

# Screens and Stress

Event Date

Thu, May 2 2024, 6:30 - 8:30pm

## THE IMPACT ON CHILDREN, A DISCUSSION

Montgomery Township School District and the Montgomery Rocky Hill Municipal Alliance invite you to a special event,

### “Screens and Stress- Understanding the Digital Impact on Children's Wellbeing”

on Thursday, May 2nd, 6:30-

8:30 pm in the Upper Middle School Media Center. Join us for a discussion about the impacts of social media, Smartphones, and excessive screen time on the mental health of our children. Learn more about how to mitigate the risks and foster a healthier relationship with technology.

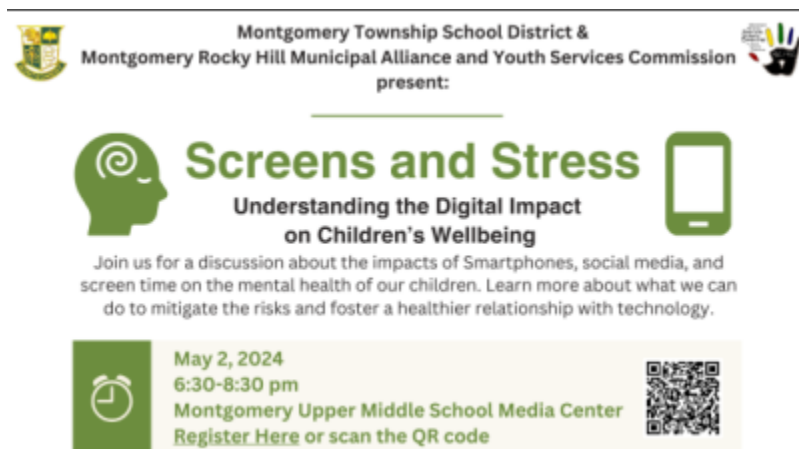
Our guest speakers include:

- Cory Delgado, Director of School Counseling and Student Wellness
- Mark Accardi, Vice-Principal of Upper Middle School
- Scott Pachuta, Vice-Principal of Lower Middle School
- Stefanie Lachenauer, UMS Teacher and Certified Mindfulness Instructor
- MHS students from the Youth Action Board (YAB).

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

Please register in advance at:

### Screens and Stress- Understanding the Digital Impact on Children's Wellbeing



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



# Supporting Documents



## 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.

screens and stress presentation 5\_2 8.08 MB



**May 2, 2024**

**6:30-8:30 pm**

**Montgomery Upper Middle School Media Center**

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



cell phone and devices parent guide  
180.16 KB



#### **Our Presenters:**

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

tips for managing social media 176.84 KB



#### **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

kicking off the conversation discussion  
questions 94.86 KB



#### **Stop by our resource tables for more information!**

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

social media and mental health 215.04 KB



#### **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: "Selling: Teens Spend More Time On Social Media Than On Homework" by Brad Adams"



teens mental health and social media

214.34 KB

6 tips to reduce childs screentime 16.64 KB

screens and stress flier 2024.pdf 344.1 KB