



Forward Thinking, High Achieving.

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For Immediate Release
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Let's Move! Missoula

PARENTS INVITED TO FREE SHOWING OF 'SCREENAGERS' IN MISSOULA

www.UnplugMissoula.com

MISSOULA – Missoula County Public Schools and Let's Move! Missoula invite parents to a free screening of the documentary "Screenagers: Growing Up in the Digital Age" at 7 p.m. Thursday, May 3, in Hellgate High School's Rothwell Theater.

Screenagers is an award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. The film offers solutions on how families can find the balance. It addresses the biggest parenting issue of our time while providing both kids and adults dialogue and practical resources.

The 70-minute documentary will be followed by 30-minute panel discussion and audience Q&A. The panel will feature:

- Dr. Blair Davison, adolescent psychiatry at Providence St. Patrick Hospital
- Carolyn Buchta, parent and founder of The Social Movement
- Dr. Kristin Anderson, family practice at Community Medical Center Gary Stein, social studies teacher at Sentinel High School

The screening is part of Missoula's celebration of National Screen Free Week and is sponsored by the MCPS Graduation Matters Missoula Student Wellness Team, with support from Let's Move! Missoula and United Way of Missoula County. The film is paid for by Circle Device by Disney.

To learn more about the film and watch the trailer, go to <https://www.screenagersmovie.com/>.

Rationale

- American Association of Pediatrics recommends no more than two hours of daily recreational screen time for children over age 2, and no screen time for children under age 2.
- On average, children ages 8 to 12 spend nearly six hours a day on screens.
- Teenagers ages 13 to 17 send an average of 167 texts every day.
- Adults who bring their "small screens," such as smartphones and tablets, to bed with them delay their bedtimes by an average of 37 minutes.

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