

SCREENAGERS

GROWING UP IN THE DIGITAL AGE

Did you know....

- Kids spend on average 6.5 hours a day on screens and that doesn't include classroom or homework screen time.
- Boys spend on average the equivalent of 1.5 days on video games every week
- Some recent studies have shown that screen time increases dopamine production and causes behavior that mimics addiction.

***Please come out for the Lynbrook Council of PTA's presentation of
SCREENAGERS***

November 7th @ 7pm in the LHS Cafeteria

Cost is Free and open to all

Run time: 68 minutes

Physician and filmmaker, Delaney Ruston decided to make SCREENAGERS when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

As a director, Ruston turned the camera on her own family and others—revealing stories of messy struggles over social media, video games, academics and internet addiction. We meet Hannah, a 14-year old victim of social media bullying who struggled trying to hide her social media use from her mom. And Andrew, whose love of video games turned into an addiction taking him from earning straight A's to flunking out of college.

Interwoven into these stories, are cutting edge science and insights from thought leaders Peggy Orenstein, Sherry Turkle, Simon Sinek, as well as leading brain scientists who present evidence on the real changes in the brain when kids are on screens. SCREENAGERS goes far beyond exposing the risks of screen time, it reveals multiple approaches on how parents and educators can work with kids to help them achieve a healthy amount of screen time.

Not a school sponsored event.

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