

SCREENAGERS: GROWING UP IN THE DIGITAL AGE  
Presented by the Community Youth Development Program of



6 p.m. – 8 p.m. | Thursday, April 25 2019 | Legacy Event Center Ballroom – 1500 14<sup>th</sup> St. Lubbock TX

Free RSVP at <http://bit.ly/ScreenagersByStarCareCYD> | Trailer: [www.screenagersmovie.com](http://www.screenagersmovie.com)  
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SCREENAGERS: Growing Up in The Digital Age has been screened more than 7,000 times to two million people in more than 60 countries around the world. SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions that work.

#### ABOUT

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.

The community viewing model brings parents and educators together to start a conversation nationwide about how screen time impacts their lives and what they can do about it. Parents are encouraged to bring their kids to the movie.

#### Movie Themes

- Use of screens in school
- Boys and video games
- Girls and social media
- Risk of addiction

#### Stats

- 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 show us that screen time increases dopamine production and causes behavior that mimics addiction.

#### Testimonials

"My husband and I have just been very concerned about this issue for some time, and as I'm a geneticist at UCSF Children's Hospital Oakland, I'm very interested in the science behind it. The film is first rate - you've made a REMARKABLE piece: thoughtful, provocative and beautifully filmed and edited." -Beth T., Geneticist at UCSF Children's Hospital

"I loved the movie! It taught me and my sister so much. We had a great discussion about it at home too." -Chloe B. 17-year-old

"My 13-year-old son and I watched the film Screenagers together. The impact of the film was so great, that all on his own, when the movie ended, my son announced that he would voluntarily be relinquishing his computer for a week. In the end, he was off completely for 10 days, and when he did get back on he started setting a timer and sticking to his own self-imposed time limits. Thank you for sharing this valuable film with us." -Nancy B., Chair of Parent-Education MVMS PTSA