

Kristelle M. Lavallee Collins, MA

<https://www.linkedin.com/in/kristellelavallee>

Also known as Kristelle Lavallee

CV Prepared: June 6, 2021

Education

M.A. Child Study and Human Development, 2008

Tufts University, Medford MA

B.A. Psychology and Communication Arts, 2006

Gordon College, Wenham, MA

Professional Positions

Senior Content Strategist, 2012 – Present

Digital Wellness Lab at Boston Children's Hospital (formerly known as the Center on Media and Child Health)

Boston, MA

Associate Producer, 2011 – 2012

KidsCOOK Productions

Cambridge, MA

Lead Teacher, 2008 – 2011

Park Street School

Boston, MA

Consulting Positions

Educator and Child Development Consultant, 2018 – Present

Mediatrics, Inc.

Brookline, MA

Host (25 episodes): Ask The Mediatrixian® Podcast, 2019 – 2020

Mediatrics, Inc.

Brookline, MA

Formal Teaching Experience

Lead Instructor, Tufts University, 2018 – Present

Interdisciplinary Approaches to Topics in Media Studies

- Teach one class of 10-25 undergraduate and graduate students as part of Tufts' International Summer Session
- Responsible for all aspects of the course: syllabus design, lesson delivery, and grading

Guest Lecturer, Children and Media, University of Pennsylvania, 2019

Discussed aspects of the Center on Media and Child Health's work, especially as it relates to health communication, to approximately 20 undergraduate students.

Guest Lecturer, Honors Seminar on The American Television Fictional Family, Endicott College, 2017

Discussed how media portrayals of race, gender, age, and occupational stereotypes affect public perception and health, as well as the importance and practicality of media literacy education, to approximately 25 undergraduate students.

Guest Lecturer, Social Media and Society, Endicott College, 2017

Discussed the state of children and families in the digital age (average media use and consumption) and presented a general overview of how media affects child and family health and wellbeing, to approximately 35 undergraduate students.

Guest Lecturer, Today's Social Media, Gordon College, 2014

Discussed the state of the research on social media and its effects on health and development to undergraduate students to approximately 40 undergraduate students.

Guest Lecturer, Communications Senior Seminar, Gordon College, 2013-2014

Discussed vocational pathways in psychology and the work of the Center on Media and Child Health for two academic terms to approximately 15 undergraduate students.

Guest Lecturer, Psychology Senior Seminar, Gordon College, 2013

Discussed leadership opportunities in psychology and the state of the field of developmental psychology to approximately 20 undergraduate students.

National and International Presentations

Invited Speaker

Invited Panelist, EuroDIG (European Dialogue on Internet Governance)

Panel: Governing Digital Interdependence – The Role of Europe

Panel title: Doing Everything Online: Mental Wellbeing vs. Digital Addiction Effects on Human Interaction

Virtual presentation, June 29, 2021

Invited Lecture Series Speaker, Boston Public Schools

Presentation title: Supporting Wellbeing This Summer: Screens, Sunshine & School Preparedness
Virtual presentation, May 24, 2021

Invited Lecture Series Speaker, Noggin University

(co-presented with Michael Rich)
Presentation title: Building a Digital Wellness Lab
Virtual presentation, May 13, 2021

Panelist Speaker, Tufts University (Sponsored by Tisch College, the Eliot-Pearson Department of Child Study and Human Development, and the Tufts School of Medicine)

Panel title: Screen Time in a Pandemic: How Much is too Much?
Virtual presentation, February 22, 2021

Guest Speaker, 2020 Let's Go! School Symposium presented by MaineHealth and the Barbara Bush's Children's Hospital

Presentation title: Digital Wellbeing for Children and Families Today
Virtual presentation, October 29, 2020

Workshop Speaker, Ghost Tree Capital Workshop Series

Presentation title: Digital Wellbeing for Children and Families in Lockdown
Virtual presentation, March 30, 2020

Forum Panelist, Civic Hall

Forum title: The Technology of Human Connection
Civic Hall, New York, NY, March 4, 2020

Workshop Speaker, Ghost Tree Capital Workshop Series

Presentation title: Digital Wellbeing for Children and Families
SS&C Eze New York, NY, February 25, 2020

Keynote Speaker, Technology Leadership Institute's Digital Wellness Winter Event

Presentation title: Digital Wellbeing in School Communities
Edith Macy Conference Center, Briarcliff Manor, NY, January 26, 2020

Lecture Series Speaker, Massachusetts Social Service Grand Rounds

Presentation title: Teens & Tech: Troubles and Triumphs
Massachusetts General Hospital, Boston, MA, November 14, 2019

Guest Speaker, Facebook's LATAM Safety Summit

Presentation title: Teens, Tweens & Tech: How We Can Help Them Live, Survive & Thrive Online
Facebook, São Paulo, Brazil, November 12, 2019

Special Meeting Presenter, Google, Facebook, Instagram: Round Table with Well-being Experts

Presentation title: Promise and Problems: Adolescents and Interactive Media Use
Google, São Paulo, Brazil, November 11, 2019

Guest Speaker, Southcoast Hospitals Group

Presentation title: Socializing Through a Screen: Media and Adolescent Health
St. Luke's Hospital, New Bedford, MA, November 7, 2019

Parent Lecture Series Speaker, Archbishop Williams High School

Presentation title: Teens and Tech: Troubles & Triumphs
Archbishop Williams High School, Braintree, MA, April 10, 2019

Student Lecture Series Speaker, Archbishop Williams High School

Presentation title: Teens and Tech: Troubles & Triumphs
Archbishop Williams High School, Braintree, MA, April 10, 2019

Lecture Series Speaker, New England Academy

Presentation title: Teens & Tech: Troubles and Triumphs
New England Academy, Beverly, MA, March 18, 2019

Guest Speaker, Boston Children's Hospital Adolescent Medicine CORE Conference

(co-presented with Jill R. Kavanaugh, Michael Rich, and David Bickham)

Presentation title: Clinician Toolkit: Assessing and Addressing the Interaction Between Media Use and Children's Health and Development
Boston Children's Hospital, Boston, MA, March 5, 2019

Guest Speaker, Newton Afterschool Association Conference

Presentation title: Content, Context, and Connectedness: Children's Healthy Media Use in the Digital Age
Newton South Highschool, Newton, MA, November 3, 2018

Lecture Series Speaker, New England Academy

Presentation title: Teens, Tweens, and Tech: Troubles & Triumphs
New England Academy, Beverly, MA, September 20, 2018

Salon Presenter, Boston Children's Hospital's Fall Leadership Reception

(co-presented with Michael Rich)

Presentation title: Media? Kids? Ask the Mediatrician
Gelb private home, Weston, MA, September 20, 2017

Workshop Speaker, Match Parent's Workshop

Presentation title: Children's Social Media Use and Health
Match Community Day School, Hyde Park, MA, September 6, 2017

Special Series Speaker, Goldfish Swim School, Employee Education

Presentation title: Health and Social Media: Understanding Use and Preventing Abuse
Goldfish Swim School, Burlington, MA, June 14, 2017

Lecture Series Speaker, Belmont After School Enrichment Collaborative

Presentation title: Supporting the Mental Health of Teens in the Age of Facebook and Snapchat
Belmont High School, Belmont, MA, March 7, 2017

Guest Speaker, Southcoast Health Pediatric Clinical Summit

Presentation title: Media and Child Health

Southcoast Health, New Bedford, MA, November 3, 2016

Lecture Series Speaker, Fenway Community Center's Family and Youth Programs

Presentation title: Social Media and Adolescent Health

Fenway Community Center, Boston, MA, May 5, 2016

Workshop Speaker, Children's Neighborhood Partnership Program for Community Providers (Sponsored by the Martha Eliot Health Center)

Presentation title: Social Media and Adolescent Health

The Nurtury, Boston, MA, March 3, 2016

Workshop Speaker, Brooklyn Based, Screen Time Social

Presentation title: Screen Time and Early Childhood

Forum title: Navigating Screen Time, Social Media and Texting in the Adolescent Years

Museum of Jewish Heritage, New York, NY, February 28, 2016

Forum Panelist, Connecticut Commission on Children

Forum title: Technology in the Classroom: What Computes

State of Connecticut Legislative Office Building, Hartford, CT, December 1, 2015

Guest Speaker, Parenting Power: The Impact of Social Media on Social Emotional Health and Wellness (Sponsored by the Martha Eliot Health Center)

Presentation title: Social Media and Mental Health

The Nurtury, Boston, MA, November 19, 2015

Guest Speaker, Safe Schools Summit

Presentation title: Friending and Finding Identity: How Social Media Affects Adolescent Health

Office of Worcester County District Attorney Joseph D. Early, Jr., Worcester, MA, October 1, 2015

Guest Speaker, New Hampshire Educators' Summer Summit: Transformation through Leadership

Presentation title: Content, Context, and Connectedness: Media in Early Childhood

University of New Hampshire, Keene, NH, August 6, 2015

Guest speaker, Here for the Kids: What Healthy Looks Like (Sponsored by The Massachusetts Department of Public Health)

Presentation title: Teens and Social Media: Understanding Use and Preventing Abuse

Massachusetts Department of Public Health, Boston, MA, March 3, 2015

Guest Speaker, Harvard Global Health Institute's Open Space Conference

Presentation title: Digital Pandemics: When Advocacy Obscures Accuracy in a Hyper-networked World

Harvard, Cambridge, MA, September 26, 2014

Guest Speaker: Holy Family Hospital Pediatric Summit

Presentation title: Friending, Fornicating and Finding Identity: How Social Media Affects Adolescent Health

Holy Family Hospital, Methuen, MA, June 4, 2014

Forum Panelist: Harvard Global Health Institute

Forum title: New Knowledge Opportunities at the Interface of Social Media and Global Health

Harvard, Cambridge, MA, May 1, 2014

Forum Panelist: Evergreen Garden School Parent Event

Forum title: Growing Outdoors in the Media Age

Evergreen Garden School, Harvard, MA, April 29, 2013

Conference Presentations

Lavallee K, Rich M, Kavanaugh JR, Bickham DS. Clinician Toolkit: Assessing and addressing the interaction between media use and children's health and development. Oral presentation at: *American Psychological Association's Technology, Mind, and Society Conference*; April 7, 2018; Washington, DC.

Rich M, **Lavallee K**. Asking and answering: How Ask the Mediatrixian® created a global village to raise digital children. Oral presentation at: *National Association for Media Literacy Education Conference*; June 27, 2017; Chicago, IL

Lavallee K, Kavanaugh JR, Bickham DS, Rich M. The CMCH Clinician Toolkit for health in the digital age. Poster presented at: *Boston Children's Hospital's Office of Graduate Medical Education Research Project Presentations*; April 2017; Boston, MA

Bickham DS, Rubenzahl LL, **Lavallee KM**, Kavanaugh JR, Rich MO. Translating research knowledge to empower science-based parenting in the digital age: The experience of the Center on Media and Child Health. Oral presentation at: *International Communication Association Annual Conference, Preconference Panel*; May, 2014; Seattle, WA.

Professional Training

Social Media Strategy: Creating Engagement, Insight, and Action, 2021

MIT Sloan School of Management, Cambridge, MA

Health Literacy: Measuring Accessibility of Health Information, 2016

Harvard T. H. Chan School of Public Health, Boston, MA

Measures of the Health Literacy Environment, 2016

Harvard T. H. Chan School of Public Health, Boston, MA

Child Life and the Hospitalized Child, 2013

Tufts University, Medford, MA

Leadership in Management, 2013

Boston Children's Hospital, Boston, MA

Adolescent Health, 2012

Harvard T.H. Chan School of Public Health, Boston, MA

The Young Child's Development of Language, 2010

Tufts University, Medford, MA

Appearances in Mass Media

Nexstar Media Wire. Nearly half of parents report more arguments with kids over screen time during pandemic. ABC27 News. March 18, 2021. <https://www.abc27.com/news/health/coronavirus/nearly-half-of-parents-report-more-arguments-with-kids-over-screen-time-during-pandemic/>

Porter K. 10 Ways to Keep Your Family Safe Online During the Coronavirus. HerMoney. May 7, 2020. <https://hermoney.com/connect/family/10-ways-to-keep-your-family-safe-online-during-the-coronavirus/>

Preston E. Don't let your phone get between you and your child. Forge. August 8, 2019. <https://forge.medium.com/dont-let-your-phone-get-between-you-and-your-child-cd4e6428d1d5>

Samuels E, Neff W. Sex, drugs and Peppa Pig? How big a problem is disturbing kids' content on YouTube? The Washington Post. March 14, 2019. https://www.washingtonpost.com/video/business/technology/sex-drugs-and-peppa-pig-how-big-a-problem-is-disturbing-kids-content-on-youtube/2019/03/14/d29fd339-9f62-4675-9e4d-b1f0570680eb_video.html

Sandberg BE. Attack of the "hit-and-run selfie:" When child stars' social media followers get a "little creepy." Hollywood Reporter. August 9, 2018. <https://www.hollywoodreporter.com/lifestyle/lifestyle-news/child-stars-social-media-followers-get-a-little-creepy-1132799/>

Sputnik News. This app is meant to put the parent in the driver's seat when it comes to parenting. Radio Sputnik. February 6, 2018. <https://sputniknews.com/analysis/201802071061451030-parenting-fb-app-kids/>

Ortutay B. Facebook launches parent-controlled Messenger app for kids. The Washington Post. December 5, 2017. https://www.washingtonpost.com/lifestyle/kidspost/facebook-launches-messenger-kids-app/2017/12/04/05d233d6-d924-11e7-b1a8-62589434a581_story.html

Bradley S. Fighting the new normal: Should parents say no to screen time? ParentMap. February 5, 2018. <https://www.parentmap.com/article/screen-time-smartphones-kids-limits-how-to-decide?platform=hootsuite>

Yurieff K. Health experts urge Facebook to shut down Messenger Kids. CNN. January 30, 2018. <https://money.cnn.com/2018/01/30/technology/facebook-messenger-kids-letter/index.html>

Cavanagh SR. No, smartphones are not destroying a generation. Medium. August 6, 2017. <https://sarosecav.medium.com/no-smartphones-are-not-destroying-a-generation-433cbb5e339>

Cox E. Technological distractions. Ball Bearings Magazine. April 17, 2017. <https://ballbearingsmag.com/2017/04/17/technological-distractions/>

Toussaint K. From Mental health experts to moms, 8 locals sound off on Barbie's new bodies. Boston.com. January 29, 2016. <https://www.boston.com/culture/lifestyle/2016/01/29/from-mental-health-experts-to-moms-8-locals-sound-off-on-barbies-new-bodies/>

Publications

Journal Articles

Kavanaugh JR, **Lavallee K**. Educating patients through clinicians: The CMCH Clinician Toolkit. *Journal of Consumer Health on the Internet*. 2020;24(2):165-174.

Kavanaugh JR, **Lavallee K**, Miller A. The role of embedded librarians in educational health resources: Two case studies. *Journal of Consumer Health on the Internet*. 2018;22(1):72-79.

Kavanaugh JR, **Lavallee K**, Rudd, R. A librarian's role in media effects health literacy. *Reference Services Review*, 2016;44(2):132-143

Book Chapters and Encyclopedia Entries

Rich M, **Lavallee Collins K**. Virtual learning, real results: How our media-saturated environment shapes how and what children learn. In Betts A, Thai K-P, eds. *Innovative Approaches to Early Childhood Development and School Readiness*. Hershey, PA: IGI Global. In Press.

Topale D, Nereim C, **Lavallee K**, Rich MO. The virtual world of adolescents. In: Ginsburg KR, McClain ZB, eds. *Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition*. Elk Grove Village, Illinois: American Academy of Pediatrics; 2020:129-134.

Kavanaugh JR, **Lavallee K**. Research that reaches: Community education of media health effects. In: Bryant T, Cain, JO, eds. *Libraries and Nonprofits: Collaboration for the Public Good*. Sacramento, CA: Litwin Books; 2020:11-23.

Rich M, **Lavallee K**, Kavanaugh JR. Center on Media and Child Health. In: Merskin DL, ed. *The SAGE International Encyclopedia of Mass Media and Society*. Thousand Oaks, CA: Sage Publications, Inc.; 2019:287-289.

Rich M, **Lavallee K**, Kavanaugh JR. Problematic Interactive Media Use. In: Merskin DL, ed. *The SAGE International Encyclopedia of Mass Media and Society*. Thousand Oaks, CA: Sage Publications, Inc.; 2019:1404-1405.

Rich M, **Lavallee K**, Kavanaugh JR. Pediatric Perspectives on Media Literacy. In: Hobbs R, Mihailidis P, eds. *The International Encyclopedia of Media Literacy*. Hoboken, NJ: Wiley-Blackwell ICA; 2019.

Rich M, **Lavallee K**. The Mediatrician's advice for today's media mentors. In: Donohue C, ed. *Family Engagement in the Digital Age: Early Childhood Educators as Media Mentors*. New York, NY: Routledge; 2017:147-159.

Rubenzahl R, Lavallee K, Rich M. Using technology and media in early childhood settings. In: Lesaux NK, Jones SM, eds. *The Leading Edge of Early Childhood Education: Linking Science to Policy for a New Generation*. Cambridge, MA: Harvard Education Press; 2016:91-116.

Health Guides

Lavallee Collins K. Making the Shift to Summer, Guidance for Families 2021. Digital Wellness Lab. May 26, 2021. <https://digitalwellnesslab.org/parents/summer-guide-2021/>

Rich M, **Lavallee K**, Kavanaugh JR. Family Digital Wellness Guide: 2021 Version. March 17, 2021. <https://digitalwellnesslab.org/parents/family-digital-wellness-guide/>

Rich M, **Lavallee K**, Kavanaugh JR. Family Digital Wellness and Return to School 2020. Digital Wellness Lab. August 7, 2020. <https://digitalwellnesslab.org/parents/summer-guide-2021/>

Rich M, **Lavallee K**, Kavanaugh JR. Family Digital Wellness Guide: 2020 Version. May 13, 2020. <https://digitalwellnesslab.org/wp-content/uploads/Family-Digital-Wellness-Guide.pdf>

Honors and Awards

Way to Shine, 2020

Boston Children's Hospital, Boston, MA

Awarded for exemplifying the pillars of Boston Children's Hospital's values.

Leadership @ Children's Award, 2013

Boston Children's Hospital, Boston, MA

Awarded to support continued professional development at Boston Children's Hospital.

CCFC Scholarship, 2013

Campaign for a Commercial Free Childhood, Boston, MA

Granted in recognition of professional accomplishments at the Center on Media and Child Health.

Excellence in Service, Club Award, 2009

Park Street School, Boston, MA

Granted in recognition of establishing The Media Literacy Club for fifth- and sixth-graders.

Professional Service

Facebook Messenger Kids Advisory Board Member, 2017 – present

Menlo Park, CA

LEAP for Education, Volunteer teacher, 2016 – 2018

Salem, MA

Committee Member, Eliot-Pearson Advisory Group at Tufts University, 2014 – 2016

Medford, MA

Event Coordinator, Children’s Media Association, 2015 – 2016

Boston, MA

Grant Writing and Sponsored Research Experience

The Walt Disney Company Digital Citizenship and Online Safety Grant, 2021 – 2022

Funder: Disney

Role: Principal Investigator and Grant Writer

Direct Costs: \$50,000

To support the work of the Digital Wellness Lab’s educational outreach efforts for parents.

Understand and Investigate How Different Types of Play Fit the needs of parents and serve the developmental well-being of children, 2015 – 2020

Funder: Hasbro, Inc.

Role: Grant Co-Writer and Project Collaborator

Direct Costs: \$510,000

To investigate how play affects cognition, physical health, social health, and emotional health.

Environmental Health in the Digital Age, 2014 – 2020

Funder: Harvard Pilgrim Health Care

Role: Grant Co-Writer and Project Collaborator

Direct Costs: \$350,000 (\$50,000/year)

To design and develop the Clinician Toolkit, a resource for clinicians dealing with youth who struggle from problematic interactive media use.