Screenagers Movie | Growing up in the digital age.
Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span?

The concern of cancer and other health problems from using cell phones is still valid, but a larger issue is the amount of time your child is on the phone. Monitoring your child’s phone does take time but its crucial parents are in the know; what is googled, posted, replies, likes, dislikes and more.

In SCREENAGERS, Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average student spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well. Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids’ development and offers solutions on how adults can empower the youth to best navigate the digital world and find balance.
Take the time to watch **SCREENAGERS** you just might be surprised and decide a change is needed.

[https://www.screenagersmovie.com/](https://www.screenagersmovie.com/)
[https://www.youtube.com/watch?v=fymPIQw0-VA](https://www.youtube.com/watch?v=fymPIQw0-VA)

Stacey L. Carr, M.Ed.
Dean of Student
Director of Character Formation and Community Service
(805) 967-1266, ext. 105
[scarr@bishopdiego.org](mailto:scarr@bishopdiego.org)