

PARENT ACADEMY

FRANKLIN LAKES PUBLIC SCHOOLS
presents:



Fall **Forum**

Superintendent's Fall Forum:

**Balancing Technology in the Lives of
Our Children**

featuring the film ***SCREENAGERS***

Parents, Community Stakeholders, Staff and Students ages 10 and above are invited to join us in viewing the film *Screenagers, Growing Up in the Digital Age*. Written and directed by Dr. Delaney Ruston, *Screenagers* is about the impact of the digital age on children and how to help families minimize harmful effects and find balance. After seeing the film, people tell us that they feel more confident and better equipped to establish balance around screen time.

UPCOMING TOPICS



Balancing Technology in the Lives of Our Children

Date: Tuesday, 12/5/17
Time: 7:00-9:00 PM
Location: FAMS MPR



Working Together to Support Students and Schools in the Face of Increasing Adversity and Societal Pressures

Date: Tuesday 1/16/18
Time: TBD
Location: IHHS Auditorium



Mindfulness and Well-being

Date: Thursday, 2/15/18
Time: 6:30-8:30 PM
Location: FAMS Multipurpose Rm.



Family Digital Citizenship Night

Date: Thursday, 3/1/18
Time: 6:30-8:30 PM
Location: FAMS MPR



On Our Way to Reaching Our Goals

Date: Thursday, 4/5/18
Time: 7:30-9:00 PM
Location: FAMS MPR

Registration is free to all FLPS families.
To register for the Superintendent's Fall Forum,
please RSVP via [Eventbrite](#)

BALANCING TECHNOLOGY IN THE LIVES OF OUR CHILDREN: *SCREENAGERS* film



Runtime: 68 minutes. Written and Directed by: Delaney Ruston, M.D.

'Screenagers: How Much Screen Time is Healthy?' is a documentary that explores how much screen time is too much. Physician and mother of two Dr. Delaney Ruston became interested in this issue when her preteen started begging for a smart phone. Dr. Ruston saw other parents equally confused on how to balance technology with a young developing mind. She decided to delve deep into the science behind screen time to understand how it affects young people's minds and development. Through personal stories and input from leading researchers, SCREENAGERS sheds light on the impact this screen time is having on kids. The documentary explores how learning, playing and socializing online affects teens' developing attention span, fragile self-esteem and moral instincts. (IMDb.com)