

# SCREENAGERS



GROWING UP IN THE DIGITAL AGE  
**GROWING UP** **IN THE DIGITAL AGE**

MYDOC PRODUCTIONS PRESENTS IN ASSOCIATION WITH INDIEFLIX A FILM BY DELANEY RUSTON "SCREENAGERS"  
DIRECTORS OF PHOTOGRAPHY GEOFF SCHAAF DAN MCCOMB DELANEY RUSTON EDITED BY ERIK DUGGER DELANEY RUSTON  
ASSOCIATE PRODUCERS GEN CHASE HEIDI PAIGE MUSIC BY PAUL BRILL EXECUTIVE PRODUCERS SCILLA ANDREEN KARIN GORNICK  
LISA TABB PRODUCED BY DELANEY RUSTON LISA TABB SCILLA ANDREEN DIRECTED BY DELANEY RUSTON

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GROWING UP IN THE DIGITAL AGE

**SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.**

## 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 with her own kids and learned that the average kid 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. In *SCREENAGERS*, as with her award-winning documentaries on mental health, 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, we welcome you to discover surprising insights from authors, psychologists, and brain scientists in this extraordinary and timely film.

**DELANEY RUSTON, MD** Director | Producer | Cinematographer | Editor | Writer



Delaney Ruston is a filmmaker, Stanford trained doctor and mother of two. Along with *SCREENAGERS*, her award-winning feature documentaries include *Unlisted: A Story of Schizophrenia* (PBS), about her father, and *Hidden Pictures* (PBS) about global mental health. Delaney has been invited to speak and screen these and other films to hundreds

of audiences in diverse settings around the world such as at primary schools, conferences, medical centers, universities, the United Nations, the TEDx stage in Seattle and the World Health Organization. For her work in using film in launching advocacy movements, Delaney has won several awards. She has provided primary care in underserved clinics for over a decade.

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