



Montgomery Township School District &
Montgomery Rocky Hill Municipal Alliance and Youth Services Commission
present:



Screens and Stress



Understanding the Digital Impact on Children's Wellbeing

Join us for a discussion about the impacts of Smartphones, social media, and screen time on the mental health of our children. Learn more about what we can do to mitigate the risks and foster a healthier relationship with technology.



May 2, 2024

6:30-8:30 pm

Montgomery Upper Middle School Media Center

[Register Here](#) or scan the QR code



Our Presenters:

- Cory Delgado, Director of School Counseling & Student Wellness
- Mark Accardi, UMS Vice-Principal
- Scott Pachuta, LMS Vice-Principal
- Stefanie Lachenauer, UMS Teacher, Certified Mindfulness Instructor
- MHS Students from the Youth Action Board (YAB)



Topics include:

- The ongoing impact of social media, Smartphones, and screentime
- Ways to improve your child's relationship with technology
- Teen perspective on social media use
- Mindfulness techniques to relieve stress
- When to seek additional help



Stop by our resource tables for more information!

Additional mental health and wellness information will be available at tables before and after the presentation.



Did You Know?

A recent Gallup Survey found over half (51%) of U.S. teens (13-19) spend a minimum of four hours daily on social media, at an average of 4.8 hours.

Source: "Gallup: Teens Spend More Time On Social Media Than On Homework, by Brad Adgate"