

Screenagers

GROWING UP IN THE DIGITAL AGE



WATCH THE
SCREENAGERS
TRAILER HERE

Scan the QR code
to learn more
about Screenagers



About Screenagers

Online platform featuring a series of FOUR documentary films designed for viewing in schools and community settings.

Screenagers: Growing Up in the Digital Age has recently been updated with the latest science, research, and expert insights, including author of *The Anxious Generation*, Jonathan Haidt.

Online Curriculum

Tailored for grades 3–12

Membership includes access to an extensive library of lesson plans that can be used alongside the classroom/school screenings to extend learning beyond the film. Lesson plans will be facilitated in classroom settings by the Mental Health Capacity Building Program.

TOPICS include screen time, smartphones, social media, video games, device addiction, mental health, youth wellbeing, decision making, and healthy sleep.

Community Screenings

Screenagers: Growing Up in the Digital Age reveals how screens are shaping kids' development and offers actionable solutions to help adults empower kids to navigate the digital age and find balance. **95% of audience members thought the movie contained important information.**

We will offer at least 2 community screenings to bring students, parents, and educators together creating a shared starting point for conversations about boundaries, balance, and healthy technology use. It also offers practical guidance for parents and aims to inform and empower young people to make thoughtful, independent decisions.

Awareness Campaigns

i.e., Away for the Day

Resources

for youth, parents, and educators

Follow the Digital
Wellness Coalition on
Facebook and Connect
with us on our Website



What are schools seeing?

- Rising anxiety and stress
- School comparison and conflict
- Chronic sleep deprivation
- Distraction and disengagement

Upcoming Presentation

Paul Davis, *Social Networking Safety*
April 22, 2026 | 6:00PM
Medicine Hat College Theatre



Scan to watch
Paul Davis TED Talk
Accountability &
Responsibility in a
Digital World



Interested in

- Hosting a screening in your school community
- Promoting Digital Wellness to Families

Email us at
digitalwellness1@gmail.com

