

# ARE WE ADDICTED TO SOCIAL MEDIA?

# LIKE



IndieFlix  
AN ORIGINAL PRODUCTION

A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES

Join Us!

Mar. 18, 7pm  
St. Anthony, Renton

Featuring experts on social media, technology, psychology, and education, the LIKE documentary sheds light on the impact of social media in our lives, especially for children and teens.

## By watching a screening, you'll discover:

- Tips and strategies to help your children use technology in a positive way.
- Understand how social media apps are designed to hook you, and what you can do to manage it for you and your family.
- Learn how to live more intentionally with your devices.

Each screening will be followed by a panel discussion with local experts on social media and family life. This event is free. Appropriate for all ages.

Learn more! <https://www.thelikemovie.com/>

Sponsored by the Office of Marriage and Family Life, Archdiocese of Seattle.  
Questions? Contact [eric.paige@seattlearch.org](mailto:eric.paige@seattlearch.org) or (206) 382-4864

