



Readington Township Public Schools



to host viewing of the film

SCREENAGERS: *Growing Up in the Digital Age*

Tuesday, October 3, 2023

6:30 pm

Readington Middle School Library 48 Readington Road Whitehouse Station NJ 08889

Please join us!

Readington Township Schools in partnership with the Readington Home School Association would like to invite the community to a free viewing of the film *SCREENAGERS: Growing Up in the Digital Age* on Tuesday, October 3, 2023, 6:30 pm at Readington Middle School - Library.

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

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. Thank you to the Readington HSA for funding this evening!

To view a trailer and for more information about the documentary, please [click here](#).

If you plan to attend, please RSVP by October 2, 2023 to: rsvp@readington.k12.nj.us

Walk-ins Welcome!

Questions: Please call Doreen Harris/Superintendent's Office 908-534-2897