

# Linda Charmaraman

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## Education and Training

**Scholar of the Mixed Methods Training Program for the Health Sciences**, NIH R25 training recipient, Johns Hopkins/Harvard, 2015-2016

**T32 Postdoctoral Research Training in Child and Adolescent Development**, NICHD, Wellesley College, 2006-2008

**Ph.D., Human Development & Education**, UC Berkeley, 2006

**Dissertation:** *Cognitive and Social Development through Digital Media Construction in the Urban After-School Community*

**M.A., Human Development & Education**, UC Berkeley, 1999

M.A. thesis: *Fostering Insight Through the use of Analogies*

**B.A., Double major in Psychology & Interdisciplinary Field Studies**, Concentration: Cognition & the Learning Process, UC Berkeley, 1996

## Academic/Professional Experience

- 1997 – 2001 Graduate Student Researcher, part-time, UC Berkeley
- 1999 – 2000 Graduate Student Instructor, Early Childhood Development, Intro to Cognitive Science, part-time, UC Berkeley
- 2000 – 2006 Office of Diversity Recruitment and Retention, Grad School of Education, half-time, UC Berkeley
- 2008, 2021 - Visiting Assistant Professor, Psychology; Visiting lecturer, Education Department, part-time, Wellesley College
- 2006 – 2008 NICHD T32 Postdoctoral Research Fellow, full-time, WCW, Wellesley College
- 2008 – 2018 Research Scientist, full-time, WCW, Wellesley College
- 2018- Senior Research Scientist, founder and director of the Youth, Media, & Wellbeing Research Lab, full-time, WCW, Wellesley College

## Funding: Grants & Contracts

- 2025 – 2026 PI, *Digital wellbeing workshops for girls*, Metrowest Health Foundation, \$22,996.55
- 2025 – 2026 PI, *Support for free digital wellbeing and STEM workshops for middle school girls from low incomes*, Metrowest Women's Fund, \$3,500
- 2024 - 2025 Consultant, Subawardee, Black Girls Create Evaluation, NSF, \$10,000
- 2024 – 2025 PI, *Digital Wellbeing workshops to improve girls' mental health*, Metrowest Health Foundation, \$30,000.
- 2024 – 2025 PI, *Workshop for Metrowest girls to improve mental wellbeing on social media*, Metrowest Women's Fund, \$25,000.
- 2023 – 2026 Co-PI, *Resilient Girls Evaluation Project*, Women's Fund of Essex County, \$24,500.
- 2023 – 2025 Co-investigator, R21 with Brigham Women's Hospital, *Identifying adolescent social media response in real-time: Risk and protective factors for Asian American mental health*, NICHD, \$27,125.
- 2023 – 2027 Co-investigator, subaward PI, R01 with Tufts University, *Longitudinal assessment of specificity in adolescent-dog relationships and adaptive coping for youth with social anxiety*, NICHD, \$804,192.

2023 – 2024 PI, *Workshop for Metrowest girls to improve mental wellbeing on social media*, Metrowest Women’s Fund, \$25,000.

2022 – 2025 Co-investigator, Subaward PI, R01 with Brigham Women’s Hospital, *Discrimination and racial socialization on Asian American parent and youth mental health*; NIMH, \$353,198.

2022 – 2025 Co-PI, *Context and characteristics: A multi-method approach to identifying adolescents’ risky and resilient online behaviors and vulnerabilities to mental health effects*; Boston Children’s Hospital, \$157,454.

2022 – 2025 PI, *The LORT report: Examining racial and gender disparities in Resident Theater Leadership*, League of Resident Theaters, \$150,000.

2021 - current Project Director, Development of a Pilot SEL and Digital Wellbeing Curriculum in Middle School, Morningstar Family Foundation; \$87,221.

2021 – 2023 PI, *Near-peer mentors for Summer Digital Wellbeing Virtual Workshops in middle school: Engagement of a Youth Advisory Board*; University of Wisconsin, Madison, \$4,500.

2020 – 2023 Subaward PI/Co-investigator, R03, *Parental behavior, human-animal interaction, and adolescent development*, National Institutes of Child Health and Human Development (NICHD); \$102,864.

2020 PI, *Addressing Teen Digital Wellbeing*. I Am Strong Foundation, \$2,000.

2018 – 2023 PI, R15, *Early adolescent social technology use and parental monitoring: Implications for psychosocial and behavioral health*. National Institutes of Child Health and Human Development (NICHD); \$452,246.

2019 – 2020 Co-investigator, *Teen-parent health communication over early, middle, and late adolescence*. NICHD R03; \$100,000.

2019 PI, *Promoting adolescent wellbeing through social media*. I Am Strong Foundation; \$2,965.

2017 - 2018 PI, *Parent and peer influences on social media use in early adolescence: Implications for psychosocial and behavioral health*. Children and Screens: Institute of Digital Media and Child Development, Inc.; \$100,000.

2017 - 2019 Co-investigator, R21, *Adolescent communication with family and reproductive health*; National Institutes of Child Health and Human Development (NICHD R21); \$225,396.

2016 – 2017 PI, *APT Validation Study III: Reducing cultural bias in youth program quality observations*; William T. Grant Foundation; \$25,000.

2013 – 2015 PI, New Connections Fellow, *Risk and resiliency of media and social networking use in vulnerable adolescent populations*; Robert Wood Johnson Foundation; \$100,000.

2014 – 2015 Co-investigator, *Improving quality of youth program nationwide: Expanding access to APT and training* (Gannet, PI); Virginia B. Toulmin Foundation; \$125,000.

2013 - 2015 Co-PI, *Afterschool program practices tool validation study II: Improving rater reliability* (Tracy, co-PI); William T. Grant Foundation; \$300,000.

2013 – 2015 Co-investigator, R03, *Communication about sex in the nuclear family and beyond: Implications for Health*; (Grossman, PI); National Institutes of Child Health and Human Development (NICHD); \$154,076.

2011 – 2015 Co-evaluator, *Improving teacher quality and school culture by expanding the SEED (Seeking Educational Equity and Diversity) Project and the National Leadership Institute Nationally* (McIntosh, PI); W. K. Kellogg Foundation; \$3,244,331.

2011 – 2013 PI, *Promoting public awareness of the road to educational equity for girls of color: A multi-media strategy*; The Schott Foundation for Public Education; \$20,000.

2008 – 2013 Co-investigator, *Formative evaluation of the Get Real Middle School Sex Education Curriculum* (Erkut, PI). Planned Parenthood League of

- Massachusetts, Contract; \$1,316,360.
- 2010 – 2011 Co-PI, *Understanding the impact of arts programming on school dropout: a literature review and program development* (Hall, PI), West Michigan Center for Arts & Technology, Grand Rapids, MI; \$88,944.
- 2009 – 2010 Co-investigator, *Middle school bullying and sexual violence: Measurement issues and etiological models* (Espelage, PI; Stein, subaward PI); University of Illinois, Urbana-Champaign; Centers for Disease Control; \$191,730.
- 2009 – 2010 Co-PI, *Qualitative evaluation case study of the L.I.V.E. Brothers Group* (Hall, PI); Anne E. Borghesani Community Foundation; \$6,800.
- 2008 – 2009 T32 Postdoctoral Fellow, *Out of Harm's Way evaluation* (Hall, PI), Boston, MA.
- 2006 – 2008 T32 Postdoctoral Fellow, *Adolescent Mixed-Ancestry Identity: A Measurement Pilot* (Erkut, PI); National Institutes of Child Health and Human Development (NICHD R21), Wellesley College.

### **Funding: Internal awards**

- 2026 Awardee, Dissemination Award; An exploration of Asian American racial socialization within families, schools, and social media; \$34,000.
- 2024 – 2025 Awardee, Cost-share for Metrowest Women's Fund, Digital Wellbeing Workshop evaluation; \$20,000.
- 2022 – 2025 Awardee, Harold Benenson Memorial Grant; \$25,000
- 2021 – 2022 Awardee, Summer Digital Wellbeing Workshop development; \$1,500
- 2019 - 2020 Awardee, Dissemination Award for guest editing a special issue of *Journal of Adolescent Research*; "Adolescent and Emerging Adulthood Development in an Age of Social Media"; \$13,500.
- 2017 – 2018 Awardee, Attitudes about sexism and the workplace: Women's perspectives in the post-2016 election era; Harold Benenson Memorial Grant; \$10,000.
- 2017 – 2018 Awardee, Dissemination Award to focus on inter-institutional collaborations on adolescent wellbeing and online harassment; \$19,622.
- 2016 – 2017 Awardee, Dissemination Award to focus writing on gender-specific research questions; \$22,780.
- 2016 - 2017 Awardee, *Technology applications to adolescent risk prevention*; Nan May Holstein New Directions Award; \$15,740.
- 2015 – 2016 PI, *Mixed method exploration of gender & racial attitudes: Role of occupational stereotypes on TV and in workplace*; Harold Benenson Memorial Grant; \$20,000.
- 2013 – 2016 Awardee, Susan McGee Bailey Women's Research Perspectives Fund; \$46,141.
- 2011 – 2013 PI, *Toolkit for online social science research about Media & Identity: Constructing online surveys and strategies for targeting underrepresented young people*; 35<sup>th</sup> Anniversary Fund; \$58,737.
- 2011 Co-investigator, *Family Communication, Culture, and Gender in a Middle School Sex Education Program* (Grossman, PI); 35<sup>th</sup> Anniversary Fund; \$50,621.
- 2011 Co-investigator, *Qualitative study of Cambodian working mothers* (Frye, PI); Harold Benenson Memorial Research Grant; \$9,978.
- 2009 – 2010 PI, *Gender and career identity in the workplace: A case study of a media internship program for girls, Boston, MA*. Harold Benenson Memorial Grant; \$10,000.

### **Peer-reviewed Publications**

- Reich, S. M., Starks, A., Yuah, Y., Heyming, T., Bacon, K. & Charmaraman, L. (under review). Emerging forms of sexual cybervictimization in children and teens.
- Charmaraman, L., Schaefer, H. S., Bacaj, C., & Durrani, S. (under preparation). Early adolescent body image and social media use: Longitudinal effects of online network size, appearance-related self-consciousness, and age of initiation
- Charmaraman, L., Schaefer, H. S., Bacaj, C., & Harvey, R. (under preparation). Longitudinal

- relationships between depression and specific social media behaviors.
- Delcourt, C.G., **Charmaraman, L.**, Gu, Q., Mbuakoto, C., Whalen, P., Hodgden, G., Kobayashi, S., Nallbani, A., Bilyalova, Z., Jin, Z., Durrani, S. (2025). A Remote Participatory Workshop on Digital Wellbeing and Artificial Intelligence with Middle School Girls. *Interaction Design and Architecture(s) Journal*, 66, 135-161. <https://doi.org/10.55612/s-5002-066-006>
- Charmaraman, L.**, Bacaj, C., & Durrani, S. (2026). Promoting Well-being in Girls through Social Media and Digital Health. *Child and adolescent psychiatric clinics of North America*, 35(1), 47–62. <https://doi.org/10.1016/j.chc.2025.08.002>
- Charmaraman, L.**, Hernandez, J. M., Delcourt, C. G., Zhang, A., Huang, V., Do, L., Nallbani, A., Bilyalova, Z., Fernández, M. H., Andersonn, M., Hodgden, G., Gramajo, A., Kronberg, Z. (2025). Digital wellbeing workshops: Early adolescent girl’s STEM and wellbeing adaptive framework and program evaluation. *Proceedings of the 2025 Connected Learning Summit*. ETC Press.
- Charmaraman, L.**, Smucker, R., Theran, S. A., Dam, S., & Anthony, J. (2025). The Benefits and Challenges of the Parental Monitoring of YouTube in Adolescents’ Lives: A Qualitative Study of Emotion and Sleep Regulation. *Behavioral sciences*, 15(6), 805. <https://doi.org/10.3390/bs15060805>
- Bacaj, C., Wang, K., Zhang, A., & **Charmaraman, L.** (2025). Review of current trends in LGBTQ+ youth and social media: Implications for mental health, identity development, and civic engagement. *Current Pediatrics Reports*, 13(3). <https://doi.org/10.1007/s40124-024-00338-2>
- Mueller, M.K., King, E.K., **Charmaraman, L.**, Mote, J., Anderson, E.C., Dowling-Guyer, S., et al. (2025) Longitudinal idiographic assessment of adolescent-dog relationships and adaptive coping for youth with social anxiety: The Teen & Dog Study protocol. *PLoS One* 20(9): e0333190. <https://doi.org/10.1371/journal.pone.0333190>
- Coyne, S. M., Escobar-Viera, C., Bekalu M. A., **Charmaraman, L.**, Primack, B., Reem M.A. Shafi, R. M. A., Valkenburg, P. PhD, Williams, K. D. A. (2024). Social Media and Youth Mental Health: A Departure from the Status Quo. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Christakis DC, Hale LH, eds. New York: Springer. [https://link.springer.com/chapter/10.1007/978-3-031-69362-5\\_17](https://link.springer.com/chapter/10.1007/978-3-031-69362-5_17)
- Choukas-Bradley, S., Maheux, A. J., Aubrey, J. S., **Charmaraman, L.**, Maas, M., Nesi, J., Ward, L. M., Yang, C. (2024). Social Media Use, Body Image Concerns, and Disordered Eating Among Adolescents. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Christakis DC, Hale LH, eds. New York: Springer. [https://link.springer.com/chapter/10.1007/978-3-031-69362-5\\_21](https://link.springer.com/chapter/10.1007/978-3-031-69362-5_21)
- Charmaraman, L.**, Nesi, J., Schueller, S. M., Choukas-Bradley, S., Hernandez, J. M., and Davis, K. (2024). Youth Digital Wellbeing and Social Connectedness. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Christakis DC, Hale LH, eds. New York: Springer. [https://link.springer.com/chapter/10.1007/978-3-031-69362-5\\_31](https://link.springer.com/chapter/10.1007/978-3-031-69362-5_31)
- Davis, K., & **Charmaraman, L.** (2024). Introduction to Section on Wellbeing on Social Media. *Children and Screens: A Handbook on Digital Media and the Development, Health, and Well-being of Children and Adolescents*. Christakis DC, Hale LH, eds. New York: Springer. [https://link.springer.com/chapter/10.1007/978-3-031-69362-5\\_29](https://link.springer.com/chapter/10.1007/978-3-031-69362-5_29)
- Charmaraman, L.**, Horacio, H., Quichimbo Auqui, J., & Bilyalova, Z. (2024). Understanding adolescent self-esteem and self-image through social media behaviors. *Pediatric Clinics of North America*. <https://authors.elsevier.com/a/1jitr78tN3ZuP>
- Charmaraman, L.**, Zhang, A., Wang, K., & Chen, B. (2024). Sexual minorities and loneliness: Exploring sexuality through social media and gender-sexuality alliance (GSA) supports. *International Journal of Environmental Research and Public Health*, 21(3): 300. <https://doi.org/10.3390/ijerph21030300>
- Liu, J., **Charmaraman, L.**, & Bickham, D. (2024). Association between social media use and substance use among middle and high school-aged youth. *Substance Use & Misuse*, <https://doi.org/10.1080/10826084.2024.2320372>
- Hernandez, J. M., Ben-Joseph, E., Reich, S., & **Charmaraman, L.** (2023). Parental digital media

- monitoring: US family characteristics and early adolescent social technology use. *Journal of Child & Family Studies*. <https://doi.org/10.1007/s10826-023-02734-6>
- Hernandez, J. M., **Charmaraman**, L., & Schaefer, H. (2023). Conceptualizing the role of racial-ethnic identity in US adolescent social technology use and wellbeing. *Translational Issues in Psychological Science*, 9(3), 199-215. <https://doi.org/10.1037/tps0000372>
- Mueller, M. K., Callina, K. S., Richer, A. M., & **Charmaraman**, L. (2023). Longitudinal associations between pet relationship quality and socio-emotional functioning in early adolescence. *Social Development*, 1-22. <https://onlinelibrary.wiley.com/doi/10.1111/sode.12718>
- Charmaraman**, L., Kiel, E., Richer, A.M., Gramajo, A., & Mueller, M. (2022). Associations between pet care responsibility, companion animal interactions, and family relationships during COVID-19. *Animals* (10<sup>th</sup> Anniversary edition), 12(23), 3274; <https://www.mdpi.com/2076-2615/12/23/3274>
- Charmaraman**, L., Grevet Delcourt, C., Durrani, S., Kapoor, J., Richer, A. M., & Xiao, L. F. (2022). The role of parents, other adults, peers, and informal learning communities in shaping positive social media use. *Information and Learning Sciences*, 123(7/8), 399-420. <https://doi.org/10.1108/ILS-03-2022-0034>
- DeSouza, L. M., **Charmaraman**, L., Vargas, E., & Hall, G. S. (2022). Social media friends from afterschool are associated with positive youth development in digital settings. *Journal of Youth Development*, 17(2). <https://doi.org/10.5195/jyd.2022.1173>
- Charmaraman**, L., Cobas, S., Weed, J., Gu, Q., Kiel, E., Chin, H., Gramajo, A., & Mueller, M. (2022). From regulating emotions to less lonely screen time: Parents' qualitative perspectives of the benefits and challenges of adolescent pet companionship. *Behavioral Sciences*, 12(5), 143. <https://doi.org/10.3390/bs12050143>
- Delcourt, C. G., **Charmaraman** L., Gu, C., Durrani, S, and Xiao, T (2022). Innovating novel online social spaces with diverse middle school girls: Ideation and collaboration in a synchronous virtual design workshop. In CHI Conference on Human Factors in Computing Systems (CHI '22). Association for Computing Machinery, New York, NY, USA, Article 248, 1–16. <https://doi.org/10.1145/3491102.3517576>
- Charmaraman**, L., Lynch, A. D., Richer, A. M., & Zhai, E. (2022). Examining early adolescent positive and negative social technology behaviors and wellbeing during the COVID-19 pandemic. *Technology, Mind, & Behavior*, 3(1). <https://doi.org/10.1037/tmb0000062>
- Charmaraman**, L., Lynch, A. D., Richer, A.M., & Grossman, J.M. (2022). Associations of early social media initiation on digital behaviors and the moderating role of limiting use. *Computers in Human Behavior*, 127. <https://doi.org/10.1016/j.chb.2021.107053>
- Charmaraman**, L., Hodes, R., & Richer, A.M. (2021). Young sexual minority adolescent experiences of self-expression and isolation on social media: A cross-sectional survey study. *Journal of Medical Internet Research Mental Health*, 8(9):e26207, <https://doi.org/10.2196/26207>  
PMID: 34524107
- Charmaraman**, L., Richer, A.M., Ben-Joseph, E.P., & Klerman, E. (2021). Quantity, content, and context matter: Associations among social technology use and sleep habits in early adolescents. *Journal of Adolescent Health*, 69(1), 162-165. <https://doi.org/10.1016/j.jadohealth.2020.09.035>
- Charmaraman**, L., Richer, A. M., Liu, C., Doyle Lynch, A., & Moreno, M. (2021). Early adolescent social media-related body dissatisfaction: Associations with depressive symptoms, social anxiety, peers, and celebrities. *Journal of Developmental and Behavioral Pediatrics*, 42(5), 401-407. <https://doi.org/10.1097/DBP.0000000000000911>; PMID: 33507043
- Hyun, S., Wong, G., Levy-Carrick, N.C., **Charmaraman**, L., Cozier, Y., Yip, T., Hahm, H.C., & Liu, C.H. (2021). Psychosocial influences on U.S. young adults' posttraumatic growth during the COVID-19 pandemic. *Psychiatry Research*, 302, <https://doi.org/10.1016/j.psychres.2021.114035>
- Charmaraman**, L., Grevet Delcourt, C., Serrano Najera, C., Vargas, E., Gramajo, A., Richer, A. M., & Adachi-Mejia, A., &. (2021). Disconnecting and reconnecting: A summer workshop photovoice project to support healthy social media use in early adolescence. *Afterschool Matters*, 34, 1-10. <https://www.niost.org/Afterschool-Matters-Spring-2021/disconnecting-and-reconnecting>
- Charmaraman**, L., & Grevet Delcourt, C. (2021). Prototyping for social wellbeing with early social

- media users: Belonging, experimentation, and self-care. In CHI Conference on Human Factors in Computing Systems (CHI '21), May 8-13, 2021, Yokohama, Japan. ACM, New York, NY. <https://dl.acm.org/doi/10.1145/3411764.3445332>
- Mueller, M. K., Richer, A. M., Callina, K. S., & **Charmaraman**, L. (2021). Companion animal relationships and adolescent loneliness during COVID-19. *Animals*, 11, 885. <https://doi.org/10.3390/ani11030885>
- Charmaraman**, L., Grossman, J. M., & Richer, A. M. (2021). Same-sex attraction disclosure and sexual communication topics within families. *Journal of GLBT Family Studies*, 17(2), 118-134. <https://doi.org/10.1080/1550428X.2020.1820414>
- Charmaraman**, L., Mueller, M. K., & Richer, A.M. (2020). The role of pet companionship in online and offline social interactions in adolescence. *Child and Adolescent Social Work Journal*. <https://doi.org/10.1007/s10560-020-00707-y>
- Charmaraman**, L., Moreno, M., Richer, A.M. (2020). Social and behavioral health factors associated with violent and mature gaming in early adolescence. *International Journal of Environmental Research and Public Health*, 17(14), 4996. <https://doi.org/10.3390/ijerph17144996>
- Davis, K., **Charmaraman**, L., & Weinstein, E. (2020). Introduction to special issue: Adolescent and emerging adult development in an age of social media. *Journal of Adolescent Research*, 35(1), 3-15. <https://doi.org/10.1177/0743558419886392>
- Grossman, J. M., Nagar, A., **Charmaraman**, L., & Richer, A. M. (2020). A larger ecology of family sexuality communication: Extended family perspectives on relationships, sexual orientation, and positive aspects of sex. *International Journal of Environmental Research and Public Health*, 17, 1057; <https://doi.org/10.3390/ijerph17031057>
- Charmaraman**, L., Chan, H. B., Chen, S., Richer, A., & Ramanudom, B. (2018) Asian American social media use: From cyber dependence to cyber harassment to saving face. *Asian American Journal of Psychology*, 9(1), 72-86. <https://doi.org/10.1037/aap0000109>
- Grossman, J.M., Richer, A.M., **Charmaraman**, L., Ceder, I., and Erkut, S. (2018). Youth perspectives on sexuality communication with parents and extended family. *Family Relations*, 67(3), 368-380. <https://doi.org/10.1111/fare.12313>
- James, C., Davis, K., **Charmaraman**, L., Konrath, S., Slovak, P., Weinstein, E., & Yarosh, L. (2017). Digital life and youth well-being, social-connectedness, empathy, and narcissism. *Pediatrics*, 140, S71. [http://pediatrics.aappublications.org/content/pediatrics/140/Supplement\\_2/S71.full.pdf](http://pediatrics.aappublications.org/content/pediatrics/140/Supplement_2/S71.full.pdf) <https://doi.org/10.1542/peds.2016-1758F>
- Grossman, J., **Charmaraman**, L., & Erkut, S. (2016). Do as I say, not as I did: How parents talk with teens about sex. *Journal of Family Issues*, 27(2), <https://doi.org/10.1177/0192513X13511955>
- Charmaraman**, L., Woo, M., Quach, A., & Erkut, S. (2014). How have researchers studied multiracial populations: A content and methodological review on 20 years of research. *Cultural Diversity and Ethnic Minority Journal*, 20(3), 336-352. <https://doi.org/10.1037/a0035437>
- Grossman, J. M., Tracy, A. J., **Charmaraman**, L., Ceder, I., & Erkut, S. (2014). Protective effects of middle school comprehensive sex education with family involvement. *Journal of School Health*, 84, 739-747. <https://doi.org/10.1111/josh.12199>
- Charmaraman**, L., & Grossman, J. (2014). “Be careful who you friend”: Early adolescents’ reports of safety, privacy, and family monitoring of Facebook use. *Journal of Youth Development: Bridging research and practice*, 9(1), 86-112. Available online: <http://www.nae4ha.com/current-issue>. <https://doi.org/10.5195/jyd.2014.74>
- Grossman, J. M., Frye, A., **Charmaraman**, L., & Erkut, S. (2013). Family homework and school-based sex education: Delaying early adolescents’ sexual behavior. *Journal of School Health*, 83(11), 810-817. <https://doi.org/10.1111/josh.12098>
- Charmaraman**, L., Jones, A., Stein, N., & Espelage, D. (2013). Is it bullying or sexual harassment? Knowledge, attitudes, and professional development experiences of middle school staff. *Journal of School Health*, 83(6), 438-444. <https://doi.org/10.1111/josh.12048>
- Charmaraman**, L. (2013). Congregating to create for social change: Urban youth media producers and sense of community. *Learning, Media, & Technology*, 38(1), 102-115. <https://doi.org/10.1080/17439884.2011.621956>.

- Erkut, S., Grossman, J. M., Frye, A., Ceder, I., **Charmaraman, L.**, & Tracy, A. (2013). Can sex education delay early sexual debut? *Journal of Early Adolescence*, 33(4), 482-497. <https://doi.org/10.1177/0272431612449386>
- Charmaraman, L.**, Lee, A., & Erkut, S. (2012). "What if you already know everything about sex?" Content analysis of questions from early adolescents in a middle school sex education program. *Journal of Adolescent Health*, 50(5), 527-530. <https://doi.org/10.1016/j.jadohealth.2011.10.004>
- Charmaraman, L.**, & Hall, G. (2011). School dropout prevention: What arts-based community and out-of-school time programs can contribute. *New Directions for Youth Development*, 51, 9-27. <https://doi.org/10.1002/yd.416>
- Charmaraman, L.**, & McKamey, C. (2011). Urban early adolescent narratives on sexuality: Accidental and intentional influences of family, peers, and the media. *Sexuality Research and Social Policy*, 8(4), 253-266. <https://doi.org/10.1007/s13178-011-0052-3>
- Charmaraman, L.**, & Grossman, J. M. (2010). Importance of race and ethnicity: An exploration of Asian, Black, Latino, and Multiracial adolescent identity. *Cultural Diversity and Ethnic Minority Psychology*, 16(2), 144-151. <https://doi.org/10.1037/a0018668>
- Tracy, A. J., Erkut, S., Porche, M. V., Kim, J., **Charmaraman, L.**, Grossman, J. M., Ceder, I., & Vázquez García, H. (2010). Measurement uncertainty in racial and ethnic identification among adolescents of mixed-ancestry: A latent variable approach. *Structural Equation Modeling*, 17(1), 110-133. <https://doi.org/10.1080/10705510903439094>
- Grossman, J. M., & **Charmaraman, L.** (2009). Race, context, and privilege: White adolescents' explanations of racial-ethnic centrality. *Journal of Youth and Adolescence*, 37, 1-11. <https://doi.org/10.1007/s10964-008-9330-7>
- Charmaraman, L.** (2008). Media gangs of social resistance: Urban adolescents take back their images and their streets through media production. *Afterschool Matters*, 7, 27-37. <https://repository.wellesley.edu/object/wellesley8961>

### Peer-reviewed Book Chapters

- Charmaraman, L.**, Hernandez, J. M., Yong, A., & Wang, K. (under preparation). Marginalized identities in digital worlds: Resistance and resilience. In L. M. Scheier & T. M. Brinthaup (Eds.) (2027). *Adolescent identity in the modern world: Applied, clinical, and therapeutic perspectives*. Oxford University Press.
- Hernandez, J.M, Pearl Ben-Joseph, E., Guntrip, C., Miller, C., & **Charmaraman, L.** (In Press). From control to conversation: Parent-child communication dynamics and perspective surrounding social technology use. In D. Lowery & K. Tanaka (Eds.), *Social Media and Family Dynamics Across the Life Course: A Multi-Generational Perspective*. Springer Nature.
- Charmaraman, L.**, Hernandez J. Maya, Weed, J., Durrani, S., Grevet Delcourt, C., and members of the Youth, Media, & Wellbeing Research Lab Youth Advisory Board '21-22. *Youth co-designing more positive digital ecosystems: An action research journey via a Youth Advisory Board*. Book chapter for MIT Works in Progress Series, Connected Learning Alliance. MIT Press. <https://wip.mitpress.mit.edu/pub/ak0y84jv>
- Maes, C., Arimoro, F., & **Charmaraman, L.** (2024). Sexuality and Media: Exploration and Exploitation. In V. Harrison, A. Collier, & S. Adelsheim (Eds.), *Social Media, Exploitation, and Youth Mental Health: A Public Health Perspective*; pp. 23-36. American Psychiatric Association.
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Witness testimony for congressional hearing; US Senate Committee on the Judiciary, Protecting our Children Online.

December 2022

*Codesigning with teens and parents for online supervision*. Meta's Trust, Transparency & Control Labs. Expert consultation on report on global initiative to include 166 teens, 156 guardians, and 125 experts across US, UK, Ireland, Australia, Brazil, Japan, India, Mexico, Senegal, and Cote d'Ivoire. <https://www.ttclabs.net/report/co-designing-with-teens-and-parents-for-online-supervision>

May 10, 2021

<https://catdel.medium.com/prototyping-for-social-wellbeing-with-early-social-media-users-fba4df0c4f9c>

Parent webinar of R15 middle school social technology use study findings,

[wcwonline.org/coakley-webinar](http://wcwonline.org/coakley-webinar)

Infographic, <https://www.wcwonline.org/Publications/infographic-who-are-middle-schoolers-following-on-instagram>

Infographic (2020, Feb). Youtube Turns 15. <https://www.wcwonline.org/images/pdf/youtube-turns-15.pdf>

Richer, A., Ceder, I., **Charmaraman**, L. (2018, Jan). Results from the APT Validation Study III: Reducing cultural biases in youth program observations. Wellesley Centers for Women Research Brief.

Richer, A., **Charmaraman**, L., & Ceder, I. (2018). Measuring program quality, Part 2: Addressing potential cultural bias in a rater reliability exam. *Afterschool Matters*, 27, 28-36.

Tracy, A., **Charmaraman**, L., Ceder, I., Richer, A., & Surr, W. (2016). Measuring program quality: Evidence of the scientific validity of the Assessment of Program Practices Tool. *Afterschool Matters*, 24, 3-11.

**Charmaraman**, L. (2015, January). Social media and internet technology: promoting healthy wellbeing for vulnerable young people. Paper presented at webinar, *Using Technology to Address Health Disparities*, Robert Wood Johnson Foundation, New Connections Program.

**Charmaraman**, L. Blog: Stereotypes and Stigma in the Media. <http://detroityouthpassages.org/2014/07/28/stereotypes-and-stigma-in-the-media-by-linda-charmaraman/>; July 25, 2014.

**Charmaraman**, L., Blog: Facebook: Friend or Foe.

<http://www.rwjf.org/en/culture-of-health.html?q=charmaraman>; July 23, 2014.

Price, T., & **Charmaraman**, L. Blog: Mentoring & Girls of Color.

<http://www.wcwonline.org/Mentoring-Girls-of-Color/Mentoring-girls-of-color>; January 17, 2013.

**Charmaraman**, L., Blog: It's Our Time: The Empathy Gap for Girls of Color.

<http://schottfoundation.org/blog/2012/10/16/its-our-time-empathy-gap-girls-color>; October 16, 2012.

Hall, G., & **Charmaraman**, L. (2011). Growing boys: implementing a boys' empowerment group in an afterschool program. *Afterschool Matters*, 13, 49-51.

Hall, G., & **Charmaraman**, L. (2011). Study finds key factors that support male youth. *School-Aged Notes*, 31(4), 1-6.

Hall, G., & **Charmaraman**, L. (2010). Boys, teens can benefit from inclusion in common-interest groups. *School-Aged Notes*, 31(3), 2-7.

**Charmaraman**, L., & Gruber, D. (2009). Civics education: Engagement needn't wait until high school years. *School-Aged Notes*, 30(3), 2-7.

**Charmaraman**, L. & Wai, J. (1996). A Guide to the empirical Study, the literature review, the case study, and the book review, *Active Intellect*, 2, 35-49.

### **Presentations/Keynote addresses**

**Charmaraman**, L. (2026, August). Main Stage speaker. American Psychological Association convention. Washington, DC.

**Charmaraman**, L. et al. (2026, March). *AI and Youth Mental Health Congressional Briefing*. Invited panelist and congressional advocate on behalf of Society for Research on Child Development (SRCD), Washington, DC.

**Charmaraman**, L., Jones, J., Robb, M., & Ruiz, R. (2026, January). *Youth mental health: Helping a generation thrive in a digital world*. Invited APA panelist at Consumer Electronics Show (CES), Las Vegas, Nevada.

**Charmaraman**, L. (2025, May). *Digital media, race, and ethnicity: Diverse youth experiences in a digital world*. Presented at the Annual convention for the Society for Research on Child Development, Minneapolis, Minnesota.

- Charmaraman, L. (2025, July). *Social media parenting in different household contexts*. Children & Screens Congress, Washington DC.
- Charmaraman, L. (2025, March). *Marginalized youth using social media: One person's junk is another one's treasure*. Fordham Law, New York, NY.
- Charmaraman, L. (2024, November). *Friend or foe: Youth voices on social media and wellbeing*. William Paterson University, New Jersey.
- Charmaraman, L., Ferguson, G., Greenfield, P., & Ward, M. (2024, April). *Youth culture, identity, and development in the digital age*. 2024 Kendon Smith Lecture Series. University of North Carolina, Greensboro.
- Charmaraman, L. (2024, March). *Social Media and Wellbeing in Context*. Institute for Rebooting Social Media, Berkman Klein Center for Internet & Society, Cambridge, MA.
- Charmaraman, L. (2024, February). *The Good, the Bad and the Ugly Reality about Girls' Use of Social Media*. Keynote address for series on Meeting the Emotional Health Needs of Girls in the Metrowest, Metrowest Health Foundation, Natick, MA.
- Twenge, J., Horowitz, J., & Charmaraman, L. (2023, December). Invited panelist for *Is Social Media Fueling the Youth Mental Health Crisis?* USC Annenberg Center for Health Journalism. <https://centerforhealthjournalism.org/our-work/webinars/social-media-fueling-youth-mental-health-crisis>
- Manago, A., Daniels, E., McInroy, L., Yang, C., and Charmaraman, L. (2023, November). Invited panelist for *Youth Self-Esteem and Identity: The Media(ted) Self*, Children and Screens #AsktheExperts series. <https://www.childrenandscreens.org/learn-explore/research/youth-self-esteem-and-identity-the-mediated-self/>
- Charmaraman, L. (2023, October). Invited panelist for Summit on Global Wellbeing, Panel on the *Role of Social Connections in Times of Crisis*, hosted by Gallup, Semafor, Meta
- Charmaraman, L. (2023, October). Invited keynote address on marginalized youth using digital media for Social Media Scientists' Retreat meeting, Winston National Center on Technology Use, Brain, and Psychological Development, University of North Carolina, Chapel Hill
- Charmaraman, L. (2023, September). Invited panelist for Children & Screens Congress, Washington, DC
- Charmaraman, L. (2023, August). Invited panelist for Youth & Social Media; Perils, Powers, and Pathways to Resilience hosted by Mental Health Technology Transfer Center Network, HHS Region 9, funded by Substance Abuse and Mental Health Services Administration (SAMHSA)
- Charmaraman, L. (2023, July). Invited speaker for Social Media and Your Child's Mental Health: Creating a Positive Change nationwide webinar hosted by Nemours Children's Hospital.
- Charmaraman, L. (2023, July). Invited speaker for Future Forum Caucus, Capitol Hill meeting with Democratic House of Reps regarding adolescent social media and mental health. Washington, DC
- Charmaraman, L. (2023, May). Invited lecture at OUT Metrowest and Framingham local access channel.
- Charmaraman, L. (2023, April). Speaker at the Harvard T. H. Chan School of Public Health 2023 Health Equity and Leadership (HEAL) conference. Panelist for Youth, Technology, and Mental Health in the COVID era.
- Charmaraman, L. (2023, April). Invited lecture at Salem State University, Department of Psychology, Salem, MA.
- Charmaraman, L., Damour, L., Moreland-Capua, A., Weissbourd, R. (2023, March). The crisis in adolescent mental health. [AskWith Forum](#), Harvard Graduate School of Education, Cambridge, MA.
- Charmaraman, L. (2023, March) Invited lecture at Syracuse University, Department of Human Development and Family Science, Syracuse, NY.
- Charmaraman, L. (2023, January). Speaker at the Technology and Adolescent Mental Wellness National Youth Advisory Board colloquium, University of Wisconsin, Madison.
- Charmaraman, L. (2022, December). Innovating to support the well-being of teens online. Invited panelist for the 2022 Meta Summit on Youth Safety and Well-being, Washington, DC.
- Charmaraman, L. (2022, December). Growing up on social media – the impact on pre-teen and adolescent girls. Moderated by William Tong (CT Attorney General) and John O'Connor (OK Attorney General). Invited panelist for the National Association of Attorney Generals, Washington DC.
- Charmaraman, L. (2022, May). Impact of COVID-19 social distancing on adolescent technology and

- social media use. Briefing for Kline Center for Judicial Education, Pennsylvania.
- Charmaraman, L., Berkman, M., Graber, D., Ochs, J., & Shotbolt, V. (2022, March). The good, the bad, and the filtered: A social media primer for parents. Hosted by the “Ask the Experts” webinar series, Children and Screens: Institute for Digital Media and Child Development.  
<https://www.youtube.com/watch?v=JtEirONAgco&t=2s>
- Charmaraman, L. (2022, January). Briefing on how to ensure adolescents are healthy and thriving for the U. S. Department of Health and Human Services, Office of Population Affairs.
- Charmaraman, L., (2021, November). Briefing on social media and mental health & wellbeing for the White House Domestic Policy’s health team, Office of Science and Technology Policy’s Science and Society division, and the Executive Office of the President.
- Charmaraman, L., (2021, November). Urban Health Media Project Live Instagram Therapy Thursday series on social media’ effect on youth mental health.
- Charmaraman, L. (2021, November). Invited interview for Speaking of Psychology APA podcast series, which was repurposed as a Technology, Media, Society invited lecture.
- Ranney, M., Moreno, M., DasGupta, T., Charmaraman, L., Schueller, S. (2021, July). Invited panelist, *How is adolescent wellbeing shaped through social media?* 2021 Connected Learning Summit, UC Irvine.
- Rosen, L., Charmaraman, L., Bagot, K., & Weinstein, E. (2020, July). *Constantly Connected: The social media lives of teens*. Children and Screens Ask the Experts Virtual Workshop Series.  
<https://www.youtube.com/watch?v=BfX2TqD4rq8&feature=youtu.be>
- Charmaraman, L., Muhammad, S., & Yadav, P. (2020, March). *Cognitive Diversity: Neuroscience behind high-performing teams and innovation*. Forbes Ignite, New York, NY.
- Gazzaley, A., Charmaraman, L., & Weinstein, E. (2020, February) *Technology and the Brain*. Panel discussion presented as part of the New Science, New Solution Series. American Museum of Natural History, New York, NY.
- Charmaraman, L. (2019, October). *Digital citizenship and social identities in emerging adulthood*. Invited keynote address for preconference of Society for the Study of Emerging Adulthood. Toronto, CA.
- Charmaraman, L., & Moreno, M. (2018, October). Invited panelist. *Health and wellbeing implications of early social media use*. Digital Media and Developing Minds Congress, Cold Springs Harbor Laboratory, NY.
- Charmaraman, L. (2016, June). *Social media use in vulnerable populations: Friend or foe?* Invited Opening Keynote Speaker at the Social Media & Adolescent Health Research conference, Seattle Childrens Hospital, Seattle, WA.
- Charmaraman, L. (2014, June). *Socialization contexts of youth sexualities: empowering families, schools, Peers, and media*. Invited Keynote Speaker for a Youth Sexuality Media Forum, co-sponsored by Ford Foundation and Detroit Youth Passages, Detroit, MI.
- Charmaraman, L., Stein, N., & Jones, A. (2010, June). *Voices from middle school teachers and students regarding bullying and sexual harassment/violence*. Presented at the National Center for Injury Prevention and Control, Centers for Disease Control & Prevention, Atlanta, GA.
- Charmaraman, L. (2008, July). *Mixed Ancestry: Gaps in the literature*. Presented at the Summit on Mixed Ancestry, Wellesley, MA.

### **Peer-reviewed conferences**

- Carter, M., Valdez, J. S., Shawcroft, J., Hernandez, J.M., Vigil, S., Snyder, A., Charmaraman, L., Rich, M., Cingel, D., & Bickham, D. (2026, June). *Do person-centric effects need person-centric measures? Investigating an un-accounted for explanatory factor in contemporary social media effects research*. Paper to be presented at the International Communications Association, Cape Town, South Africa.
- Charmaraman, L., Isacson, M., Zhang, T., Yong, A., Wang, K., Geertsma, K., Zhang, A., Gonzalez, S. M., Gramajo, A., Cui, A., Hernandez, J.M., & Yip, T. (2026, August). *On- and off-line peer racial socialization of Chinese American adolescents*. Poster to be presented at the American Psychological Association conference, Washington, DC.
- Charmaraman, L. (2025, August). *The rising need for digital wellbeing and social media literacy in early*

- adolescence: A call to educators, parents, and clinicians*. International Conference on Education Sciences, Distance Education, and Educational Technology (ICESDEET-25). Phuket, Thailand.
- Hernandez, M., & Charmaraman, L. (2025, May). Online experiences and wellbeing of Asian American and Latine adolescents: A pre- and post-COVID19 digital age perspective. Panel presentation at Society for Research on Child Development, Minneapolis, MN.
- Gu, Quan, Charmaraman, L., & Grevet Delcourt, C. (2023, June). Experiences of novice design facilitators in a remote participatory workshop. In CHIWORK '23, Oldenburg, Germany.
- Liu, J., Bickham, D., & Charmaraman, L. (2023). *Association between social media use and substance use among middle and high school-aged youth*. Poster presented at Society for Adolescent Health and Medicine, Chicago, IL. [https://www.jahonline.org/article/S1054-139X\(22\)00962-4/fulltext](https://www.jahonline.org/article/S1054-139X(22)00962-4/fulltext)
- Charmaraman, L., Schaefer, H.S., Durani, S., & Bacaj, C. (2023, April). *Early adolescent body image and social media use over time: Effects of online network size, appearance-related consciousness, and age of initiation*. Paper presented at the Society for Research on Adolescence. San Diego, CA.
- Charmaraman, L., Schaefer, H.S., Bacaj, C., Harvey, R. (2022, November). *How are social media behaviors and attitudes related to depression over time? Examining the mediating factor of early adolescent peer victimization*. Paper presented at the American Public Health Association, Boston, MA.
- Charmaraman, L., Englander, E., McComb, S., & Prinstein, M. (2022, October). *What happens when children sign up for Instagram and Snapchat before age 11? The role of limiting use to reduce negative effects*. Symposium panel presented at the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.
- Delcourt, C. G., Charmaraman L., Gu, C., Durrani, S, and Xiao, T (2022, May). *Innovating novel online social spaces with diverse middle school girls: Ideation and collaboration in a synchronous virtual design workshop*. CHI conference.
- Charmaraman, L., Richer, A., Callina, K., & Mueller, M. (2022, July). *Companion Animal Relationships and Trajectories of Socio-Emotional Functioning in Adolescence*. International Society for Anthrozoology (ISAZ), Boise, Idaho.
- Hernandez, J. M., Ben-Joseph, E., & Charmaraman, L. (2022, May). *Reevaluating parental monitoring behaviors of early adolescent social technology use in the US: A mixed-methods approach*. Paper presented at the International Communication Association Conference, Paris, France.
- Charmaraman, L., Lynch, A. D., & Richer, A. M. (2022, May). *Examining early adolescent social technology behaviors and wellbeing during the COVID-19 pandemic*. Paper presented at the International Communication Association Conference, Paris, France.
- Hernandez, M., Ben-Joseph, E., & Charmaraman, L. (2022, April). *Influences of Parental Monitoring Styles and Technoference on Early Adolescent Social Technology Use*. Paper presented at the American Educational Research Association, San Diego, CA.
- Charmaraman, L., & Grevet Delcourt, C. (2021, May). *Prototyping for social wellbeing with early social media users: Belonging, experimentation, and self-care*. Paper presented at the ACM CHI Virtual Conference on Human Factors in Computing Systems.
- Mueller, M., Richer, A., Doyle Lynch, A., Charmaraman, L. (2021, April). *Pet relationships and adolescent loneliness during Covid-19*. Panel presentation presented at the Society for Research on Child Development, Virtual meeting.
- Potenza, M., Englander, E. K., Charmaraman, L., & Browne, D., T. (2020, October). *Children and Screens Research Update: How new media habits impact mental health*. Panel presented at the American Academy of Child and Adolescent Psychiatry annual meeting, San Francisco, CA.
- Charmaraman, L., Grossman, J., & Ben-Joseph, E. (2020, April). *Blurring the boundaries between home and school: Parents supporting healthy internet and social media use*. Poster accepted to the American Educational Research Association, San Francisco, CA.
- Ben-Joseph, E. P., Hernandez, J. M., & Charmaraman, L. (2020, March). *Restriction to communication: A mixed-method study of parental monitoring style, family closeness, and adolescent screen behaviors*. Paper accepted to the Society for Research on Adolescence, San Diego, CA.
- Charmaraman, L., Serrano Najera, C., Adachi-Mejia, A., & Delcourt, C. (2020, March). *Disconnecting and reconnecting: A Photovoice project to support healthy social media use in early adolescence*. Poster accepted to the Society for Research on Adolescence, San Diego, CA.

- Charmaraman, L., Richer, A., Unni, S., Serrano Najera, C., Cobas, S. (2019, August). *Playing violent and mature online games: Implications for adolescent health and social interactions*. Poster presented at the American Psychological Association annual meeting, Chicago, IL.
- Charmaraman, L., Richer, A., DeSouza, L., & Madsen, K. (2019, May). *Analyzing liberal voter interpretations of Trump's "Make America Great Again": Implications for race, gender, and political identity*. Paper presented at the International Communication Association, Washington, DC.
- Charmaraman, L., Madsen, K., Richer, A., & DeSouza, L. (2018, August). *How liberal voters interpreted the 2016 trump media campaign: Race, gender, age, and civic issues*. Poster presented at the American Psychological Association, San Francisco, CA.
- Charmaraman, L., Richer, A., & Moreno, M. A. (2018, May). *Psychosocial and physical health associations of early social media use before age 12*. Paper presented at the Pediatric Academic Societies meeting, Toronto, Canada.
- Richer, A., Charmaraman, L., Ceder, I., & DeSouza, L. (2018, April). *Identifying cultural biases: Developing video-based training for the Afterschool Program Practices Tool*. Paper presented at the American Educational Research Association, New York, NY.
- Charmaraman, L., Ramanudom, B., Chan, H. B., Richer, A., & Tracy, A. (2016, October). *Asian American social media use: From cyber dependence to cyber harassment*. Poster presented at the Society for Research on Child Development Special Topic Meeting: Technology and media in children's development. Irvine, CA.
- Charmaraman, L., & Tracy, A. (2016, August). *Avoiding cultural bias in establishing program observation accuracy: Reflections on our evolving action-oriented mixed methods evaluation design*. Paper presented at the Mixed Methods International Research Association conference, Durham, United Kingdom.
- Tracy, A., Richer, A., & Charmaraman, L. (2016, April). *APT validity and reliability: identifying and minimizing measurement error of youth program observation ratings*. Paper presented at the American Educational Research Association, Washington, DC.
- Jones, A., Charmaraman, L., Merrin, G., Espelage, D. (2016, April). *School climate, gender, context, and consequences: Effectively addressing middle school sexual harassment at school*. Paper presented at the American Educational Research Association, Washington, DC.
- Charmaraman, L., Jones, A., Merrin, G., Espelage, D. (2016, April). *Predicting early adolescent online sexual harassment: Associations with dismissive attitudes, peer support, and school belonging*. Poster presented at Society for Research on Adolescence, Baltimore, MD
- Charmaraman, L., Notsu, H., Richer, A., & Parmelee, K. (2016, April). *How early adolescents define sex: Longitudinal associations with Facebook friendship networks and sexual activity*. Poster presented at Society for Research on Adolescence, Baltimore, MD.
- Charmaraman, L., Richer, A., Tracy, A. (2015, October). *From early adolescence through emerging adulthood: Exploring differences in social media use by age, race, and perceived social status*. Poster presented at the Arthur M. Sackler Colloquia of the National Academy of Sciences, Digital Media & Developing Minds Conference, Irvine, CA.
- Charmaraman, L., Notsu, H., & Richer, A. (2015, May). *Young adolescents on Facebook: parents, peer sexual norms and knowledge about sex*. Paper presented at the International Communications Association, San Juan, Puerto Rico, USA.
- Porche, M. V., Charmaraman, L., & Grossman, J. (2015, April). *Teacher transformation through experiential learning: Personal change towards justice-oriented inclusive education*. Paper presented at the American Educational Research Association meeting, Chicago, IL.
- Charmaraman, L., Richer, A., & Chan, B. (2015, March). *Do age and SES matter? A mixed-method exploration of social media use during good and bad times*. Paper presented at Society for Research on Child Development, Philadelphia, PA, USA.
- Charmaraman, L., Price, T., & Lau, R. (2014, August). *The educational opportunity gap for girls of color – a media-messaging strategy*. Paper and documentary presented at the American Psychological Association, Washington, DC.
- Charmaraman, L. (2014, March). *Adolescent social media communities: A mixed-method exploration*

- of racial and gender differences in seeking social support*. Paper presented at the Society of Research on Adolescence Meeting, Austin, TX.
- Grossman, J.M., Tracy, A.J., Charmaraman, L., Ceder, I., & Erkut, S. (2013, November). *Family homework activities in a comprehensive sex education program delay teen sex for boys*. Paper presented at the American Public Health Association, Boston, MA.
- Jones, A. E. & Charmaraman, L. (2013, August). *Beliefs about bullies and their victims: Voices from middle school students*. Poster presented at the American Psychology Association. Honolulu, HI.
- Charmaraman, L., Grossman, J. M., & Erkut, S. (2013, August). *Do as I say, not as I did: Parent talk with teens about sex*. Poster presented at the American Psychology Association. Honolulu, HI.
- Porche, M. V., Grossman, J., & Charmaraman, L. (2013, August). *Teacher transformation through experiential learning to promote inclusive education*. Poster presented at the American Psychology Association. Honolulu, HI.
- Grossman, J. M., Charmaraman, L., & Erkut, S. (2013, April). *Family homework and school-based sex education: An intervention in early adolescent development*. Poster presented at the American Educational Research Association. San Francisco, CA.
- Jones, A. E., Charmaraman, L., & Stein, N. (2013, April). “*They never hear ‘stop’ so they don’t stop*”: *Voices from middle school students about peer sexual harassment and sexual climate*. Paper presented at the American Educational Research Association. San Francisco, CA.
- Jones, A. E., Charmaraman, L., & Stein, N. (2012, April). “*She was a cute girl who flaunted herself to the boys: Focus groups with middle school teachers about student sexual harassment*”. Paper presented at the American Educational Research Association. Vancouver, Canada.
- Grossman, J., Frye, A., Charmaraman, L., Ceder, I., & Erkut, S. (2011, October). *Short-term impact evaluation of Get Real, a comprehensive sex education curriculum for middle school students*. Paper presented at the American Public Health Association, Washington DC.
- Charmaraman, L., Jones, A., & Stein, N. (2011, April). *Factors that influence bullying and sexual harassment perpetration and victimization: Voices from middle school students and teachers*. Presented at the American Educational Research Association. New Orleans, LA.
- Charmaraman, L., Grossman, J. M., Erkut, S., Ceder, I., & Tracy, A. (2011, April). *Racial-ethnic centrality: Variation in self-perception across multiracial adolescent groups*. Presented at the Society for Research on Child Development. Montreal, Canada.
- Charmaraman, L. (2010, April). *Race and Gender in the Media: Identity Exploration in a Girls’ Magazine Program*. Poster presented at the Conference on Human Development, Fordham University, NYC.
- Charmaraman, L., & McKamey, C. (2010, March). *Urban Middle School Youth’s Perspectives on Relationships: A Visual and Textual Analysis*. Poster presented at the Society for Research on Adolescence. Philadelphia, PA.
- Charmaraman, L. (2010, March). *Adolescent notions of success: Identity explorations in a girls’ media program*. Poster presented at the Society for Research on Adolescence. Philadelphia, PA.
- Charmaraman, L. (2009, April). *Adolescent notions of social justice and feminism: Exploratory case study of a girls’ media program*. Paper presented at the American Educational Research Association, San Diego, CA.
- Charmaraman, L., & Grossman, J. (2008, March) *Relationship between Racial/Ethnic Composition of School and Centrality of Race/Ethnicity to Adolescent Identity*. Paper presented at the American Educational Research Association, New York, NY.
- Tracy, A., Erkut, S., Porche, M., Kim, J., Charmaraman, L., Grossman, J. M., Ceder, I., & Vásquez-García, H. (2008, March). *Alternative approaches to capturing racial/ethnic identification for mixed ancestry adolescents*. Paper presented at the Society for Research on Adolescence, Chicago, IL.
- Grossman, J. M., & Charmaraman, L. (2008, March). *Race, context, and “Whiteness”: Teens’ explanations of racial centrality*. Paper presented at the Society for Research on Adolescence, Chicago, IL.
- Charmaraman, L. (2007, April). *The importance of audience and agency to re-present: Urban youth*

- media producers in the Bay Area*. Paper presented at the American Educational Research Association, Chicago, IL.
- Charmaraman, L. (2006, July). *Assessing social and cognitive development through digital media arts production in an after-school program for urban adolescents: A mixed methods approach*. Poster presented at the 2<sup>nd</sup> Annual Mixed Methods Conference, Fitzwilliam College, Cambridge University, United Kingdom.
- Charmaraman, L. (2006, July). *Exploring imaginative worlds through digital storytelling in an urban after-school community*. Paper presented at the 4<sup>th</sup> annual International Conference on Imagination and Education. Simon Fraser University, Vancouver, British Columbia, Canada.
- Charmaraman, L. (2006, April). *Collaboration, optimism, constructive criticism, and mentoring between at-risk students through after school media production*. Paper presented at the American Educational Research Association, San Francisco, CA.
- Charmaraman, L. (2006, April). *Building collaboration, communication, and sense of community through digital media technologies: An Oakland case study*. Paper presented at the American Educational Research Association, San Francisco, CA.
- Charmaraman, L. (2005, April). *Becoming visible: Teacher support for classroom film and media use*. Paper presented at the American Educational Research Association, Montreal, Canada.
- Charmaraman, L. (2002, April). *Assessing the value of film and video use in the classroom: A historical study of beliefs*. Paper presented at the American Educational Research Association, New Orleans, LA.
- Charmaraman, L. (2000, July). *Supporting the development of informal mathematical knowledge in young children*. Poster presented at the Head Start National Research Conference, Washington D.C.
- Charmaraman, L. (2000, April). *College student beliefs about the concept of insight*. Paper presented at the American Educational Research Association, New Orleans, LA.

### **Wellesley College**

- McEwan, P., Fisher, S., Hall, G., Kerr, S., Charmaraman, L., & Chudy, J. (2026). Panel Discussion on Social Science Funding Opportunities. Office of Sponsored Research and Knapp Social Science Center.
- Charmaraman, L., (2025, April). Tea time with Linda Charmaraman. Southeast Asian Student Association. Acorns House.
- Charmaraman, L., Cote, L., Mata, I., Nordgren, T., Wall-Randell, S., Watkins, A., (2025, March). *What's the problem with feminism?* Panelist for From Progressive to Problematic: a Community Conversation Series, Wellesley College.
- Volic, I., Ahmed, F., Arora, M. Charmaraman, L., Dendere, C., Jarrard, E., & Stanley, R. (2024, November). *Wellesley in the World of Democratic Challenges*. Tishman Commons. <https://sites.google.com/wellesley.edu/wagnercenterssymposiumschedule/home?pli=1>
- Charmaraman, L., & D'Andrea Martínez, P. (2024, October). Panel Discussion: *Beyond the Classroom: Alternative pathways in education*. Education Studies Department and Career Services.
- Charmaraman, L. (2024, August). *Digital Citizenship: Benefiting personal and social wellbeing*. Lecture for Orientation Mentors at Wellesley College.
- Charmaraman, L. (2024, April). *Social media and adolescent mental health: How Wellesley College students address research, practice, and policy implications*. Faculty Speaker Series, Wellesley College Alumnae Association.
- Charmaraman, L., (2023, November). *Digital Citizenship*. Keynote address at 7 Sisters College Presidents Conference, Tishman Commons.
- Charmaraman, L., (2022, June). *Experiential learning at home: Exploring passions and careers across the liberal arts through on-campus work study and internship opportunities*. Faculty and Staff Advising Retreat.
- Weed, J., & Charmaraman, L. (2022). Mentoring panel for Class of '67 Reunion, Wellesley Centers for Women.
- Charmaraman, L., (2021, December). *Importance of questioning data for equity and inclusion*. Sponsored by the Student Interdisciplinary Data Initiative.

- Charmaraman, L. (2021, July). *Screen time is not equal: Methods for analyzing the risk and resilience of vulnerable adolescents using social media*. Presented at the Summer Social Sciences Internship seminar.
- Charmaraman, L., (2021, January). *Visible Silence* documentary screening and moderated Q&A. Sponsored by the Southeast Asian Student Association.
- Charmaraman, L., Delcourt, C., Serrano Najera, C., Vandergriff, P., & Kim, Ashley. (2019, October). *Meeting them where they are: Designing an app for adolescents' early social media use*. Presented at the Social Change Dialogues speaker series, Wellesley Centers for Women.
- Charmaraman, L., Madsen, K., & Richer, A. (2019, July). *Analyzing liberal voter interpretations of Trump's MAGA: Implications for race, gender, and political identity*. Presented at the Summer Social Sciences Internship seminar.
- Charmaraman, L., Metaxas, P., Norem, J., Sichel, D. (2018, November). *Race, gender, and the #MeToo movement*. Invited panelist for moderated discussion about the Midterm Elections 2018.
- Charmaraman, L., Cobas, S., Serrano Najera, C., Unni, S., & Sode, O. (2018, October). *Digital citizenship, health, and wellness*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L. (2018, July). *Promoting wellness on social media: Raising young people to be digital citizens*. Presented at Mothers without Borders Conference, presented by Wellesley College, Radcliffe Institute, and Harvard University.
- Charmaraman, L., (2018, June). *Impact of social media and television*. Women of Color Conference workshop presentation.
- Charmaraman, L., DeSouza, L., Madsen, L., and Leu, R. (2017, November). *Life in the Trump era: A look at gender, culture, and civic engagement*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L. (2017, September). *Collecting time-sensitive data during pivotal election eras: Media & Identity project 5 years later*. Presented at the Council of Advisors meeting, Wellesley Centers for Women.
- Charmaraman, L. (2017, June). Power of mentorship. Class of '67 reunion panel discussion.
- Charmaraman, L., Arimoro, F., Ruffin, B., Madsen, K., & Ramanudom, B. (2017, April). *Media use, civic engagement, and health*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L. (2016, October). *Biracial girls, identity, and media representation*. Panel discussion at book reading event, An intimate look at race: Growing up biracial in a racially-torn world.
- Charmaraman, L. (2016, June). *Policy recommendations on mass media and social media for the next President of the United States*. Presented at the 2016 Wellesley College reunion panel.
- Charmaraman, L., Ramanudom, B., Chan, H. B., & Richer, A. (2015, October). *Risk and resilience of online social media relationships and networks*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L., & Richer, A. (2014, October). *Televised and social media: promoting healthy well-being for vulnerable youth*. Paper presented at the Wellesley Centers for Women brownbag lecture series.
- Charmaraman, L., Tracy, A., & Richer, A. (2014, April). *Asian American media habits and mental health*. Invited talk for the Wellesley Asian Alliance.
- Charmaraman, L., Chan, B., & Ericksen, B. (2013, October). *Stereotypes, stigma, and status: Results from the Adolescent Media & Identity Project*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L. (2013, June). *Educational equity for girls of color: A multimedia strategy to increase empathy*. Documentary screening and discussion at the Jean Baker Miller Intensive Institute.
- Charmaraman, L. (2010, November). *Advocating for youth voice: Qualitative and mixed methods inquiry with minority urban adolescent populations*. Presented at the 35<sup>th</sup> Anniversary symposium for the Wellesley Centers for Women.
- Charmaraman, L., Stein, N., & Jones, A. (2010, October). *The overlap between bullying and sexual violence in middle schools: Perspectives from students and educators*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.

- Hall, G., & Charmaraman, L. (2010, April). *Boy Time: Early findings from an ethnographic study of a middle school boys' empowerment group*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L., Low, B., & Bloomfield, K. (2010, March). *Teen Voices: Identity development in a Community-based media internship*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Grossman, J. M., & Charmaraman, L. (2008, April). *Racial Identity Among European-American Adolescents: A Developmental Look at White Privilege*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.
- Charmaraman, L. (2007, October). *Adolescents expressing identity through media production*. Paper presented at the Wellesley Centers for Women Lunchtime Seminar Series.

### **Community/Policy Conversations (workshops, webinars, strategic planning with partners)**

- Wellesley Public Schools AI Steering Committee '25-26
- Charmaraman, L., (2025, August). AI literacy: *Teaching youth to question and create*. Invited speaker with local university and parent collaborators, Bangkok, Thailand.
- 2025 – current Metrowest Digital Wellness Collaborative Steering Committee. Educational Development Center. 2025-2028.
- Charmaraman, L. (2024, October). *What's Up with TikTok, Twitter (X), Meta, etc.? The Law and Neuroscience of Social Media*. Fordham Law, New York.
- Charmaraman, L., & Hernandez, M. *School-based phone regulations: Weighing the benefits with the challenges*. 2024-2025 Wellesley Public Schools Cell Phone Working Group
- Charmaraman, L. (2024, March). Speaker at Children's Media Lab, Toronto. Middle Schooler's & Screens: Reimagining positive media for 12-14 year olds.
- Charmaraman, L. (2024, January). Speaker at the Technology and Adolescent Mental Wellness National Youth Advisory Board colloquium, University of Wisconsin, Madison.
- Charmaraman, L. (2023, November). Invited speaker for #HalftheStory fundraiser, New York, NY
- Charmaraman, L. (2023, June). APA Grassroots Washington DC Congressional Meeting Fly-in to advocate for adolescent social media and mental health.
- Charmaraman, L. (2023, June). *Healthy Metaverse Design Convening*, Part II hosted by the Digital Wellness Lab at Boston Children's Hospital.
- Charmaraman, L., Kang, K. & Poli, M. (2023, June). Tech & Teens Smart Salon hosted by Smart Design.
- Charmaraman, L., Chen, P., Dorani, P., Ibrahim, H. (2023, March). *Advancing Gender Equality Around the World: Four Innovative, Technology-Driven Approaches*. Panelist for webinar parallel event for the 2023 UN Commission on the Status of Women.
- Charmaraman, L., Delcourt, C., Hernandez, J. M. (2023, March). *Social Media and Mental Health: Research-Based Approaches to Support Adolescent Girls' Wellbeing*. Panelist for Social Change Dialogues webinar hosted by Wellesley Centers for Women.
- Charmaraman, L. (2023, March). Invited 2-part webinar for parents at Grace Church school in NYC.
- Mountz, K. (2023, January). Documentary video produced for a C-Span teen competition. <https://www.youtube.com/watch?v=xWyibzdCCZo>
- Charmaraman, L. (2022, December). Workshop participant, Student Mental Health and Technology, Equity in Civic Technology Project at the Center for Democracy & Technology, hosted in collaboration with the Berkman Klein Center, Harvard University.
- Charmaraman, L., Dubinski, A., Milham, M. P., & Steinberg, J. (2022, October). *Merging digital and family lives: How parenting works*. Webinar hosted Morgan Stanley Alliance for Mental Health, The Jed Foundation.
- Charmaraman, L., James, C., & Weinstein, E. (2022, September). Moderated discussion of *Behind Their Screens: What teens are facing (and adults are missing)*. MIT Press, Cambridge.
- Charmaraman, L., Stevens, R., & Turner, E. (2022, August). Instagram Wellbeing Collective research panel to promote youth wellbeing with influencers. Los Angeles, CA.
- Charmaraman, L. (2022, August). *Mental Health Out Loud: The mental health fallout from social media use*. ADDitude magazine webinar.
- Charmaraman, L., Grevet, C., Gramajo, A. (2019-2022, July). Digital Wellbeing and STEM

- identity summer workshop for middle school students.
- Charmaraman, L. (2022, June). Overview of the Youth, Media, & Wellbeing research lab. Invited by Boston Childrens Hospital, Digital Wellness Lab for community and industry partner convening.
- Charmaraman, L. (2021, May). Digital Media and Mental Health research retreat breakout session leader on Social Media State of the Field, Children and Screens: Institute of Digital Media and Child Development.
- Charmaraman, L., Gramajo, A., Cromwell, J., Hodes, R., & Lund, N. (2020, November). Findings from the Social Media Use, Health, and Parental Monitoring Study. Zoom webinar for parents participating in the NIH R15 study at a local middle school.
- Charmaraman, L. (2020, July). SEL and social technology use during remote learning. Invited panelist for Webinar. Open Circle, Wellesley, MA.
- Charmaraman, L. (2020, March). Social media and mental health: promoting digital wellbeing for young people. Invited speaker with Ruderman Family Foundation and Link22.
- Charmaraman, L., & Grevet Delcourt, C. (2019, July). Co-ed Summer Workshop for Social Media Awareness and App Development, Coakley Middle School, Norwood, MA.
- Charmaraman, L., Grossman, J., & Moreno, M. (2018, September). *Learning, social media, and healthy behaviors Pilot Study*. Panel discussion for parents at local middle school in MA.
- Charmaraman, L. (2018, May). *Bicultural identities lost in translation? Growing up bicultural, Asian American identity, family socialization, media habits, and mental health*. Talk presented at the National Association of Asian American Professionals, Bottom Line, Jamaica Plain, MA.
- Charmaraman, L., Richer, A., & Ceder, I. (2017, December). *Findings from the APT Validation Study III: Reducing cultural bias in youth program observations*. Presentation for the Program Quality Supervisor of the Massachusetts Quality Rating and Improvement System (QRIS). Wellesley, MA.
- Charmaraman, L., & Hall, G. (2017, March). *Understanding rater bias*. Workshop discussion at Boston After School and Beyond, Boston, MA.
- Charmaraman, L. (2016, November). *Preventing vulnerable adolescent substance use and risky sexual behaviors through peer online engagement with a web-based intervention*, Invited talk at Center for Quality of Care Research, Baystate Medical Center, Springfield, MA.
- Charmaraman, L. (2017, September). *Social media and internet technology: promoting healthy wellbeing for young people*. Invited talk at the Wellesley Friendly Aid Forum.
- Charmaraman, L., Notsu, H., & Richer, A. (2016, June). *Parents and peers on Facebook: Longitudinal associations with sexual activity and definitions of sex*. Presented at the 2016 Social Media and Adolescent Health Research Team (SMAHRT) conference, Seattle, WA.
- Charmaraman, L. (2015, November). *Promoting healthy peer online social norms regarding adolescent substance use and sexual activity*. Invited talk at Center for Quality of Care Research, Baystate Medical Center, Springfield, MA.
- Charmaraman, L. (2014). Guest speaker, Domestic Violence Ended (DOVE) event to celebrate women and girl survivors of domestic and sexual violence, Boston, MA.
- Charmaraman, L., Tracy, A., Price, T., Grossman, J., & Erkut, S. (2013, June). *Preliminary results from a web-based recruitment study on Media & Identity of vulnerable young people*. Poster presented at the Seventh Annual Robert Wood Johnson Foundation New Connections Symposium, Princeton University.
- Charmaraman, L., McKinney, M., & Sung, K. (2006, March). *Diversity recruitment strategies at the UC Berkeley Graduate School of Education*. Poster presented at the 6<sup>th</sup> annual GSE Research Day, Berkeley, CA.
- Charmaraman, L. (2006, April). Asian-American youth and community development. Panelist at 16<sup>th</sup> Annual Asian Pacific Islander Issues Conference: *Walking on eggshells - Cracking stereotypes in search of hidden truths*, UC Berkeley.

## **Mentored Student Presentations/Theses/Blogs**

**Ruhlman Conference, Wellesley College**

- Huynh, N., & Guntrip, C. (2026, April). *Towards a civically engaged world*.
- Yong, A., Isacson, M., Zhang, T., Miller, C., Buestan, E., Chen, A., Langston, G., Peralta, M., Sanchez Taibe, B., Stewart, L., & Geertsma, K. (2026, April). *Enhancing youth wellbeing in the digital age*.
- Do, L. (2025, April). *Youth advisory board and digital wellbeing workshops*.
- Gonzalez, S. M. M. (2025, April). *The Building Our Bonds Authentically (BOBA) Project*.
- Medrano, E. (2025, April). *Identity, social media, and wellbeing: Preliminary findings from a new systematic review*.
- Zhang, A. (2025, April). *Sexual minorities and loneliness: Exploring sexuality through social media and gender-sexuality alliance (GSA) supports*.
- Quichimbo Auqui, J. (2024, April). *Understanding adolescent self-esteem and self-image through social media behaviors*.
- Bilyalova, Z., Li, A. (2024, April). *Young Minds Think Tank: Finding creative ways to showcase youth solutions for digital platforms to promote wellbeing*.
- Levette, Z., Hodgden, G., & Nallbani, A. (2024, April). *Youth, Media, & Well-Being Lab's afterschool workshop*.
- Bacaj, C. (2023, April). *Early adolescent body image and social media use over time: Online network size, appearance-related self-consciousness, and age of SM initiation*.
- Gu, Q. (2023, April). *Working for youth, with youth: Youth advisory boards co-designing more positive digital wellbeing workshop experiences*.
- Kiel, E., & Ribeiro da Silva, L. (2023, April). *Teens' best friend: Adolescent-pet relationships from parent perspectives*.
- Andersonn, M. (2023, April). McNair Scholars Research panel.
- Gu, Connie Quan (2023, April). *Learning UX leadership and exploring careers in remote participatory design workshops*.
- Kim, C. (2023, April). *Longitudinal analysis of young adolescents' relationships with family members*.
- Charmaraman, L., Cobas, S., Weed, J., Gu, Q., Kiel, E., Chin, H., Gramajo, A., and Mueller, M. K. *From regulating emotions to less lonely screen time: Parents' qualitative perspectives of the benefits and challenges of pet companionship*.
- Bacaj, C. (2022). Calderwood seminars in public writing: Engaging interviews. Ruhlman Conference.
- Jordan, K. (2022). *Blurring the boundaries between home and school: Adolescent social media literacy and digital social-emotional learning*.
- Kapoor, J. (2022). *The role of parents, other adults, peers, and informal learning communities in shaping positive social media use*.
- Weed, J. (2022). *Working for youth, with youth: Lessons from the Inaugural Youth Advisory Board of the Youth, Media, & Wellbeing Research Lab*.
- Reeves-Miller, T., Xiao, T., Zhai, E., & Jordan, K. (2021). *Self-care and wellbeing on social media for adolescents of color*.
- Smucker, R., Hodes, R., Cromwell, J., Sjoblom, G. (2021). *YouTube in middle school: Implications for parental monitoring and mental health*.
- Hodes, R. (2021). *Social isolation and self-expression online for LGBT+ youth*.
- Hodes, R. (2021). Class of '67 Internships at Wellesley Centers for Women.
- Lund, N. (2020, April). *What happens online doesn't stay online: Institutional partnerships in the trajectory of middle school students*. [Cancelled due to Covid-19 pandemic]
- Cobas, S. (2019, May). *How do middle school youth use Snapchat?*
- Serrano Najera, C. (2019, May). *Online gaming: Implications for adolescent health and social interactions*.
- Sode, O. (2019, May). *The intersection of social media, sexual behavior, substance use, & self-harm in middle schoolers*.
- Unni, S. (2019, May). *Practices in ethical research methods in the social sciences*.
- Okoli, M. (2018, April). *Pocket politics: A mobile revolution for political engagement*. Thesis.
- Ramanudom, B. (2018, April). *Cognitive dissonance at the intersection of tech and social good*. Mellon-Mays fellowship thesis.
- Madsen, K. (2017, April). *"Make America Great Again": Slogans and the power of nostalgia*.

- Ruffin, B. (2017, April). *Black women and perceived masculinity in the media*. Mellon-Mays fellowship.
- Chan, B. Y. (2015, April). “*It made me feel like I had a support system even though I felt alone in that moment*”: *Exploring ways women of color cultivate online social networks to survive and thrive in the real world*.
- Keane-Lee, J. A. (2015, April). *Looking like me on TV: How mainstream racial representation impacts civic engagement*.

#### **Tanner Conference, Wellesley College**

- Do, L., Kronberg, Z. (2024, November). *Digital wellbeing workshops: Cultivating community and empowering youth*.
- Xiao, L.F. T. & Gu, C. Q. (2021). *Making a difference in the lives of youth: Facilitating a summer digital workshop for middle school girls*.

#### **Science Center Summer Poster Session**

- Isacson, M., Williams, S. (2025, July). *Self-esteem in the digital age: 2025 in-person summer digital wellbeing workshop for adolescent girls and allies with girls*.
- Do, L. (2024, July). *Digital Wellbeing Workshops*.
- Gu, Quan, Whalen, P., Hodgden, G., Nallbani, A., & Pappelis, C. (2023, July). *Navigating the intersection of AI and body image: Digital wellbeing workshop for adolescent girls*.
- Xiao, L.F. T., Gu, C. Q., Durrani, S., Hainzl-Fernandez, M. & Delcourt, C. (2021). *Girls in STEM & social media*.

#### **Social Sciences Summer Research program**

- Isacson, M. (2025, July). *BOBA project: Asian-American adolescents and racial socialization*.
- Williams, S. (2025, July). *African-Americans and social media*.
- Andersonn, M. (2022). *Digital wellbeing & STEM workshops for adolescents*.
- Xiao, L. F. T. (2021). *Evaluating a STEM identity and digital wellbeing workshop for girls*.
- Serrano Najera, C. (2019, July). *Summer app development workshop*.
- Madsen, K. (2017, July). *Social identities and conflicting connotations: “Make America Great Again” and our relationship with the past*.

#### **Eastern Psychological Association, Boston, MA**

- Yong, A.L., Zhang, Y.T., Geertsma, K., Isacson, M., Wang, K., Zhang, A., Cui, A., Hernandez, J.M., Gramajo, A., & Charmaraman, L. (2026, February). *A qualitative exploration of racial socialization within families, schools, and online influencers*.
- Charmaraman, L., Albanese, M., & Bilyalova, Z. (2026, February). *Adolescent perceptions of how social media affects their wellbeing: A qualitative inquiry*.
- Miller C., Chen, A., Langston, G., Karma, T., Gramajo, Al., Cui, A., Wilson, B., Hernandez, J. M., & Charmaraman, L., (2026, February) *Positive coping and social development: A qualitative study of adolescent-dog relationships*.
- Guntrip, C. Huynh, N., Hernandez, J.M., Wilson, B., Gramajo, A., Ben-Joseph, E.P., Charmaraman, L. (2026, February). *Parents and politics: Online and offline civic engagement and adolescent digital socialization*.
- Durrani, S., Bacaj, C., & Schaefer, H. (2023, March). *Longitudinal effects of social media behaviors on adolescent body image*.
- Andersonn, M. & Xiao, T. (2023, March). *Youth advisory boards co-designing more positive digital wellbeing workshop experiences*.
- Anthony, J., Estrada, M., Hodes, R., & Dam, S. (2023, March). *What motivates youth to watch popular YouTube influencers*. Also presented at Ruhlman Conference.
- Zhang, A., Wang, K., Hodes, R., Chen, B., & Richer, A. (2023, March). *Understanding significant factors of social media behavior that promote LGBTQ youth well-being*. Also presented at Ruhlman Conference.
- Kiel, E., Gu, Q., & Ribeira daSilva, L. (2023, March). *Youth’s best friend: Social-emotional benefits and challenges to adolescent pet companionship*.

Wang, K., Gonzalez, S. M., Zhang, A., Kiel, E., & Hernandez, J. M. (2023, March). *Online hate messaging during the pandemic: Impact on Asian American teens*.

#### **Other Regional and National Conferences:**

Guntrip, C., Huynh, N., Hernandez, J.M., & Charmaraman, L. (2026, August). *Online political expression, distress and coping after the 2024 US election*. Poster to be presented at the American Psychological Association conference, Washington, DC.

Miller, C., Langston, G., Karma, T., Chen, A., Gramajo, A., Wilson, B., Gruber, D, Hernandez, J. M., & Charmaraman, L. (2026, August). *Parent-child views on the role of dogs in adolescent coping and development*. Poster to be presented at the American Psychological Association conference, Washington, DC.

Charmaraman, L., Hernandez: J.M., Miller, C., Langston, G., Chen, A. Karma, T., Gramajo, A., Wilson, B., & Mueller, M.K., (2026, July). *Relationships between dog caretaking, adolescent peer stress coping, and online support: A mixed methods study including parent perspectives*. Poster to be presented at the International Society of Anthrozoology, Paris, France.

Charmaraman, L., Hernandez, J. M., Wilson, B., Smucker, R., Sjoblom, G., Cromwell, J., Hodes, T., & Estrada, M. (2025, October). *Early adolescent YouTube use and mental health on academic outcomes: A mixed methods study*. Poster presented at the Connected Learning Summit, MIT.

Hernandez, J.M., Alper, M., & Charmaraman, L. (2025, October). *Understanding the digital lives of neurodivergent adolescents: Current perspectives on academic and family contexts*. Poster presented at the Connected Learning Summit, MIT.

Bilyalova, Z., & Charmaraman, L. (2025, October). *How social media helps or hinder wellbeing: Voices from adolescents in their own words*. Poster presented at the Connected Learning Summit, NYU.

Nallbani, A., Do, L., Bilyalova, Z., Zhang, A., Hernandez, J. M., & Charmaraman, L. (2025, October). *Digital wellbeing workshops: Early adolescent girls' STEM and wellbeing adaptive framework and program evaluation*. Poster presented at the Connected Learning Summit, MIT.

Zhai, E., Jordan, K., Reeves-Miller, T., Xiao, T., & Charmaraman, L. (2020). *Self-care and wellbeing on social media for adolescents of color*. Panel presented at the Diversity Challenge, Boston College, Boston, MA.

Price, T., & Charmaraman, L. (2016, August). *Social media: a potential tool for Black women's mental health*. Paper presented at the annual convention of the Association of Black Psychologists, Arlington, VA.

Price, T., Charmaraman, L., Chan, H. B., & Richer, A. (2015, November). *Women of color and social media multitasking: Blogs, timelines, feeds, and community*. Chapter presented at the National Communication Association, Las Vegas, NV.

Charmaraman, L., & McField, A. S. (2015, October). *Online networking in Black and Hispanic women: Blogging, social justice, and elections*. Poster presented at the Diversity Challenge, Boston College, MA.

Chan, B., & Charmaraman, L. (2014, October). *Impact of Stereotyped Media Portrayals on Asian American and Latina Women*. Poster presented at the annual Diversity Challenge, Boston College, MA.

Charmaraman, L., & Chan, B. (2013, October). *Televised images and social networking: Asian American media habits and attitudes*. Poster presented at the Diversity Challenge, Boston College, MA.

Lee, A., & Charmaraman, L. (2011, August). *Anonymous questions from middle school sex education courses: What do themes tell us about early urban adolescent development?* Poster presented at the annual meeting of the American Psychological Association. Washington, DC.

Charmaraman, L., Richer, A., Leu, R., Suleyman, N., & Moreno, M. (2018, August). *Adolescent social media use and body image: Associations with depression, social anxiety, and peers*. Poster presented at the American Psychological Association, San Francisco, CA.

#### **Theses/Coursework**

Zhang, A. (2023, February). *Covid-19's impact on teenagers' relationships with family members*. STAT318.

Andersonn, M. (2022-2023). Senior Thesis, *Social media is an easy way to start being more*

- involved in our community and activism and sharing our thoughts: Analyzing Political Attitudes, Behavior, and Identity of Women of Color on Social Media*
- Ben-Joseph, E. P. (2020). *Pre-bedtime use of social technology is differentially associated with depressive symptoms in young adolescents*. Brown University, School of Public Health, MPH program.
- Chan, B., Andriulli, G., Saladi, N., & Sarwar, P. (2014, April). *Wellesley Centers for Women Student Research Interns*. Ruhlman Conference.
- Chan, B. (2013, October). *New York City Chinatown 1940s-1960s: Stories of discrimination, resistance, and resilience*. Tanner Conference.
- Ericksen, B. (2013, July). *LGBT youth engaging with identity online*. Social Sciences Summer Research Program.

### **Student Blogs**

- Yang, A. (2025). *Adults should sit in the passenger seat as kids drive technology*  
<https://www.wcwoonline.org/entry/adults-should-sit-in-the-passenger-seat-as-kids-drive-technology>
- Sangston, P. (2024). *Social media has changed the way teens interact. Is that a bad thing?*  
<https://www.wcwoonline.org/entry/social-media-has-changed-the-way-teens-interact-is-that-a-bad-thing>
- Chen, B. (2023). *No, you probably don't have ADHD: Why social media is not a place to self-diagnose*.  
<https://www.wcwoonline.org/entry/no-you-probably-don-t-have-adhd-why-social-media-is-not-a-place-to-self-diagnose-1>
- Miranda, J., & Vigil, B. (2022). *The unique struggles and triumphs of Latinx adolescents using digital technology*. <https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/entry/The-unique-struggles-and-triumphs-of-latinx-adolescents-using-digital-technology>
- Durrani, S., Gu, C., & Xiao, T. (2022). *Helping middle school girls create their own digital spaces*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/entry/Helping-middle-school-girls-create-their-own-digital-spaces>
- Bacaj, C. & Andersonn, M. (2022). *On(line) Identity: Social media is essential for LGBTQ youth*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/entry/Online-identity-social-media-is-essential-for-lgbtq-youth>
- Hodes, R. (2021, September 20). *Building knowledge together about our digital worlds*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/entry/Internship-reflection-building-knowledge-together-about-our-digital-worlds>
- Zhai, E. (2021, November 15). *Studying the power of social media during a pandemic*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/entry/Internship-reflection-studying-the-power-of-social-media-in-a-pandemic>
- Lund, N. (2020, May 19). *A research internship that expands horizons*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/A-research-internship-that-expands-horizons>
- Vargas, E. (2020, May 6). *A student teacher's view of social media in the classroom*.  
<https://www.wcwoonline.org/WCW-Blog-Women-Change-Worlds/Research-connections-a-student-teacher-s-view-on-social-media-in-the-classroom>

### **Teaching experience:**

2021- current	Visiting lecturer, Calderwood Seminar: Social technologies and adolescent development, Education department, Wellesley College
2025	Guest lecturer, Psychology, University of CA, Santa Cruz
2024	Guest lecturer, Psychology and Women's and Gender Studies, William Paterson University
2024	Guest lecturer, Human Development and Family Sciences, Syracuse University
2024	Guest lecturer, Education and Human Development, University of Minnesota
2023	Guest lecturer, Askwith Forum, Harvard Graduate School of Education
2023	Guest lecturer, Harvard T. H. Chan School of Public Health

2023	Guest lecturer, Psychology, Salem State University
2023	Guest lecturer, Qualitative Methods, Tufts University
2022-2023	Guest lecturer, Social-emotional learning in education, Wellesley College
2019, 2023	Guest lecturer, Social Computing, Computer Science course, Wellesley College
2020	Guest lecturer, Mid-career women leaders in STEM, University of Wisconsin, Madison
2020	Guest lecturer, Mind and Media, Psychology course, Wellesley College
2016	Guest lecturer, Music and Women's Studies, Northeastern University
2014	Guest lecturer in Film Music course, Northeastern University
2013-2014	Guest lecturer in Women's Studies course, Wellesley College
2008	Visiting Assistant Professor, Asian American Psychology, Wellesley College
2008	Guest lecturer in Media and Adolescence course, Boston College
2004	Guest lecturer in Early Childhood Development, UC Berkeley; Media & Child Development and Gender & Child Development.
2004	Graduate Student Instructor, Early Childhood Development (K-3 <sup>rd</sup> grade)
2000	Guest lecturer in Cognitive Science, UC Berkeley; Development of Concepts, Scripts, and Schemas.
1999 - 2000	Graduate Student Instructor, Introduction to Cognitive Science; UC Berkeley

### **Professional Service, Fee-for-service, and Other Support**

2025	Consultant: Microsoft expert panel: Managing psychosocial risks
2024 – current	Consultant: Google, Kids & Family Safety expert advisory committee
2024	Common Sense Media
2024	Consultant; Evergreen Studios for research-based advisory on social media curriculum for <i>Social Studies</i> documentary series
2022 - current	Consultant; The Jed Foundation, social media and mental health expert
2022	Consultant; American Student Assistance
2022 - 2023	Consultant; Meta Wellbeing Creator Pilot
2022	Consultant; Fathom & Hatch marketing consultancy
2022	Consultant; NSF-funded study #2124894; New Frameworks for Ethical Research Amidst Emerging Digital Technologies, Algorithms, and Privacy Norms
2022	Consultant; Institute for the Future Foresight Workshop: Exploring the adolescence to adulthood transition for foster-care youth, Palo Alto, CA
2022	Consultant; Canvas8, a behavioral science and cultural research agency, London, UK.
2021	Consultant; study on Out-of-School Time and social equity conducted by Dr. Bianca Baldrige funded by Wallace Foundation, New York, NY
2020 - current	Scientific Advisor, Forbes Ignite, New York, NY
2020	Consultant; Extended Mind, an Artificial Intelligence firm, Portland, OR
2020	Travel and honorarium support, Technology and the Brain, American Museum of Natural History, New York, NY
2013 - 2019	Training, publication, and conference travel support, Robert Wood Johnson Foundation Symposium, Princeton, NJ; Chicago, IL; New Orleans, LA
2018	Travel support, Children and Screens: Institute of Digital Media and Child Development Congress, Cold Springs Harbor Laboratory, NY.
2016	Statistical Training Support, Robert Wood Johnson Foundation; tuition and travel funds for IPSCR 5-day training in <i>Analyzing Intensive Longitudinal Data: A guide to diary, experience sampling, and ecological momentary assessment methods</i> . University of Massachusetts, Amherst, MA.
2016	Journal reviewer; <i>The Trinitian Researcher</i> ; Trinity University of Asia
2015	Statistical Consulting Services, Robert Wood Johnson Foundation New Connections program; Methodology support provided by the Center for Statistical Consulting and Research at University of Michigan.
2015	Webinar panelist, Robert Wood Johnson Foundation New Connections webinar, <i>Using Technology to Address Health Disparities</i> , Princeton, NJ.
2014 - 2015	Training support, William T. Grant Mixed Methods Meeting, Los Angeles, CA; travel and training expenses covered.
2013	Statistical Training support, Robert Wood Johnson Foundation New Connections Program; training expenses covered for 3-day online HLM training.

### **Other Professional Activities and Honors:**

2026 Grant reviewer: NIMH study panel, Psychosocial and Interpersonal Influences Impacting Youth

2026 Grant reviewer: Tiny Blue Dot Foundation

2026 Journal reviewer: *Child and Adolescent Mental Health*

2025 Grant reviewer: NIH study panel, Special topics in Psychosocial Risk and Interpersonal Processes

2024 Journal reviewer: *Educational Psychology; American Psychologist; International Journal of Adolescence and Youth*

2024 Headstream Accelerator Reviewer

2024 Metrowest Women's Fund, Advisory Council

2024 Grant reviewer, NIH study panel, Social and Community Influences across the Life Course

2024 Peer reviewer, CITI Program's *Social Media Research: Ethnography and Survey Methods*

2023 - 2024 Advisory Council member, SPARKKindness MetroWest Anti-Bullying Coalition

2023 Journal reviewer: *JAMA Pediatrics; Frontiers; Journal of Adolescence; Journal of Adolescent Health; Behavior and Information Technology; Computers and Human Behavior; JAACAP; International Journal of Adolescence and Youth*

2023 Amicus brief commentator, [Netchoice v. Bonta](#) involving California Age-Appropriate Design Code, on behalf of APA

2023 Panelist, Navigating Your Future as an AAPI Student, BigFutureLive, College Board

2023 Grant reviewer, Health Equity Scholars for Action, Robert Wood Johnson Foundation

2023 Advisory group, Youth safety & wellbeing in the Metaverse, Meta youth policy group, user controls and safety features, comfort ratings, horizon groups safety

2023 APA Taskforce Advisory on social media and mental health

2023 Peer reviewer, CITI Program's new *Overview of Social Media Research* module

2023 Conference talk is now part of AACAP's 2023 *Clinical Essentials on Social Media in Children and Adolescents*, a new online CME course for psychiatrists

2023 Grant reviewer, Templeton Foundation

2023 Section co-leader of Youth Wellbeing, Kindness, Social Communication, and Online Connection, special issue dedicated to Digital Media and Child Health for *Pediatrics Supplement 2024*

2023 Grant reviewer, NIH/NCCIH, [RFA-AT-23-003](#), Fostering Mental, Emotional, and Behavioral Health Among Children in School Settings: Opportunities for Multisite Trials of Complementary and Integrative Health Interventions.

2022 2022 Annual Meeting Senior Researcher award, American Academy of Child and Adolescent Psychiatry (AACAP)

2022 Grant reviewer, NIMHD review panel, RFA-MD-022-008, Understanding and addressing misinformation among populations that experience health disparities.

2022 Grant reviewer, NIMH review panel, RFA-MH-22-135 and RFA-MH-22-136, Social disconnection and suicide risk in late life.

2022 Grant reviewer, NSF, Advancing informal STEM Learning (AISL), panel theme: out-of-school and afterschool learning experiences for youth from middle through high school with outcomes including social-emotional influences on identity development and STEM interest

2022 Grant reviewer, NICHD Special Emphasis Panel Reviewer, RFA HD-22-009, Impact of Technology and Digital Media (TDM) Exposure/Usage on Child and Adolescent Development

2022 Global Youth Consultation and Co-Design Initiative; Trust, Transparency, and Control for Kids and Families Lab, Meta

2022 - Journal reviewer, *Information and Learning Science, Journal of LGBT Issues, Heliyon, Frontiers in Psychology*

2021 Open Letter to Mr. Mark Zuckerberg: A Global Call to Act Now on Child and Adolescent Mental Health Science (English, French, German, Spanish, Finnish, Hebrew)

2021- NSF working group: NSF ER2 Ethical Framework Project

2021- Journal reviewer, *Technology, Mind, & Behavior, Psychiatry Research, Asian American Journal of Psychology; Journal of Adolescent Health*

2021 Grant reviewer, Robert Wood Johnson Foundation, Health Equity Scholars for Action

2020 Grant reviewer, Children and Screens: Institute of Digital Media and Child Development, Digital Media and the Developing Brain seed grants

2020 NICHD early career grant reviewer, study section Social Psychology, Personality, and Interpersonal Processes (SPIP), June 2020 cycle

2020 Grant design group, Robert Wood Johnson Foundation Alumni Network Activation seed fund

2020 - Journal reviewer, *JAMA Pediatrics, Depression and Anxiety, Computers in Human Behavior, American Psychologist, Psychological Science, Journal of Medical Internet Research*

2018 - 2020 Guest editor of special issue for *Journal of Adolescent Research* on Adolescent Development in an

- Age of Social Media
- 2018 - Journal reviewer, *The Journal of Pediatrics*
- 2016 - Journal reviewer, *American Journal of Sexuality Education, Journal of Adolescence*
- 2015 - 2016 Scholar of the NIH Mixed Methods Research Training Program for the Health Sciences, Johns Hopkins, Baltimore, MD
- 2014 - Journal reviewer, *Developmental Psychology*
- 2014 *Leadership at its best*, professional development program from the Center for Positive Organizations, sponsored by Robert Wood Johnson Foundation.
- 2013 - Website co-producer, [www.equity4girls.com](http://www.equity4girls.com)
- 2012 - Journal reviewer, *Journal of Adolescent Health, Journal of Adolescent Research, Sex Education*
- 2010 - 2012 Journal reviewer, *Cultural Diversity and Ethnic Minority Journal, Journal of Early Adolescence*
- 2009 - current Journal reviewer, *Teachers College Record, Journal of Research on Adolescence*
- 2011 - 2013 Director/Producer, *It's our time: The empathy gap for girls of color* (29 mins, color, video)
- 2000 - 2006 Director/Internship Coordinator; Women of Color Film Festival, Berkeley, San Francisco, CA
- 2000 - 2006 Women's Department Producer/College Radio Show Programmer; KALX 90.7fm
- 2000 - 2006 Co-coordinator, Graduate Student Minority Mentorship Program, Graduate School of Education, UC Berkeley.
- 2000 - 2006 Graduate Student Rep, Graduate School of Education Equity Committee, UC Berkeley.

### **Professional Memberships:**

- Society for Research on Adolescence (SRA)
- Society for Research on Child Development (SRCD)
- American Educational Research Association (AERA)
- International Communication Association (ICA)
- Mixed Methods International Research Association (MMIRA)
- American Psychological Association (APA)