



Jonathan Hart, Ph.D., Superintendent
Jason M. Bohm, CPA, Business Administrator/Board Secretary

jhart@readington.k12.nj.us
jbohm@readington.k12.nj.us

P.O. Box 807 • 52 Readington Road • Whitehouse Station, NJ 08889 • (908)-534-2195 • (908) 349-3042 fax

September 19, 2023

Dear Readington Families,

Readington Township Schools with the support of the Readington H.S.A. will be hosting a viewing of *SCREENAGERS: Growing Up in the Digital Age* on Tuesday, October 3, 2023 at 6:30 pm in the Readington Middle School Library.

SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and offer families solutions that work. 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.

Dr. Ruston decided to make SCREENAGERS when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

As a director, Ruston turned the camera on her own family and others—revealing stories of messy struggles over social media, video games, academics and internet addiction. We meet Hannah, a 14-year old victim of social media bullying who struggled trying to hide her social media use from her mom. And Andrew, whose love of video games turned into an addiction taking him from earning straight A's to flunking out of college.

In SCREENAGERS, Dr. Ruston 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, along with surprising insights from authors, psychologists, and brain scientists, 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.

After the screening, we will have a Q & A session with Readington Administrators where we will invite questions from the audience.

After the parent viewing, a student version of this film will also be shown this fall to our 6th through 8th grade students this way you will have a common ground to begin a conversation with your child. To view a trailer and for more information about the documentary, please go to: screenagersmovie.com. This film has been previewed by the administrative team, but if you object to your child viewing the film, please contact the school principal.

If you plan to attend, please RSVP to: rsvp@readington.k12.nj.us

Sincerely,

Jonathan Hart, Ph.D.
Superintendent of Schools