



SCREENAGERS **NEXT CHAPTER**

UNCOVERING SKILLS FOR STRESS RESILIENCE

April 20th, 2020 6:30 PM Fishers High School

Doors open at 6:00 PM

Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience: A film that examines the science behind teen's emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age.

Breakout Sessions after the screening will cover:

- Navigating parental challenges including teen sexting, online pornography, internet and video game addiction.
- What are Hamilton Southeastern Schools doing to support the social, emotional, and mental health needs of students?
- What are some useful coping skills for youth who are having issues with screen time and mental health issues?
- Understanding the world of technology in the eyes of our youth – useful strategies to parent our youth in this digital world.

Tickets are free; SEATS MUST BE RESERVED.

This event will fill quickly. Please only reserve seats you know will be used so others may attend.



Presented by:

