

Dear Parents/Guardian

PGUSD EdTech is hosting a **Parent EdTech Night** on Tuesday, April 17th from 6:30-8:00 p.m. at the Pacific Grove Middle School Auditorium/PAC. This year, we're presenting the film *SCREENAGERS: Growing Up in the Digital Age*, directed by Delaney Ruston, M.D. This award-winning documentary explores one of the biggest parenting issues of our time - the challenges associated with the pervasive use of technology including social media, video games, and internet addiction. The film examines the impact that screen time has on kids' development and family life. More importantly, the film offers practical strategies that any parent can use to establish a healthy balance of technology use for their kids.

The film will start at 6:30 and conclude at 7:30. Immediately following the film, we will hold a short Q&A/discussion session. Our goal for this evening is to initiate a community conversation around the film's main points, their implications, as well as to provide an opportunity for you to share any ideas and insights you have about this topic. We encourage both parents and students in grade 5 and up to attend this free event.

For more information about the film and to reserve your place, please follow this link:

[Parent EdTech Night 2018](#)

We look forward to seeing you at this year's Parent EdTech Night.

Sincerely,

Matthew Binder

Director of Educational Technology, PGUSD

831.646.6618

<http://edtech.pgusd.org/>

, Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that happening with her own kids and began a quest to uncover how it might impact their development. As with her other two award-winning documentaries on mental health, Ruston takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to 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 also offers solutions on how adults can empower their kids to best navigate the digital world to find balance.

SCREENAGERS addresses the most pervasive parenting issue of our time head on—depicting teen struggles over social media, video games and internet addiction. The film empowers kids to best navigate the digital world and provides practical resources to help them do it.