



Sunday, April 29 at 6 pm

Holy Cross Lutheran Church
29700 N Saint Mary's Road
Libertyville, IL 60048



Tickets free with RSVP: bit.ly/ScreenagersAtHC

Join us for a special screening of "SCREENAGERS: Growing Up in the Digital Age" a documentary about one of the most significant parenting issues of our time.

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 happening with her kids and began a quest to uncover how it might impact their development. As with her other two award-winning documentaries on mental health, 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 also offers practical resources and solutions on how adults can empower their kids to best navigate the digital world to find balance.

The documentary run time is 67 minutes and will lead into time for optional breakout conversations going no later than 8 pm. This documentary is appropriate for adults (who have children of all ages) and kids aged ten and older. Babysitting will be provided for children under 10 years. Viewing of the documentary is free and open to Holy Cross members and families as well as the community. *Please register in advance as space is limited.*

Questions? Contact Steve Oelschlager steve@holycrosschurch.org



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