

#SAVETHEKIDS

HELPING KIDS RISE ABOVE THE

NEGATIVE EFFECTS OF SOCIAL MEDIA

SOCIAL MEDIA AND SCREEN ADDICTION HURT OUR KIDS' MENTAL HEALTH. #SAVETHEKIDS IS ALL ABOUT INSPIRING YOUTH TO RISE ABOVE THE HARMFUL EFFECTS OF SOCIAL MEDIA AND SCREEN-TIME, SUCH AS ANXIETY AND DEPRESSION, THAT CAN COME FROM SOCIAL MEDIA COMPARISON, CYBER-BULLYING, AND 24/7 ACCESS TO PEER CULTURE ON THEIR PHONES.

PARENT'S AWARENESS NIGHT

CHRIST CHAPEL, NORTHWESTERN COLLEGE

MARCH
28
6:30 PM

JOIN US FOR A LIFE-CHANGING PARENT EDUCATION NIGHT FULL OF ENTERTAINING INSIGHT INTO HOW TO RAISE KIDS IN THIS DIGITAL AGE, HOW TO KEEP THEM SAFE FROM SOCIAL MEDIA PITFALLS, AND HOW TO RECONNECT WITH YOUR TEENS ON A TOPIC THAT IS, FOR MOST FAMILIES, THE #1 CAUSE OF CONTENTION: **CELL PHONES**.

YOU WILL LEAVE EMPOWERED WITH TOOLS AND KNOWLEDGE TO STOP FIGHTING KIDS ON SCREEN-TIME MANAGEMENT, CREATE NEW AND HEALTHIER SCREEN-TIME & SOCIAL MEDIA BEHAVIORS & HAPPIER RELATIONSHIPS BETWEEN YOU AND YOUR CHILDREN.

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