

Parent Enrichment Series

TECHNOLOGY & MEDIA THREE PART SERIES

- **Screenagers: The Next Chapter. Film Screening.**
Wednesday, February 26
6:30 - 8:30pm in Eurythmy Hall

- **Diana Graber. Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology**
Tuesday, March 31
6:30 - 8pm in Meadows Hall

Graber, an expert on digital literacy, speaks often on the topic of technology's impact upon human behavior. She developed and still teaches CyberCivics, the popular middle school digital literacy program currently being taught in schools in 42 US states, and internationally.

- **Ben Klocek. Transforming Habits of Tech: Creating a World that Reflects the Heart**
Thursday, April 30
6:30 - 8pm in Meadows Hall

Ben Klocek, web designer and artist, focuses on personal parental habits with tech, creating a family culture that reflects your values, and guidelines for coming to agreements about tech use.



WALDORF SCHOOL
ORANGE COUNTY

From the director of the hit documentary Screenagers: Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help us all flip the script on stress, anxiety, and depression. We follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

FREE MOVIE SCREENING

SCREEN
AGERS **NEXT**
CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

Wednesday, February 26
6:30 - 8:30 pm in Eurythmy Hall

RSVP on our website or here:

<https://tinyurl.com/wjb9gnw>