Hosted by: The Muirlands Foundation
In-Person Location: Muirlands Auditorium
Date: December 7th, 2022
Time: 5:30-6:45pm
Mature Content for Adults Only Please

Special Guest Presentation

All La Jolla Cluster Parents are invited for a dynamic presentation from a top national digital wellness expert about the latest research and best practices to protect children from digital media overuse, ensure safe citizenship online, and better manage screen time... without guilt, conflict, or confusion.

Healthy Screen Time
Research & Tools for Parents to Guide with Confidence

SPECIAL PRESENTATION FOR SCHOOL FAMILIES
La Jolla Cluster Schools

But First: Your Speaker Introduction

NICOLE RAWSON
- Founder of Screen Time Clinic wid 2016
- Author of Screen Smart: Smart Strategies to Help Kids and Teens Navigate Digital Media
- California Certified Secondary English Teacher
- Experienced in English, History, Business
- Featured on PBS in 2016 for work with best instruction practices for English learners
- Over 10 years experience teaching in 5 different states and 2 countries
- Member of two young adults, ex-gaming addict
- Bachelor of Arts in English and Economics, NYU
- B.A. in Education and Economics, NYU
- M.B.A. in Digital Media Oversight 2022
- Psychology degree from Harvard University 2018
- Psychology degree from Harvard University 2019
- Wall Street Journal expert contributor 2022

Parents you CAN make small or big efforts that help tremendously! You can do it!