SPONSOR: DASD WELLNESS COMMITTEE
WHEN: THURS. 2/6 @ 7 PM
WHERE: DWHS AUDITORIUM

screenagernextchapter.com
MOVIE TRAILER: [https://www.screenagersmovie.com/nc-trailer](https://www.screenagersmovie.com/nc-trailer)

Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with *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.

Facts from *Screenagers NEXT CHAPTER* include:

- Since 2011, there has been a 59% increase in teens reporting depressive symptoms
- Scientific data shows that 2+ hours a day on social media correlates with a higher chance of having unhappy feelings
- Teens say their main way of coping with stress is to turn to a screen—this is concerning for many reasons and we need to ensure they have other coping skills
- Some schools are implementing innovative programs, such as wellness clubs, where teens teach their peers essential communication skills, like conflict resolution and relationship building
- State of the art therapies, including mindfulness, exposure therapy, and behavior activation, are being used to successfully treat anxiety and depression and yet many teens and adults don’t know that these proven interventions exist
- When teens suppress emotions, research shows it negatively impacts their school work and other cognitive tasks
- Just like toddlers’ brains are primed to learn languages, teenage brains are primed for learning skills to navigate complicated emotions
- A recent study shows that when parents jump in, their stress goes down but their kid’s stress goes up
- Why it’s important to help teens get comfortable feeling uncomfortable
- Forward-thinking, concrete solutions for parents, counselors, and educators.

**Distribution**

*Screenagers* uses a model of distribution where the film is seen only in community settings. *Screenagers’* reach over 3.5 years is considered in the industry to be the most successful community distribution effort for a documentary film ever. This distribution model brings parents, kids, teens, and educators together to start a conversation about how screen time impacts their lives and what they can do about it. It is primarily shown in schools, churches, synagogues, community centers, and the like. Now *Screenagers NEXT CHAPTER* is using this model to continue the conversation. Parents, students, educators, PTAs, religious organizations, medical practices, and workplace groups can book their own screenings of *Screenagers NEXT CHAPTER* at [screenagersmovie.com](http://screenagersmovie.com). Parents are encouraged to bring their kids to the movie.

Screening sponsored by: DASD Wellness Committee