



*Wednesday
Glenbard
North*



*Thursday
Marquardt*

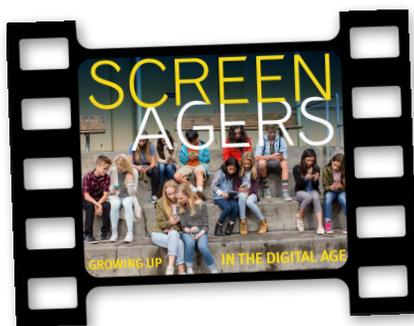
FILM SCREENING AND DISCUSSION:

Delaney Ruston MD
Screenagers

May 3, 2017 / 7 pm / Glenbard North / 990 Kuhn Rd / Carol Stream

May 4, 2017 / 12 pm / Marquardt D15 Admin Center / 1860 Glen Ellyn Rd / Glendale Heights

The Glenbard Parent Series: (GPS) Navigating Healthy Families will host physician and film director Delaney Ruston MD for a film screening and discussion of her award winning documentary *Screenagers*. Delaney Ruston MD watched her own children become increasingly focused on technology, with their rapid-fire thumbs and a six-second attention span. She wondered about the impact of all the time her children spent online, and also wondered about the friction occurring in homes and schools around negotiations over "screen time". The film takes a deeply personal approach as it probes into the vulnerable corners of family life, 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. Delaney Ruston MD is a well-respected movie maker and a Stanford Medical School trained physician. This program will be repeated at noon Thursday, May 4 at the Marquardt School District 15 Administration Center, 1860 Glen Ellyn Road in Glendale Heights. This film is great for parents, professionals and youth. and is only available via a community screening, so don't miss this special opportunity.

*This free event is open to the public.
 CPDUs are available.*

