Led by **Stephanie M. Reich, PhD**

PROFESSOR, EDUCATION (PRIMARY), PSYCHOLOGICAL SCIENCE, INFORMATICS

University of California, Irvine

Messaging Strategies

Led by **Marisa Gerstein Pineau, PhD**

DIRECTOR OF RESEARCH APPLICATION

FrameWorks Institute

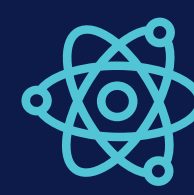
Evidence-Based Regulation Approaches

Led by **Isabel Sunderland**

TECHNOLOGY REFORM POLICY ASSOCIATE

Issue One





WEDNESDAY, JULY 16TH

11:40 am-
1:00 pm

CLOSING SESSION

Connecting the Dots: From Research to Action, and the Road Ahead

Rock Creek Salon B-C

Don't miss the final session to close out the Congress. Following reports from the day's breakout groups, Executive Director Kris Perry will lead a panel discussion that reflects on the week's takeaways, informed by the insights, questions, and feedback shared by participants throughout the Congress. Together, the panel will explore what's needed to elevate our collective work and drive meaningful progress for children's digital well-being.



Kris Perry *Moderator*

EXECUTIVE DIRECTOR

Children and Screens: Institute of Digital Media and Child Development



Dimitri Christakis, MD, MPH

CHIEF SCIENCE OFFICER

Children and Screens: Institute of Digital Media and Child Development

GEORGE ADKINS PROFESSOR OF PEDIATRICS

University of Washington

CHIEF HEALTH OFFICER

Special Olympics International



Isabel Sunderland

TECHNOLOGY REFORM POLICY ASSOCIATE

Issue One

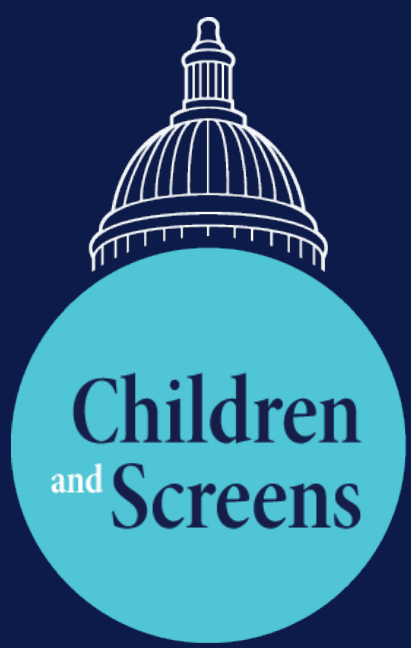


Marisa Gerstein Pineau, PhD

DIRECTOR OF RESEARCH APPLICATION

FrameWorks Institute





DIGITAL MEDIA AND DEVELOPING MINDS

INTERNATIONAL SCIENTIFIC CONGRESS

 JULY 13-16 2025 | WASHINGTON ★ DC | #MediaAndMinds25 

THANK YOU

Thank you to all of the speakers, researchers, exhibitors, participants, and sponsors who have supported #MediaAndMinds25 and the Institute's mission. Consider making a donation today to help further our vision of advancing research, educating the public, and informing policy to advocate for a healthy childhood for all.

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Digital Media and
Child Development

