

SCREENAGERS



Building Healthy Screen Habits: How our community is supporting wellbeing in a Digital Age

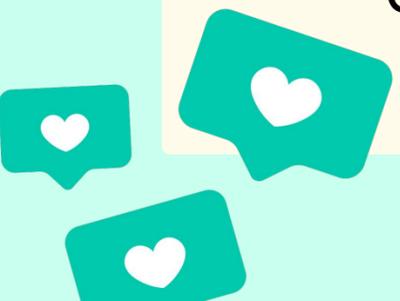
WHO WE ARE

Mental Health Capacity Building Programs (MyPlace and HUG)

- We provide a Mental Health Prevention Program for students in Grades K-12, which includes Social Emotional learning presentations in the classroom.

Digital Wellness Coalition

- This coalition raises awareness about issues concerning screen time and usage, while offering insights into the effects of screen use in and around Medicine Hat.



WHAT IS SCREENAGERS

- Screenagers is an online platform featuring a series of four documentary films designed for viewing in schools and community settings.
- Additionally, Screenagers offers an online curriculum tailored for grades 3 to 12.
- The platform also conducts awareness campaigns, such as *Away for the Day*.
- Furthermore, Screenagers provides a wealth of resources for youth, parents, and educators accessible through their website.



SCREENAGERS

GROWING UP IN THE DIGITAL AGE

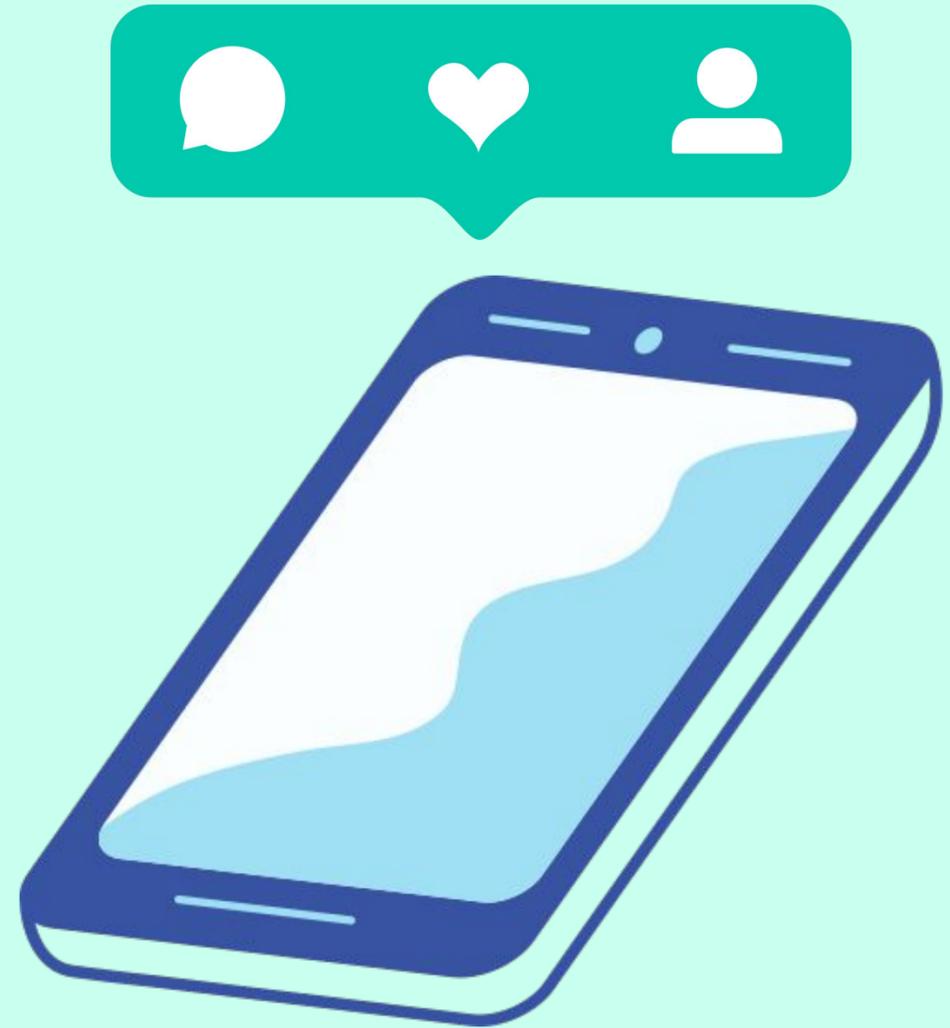
- Follow physician and filmmaker Delaney Ruston as she explores screen use in her own family.
- Examines the impact of screens on:
 - Family dynamics
 - Academics
 - Mental well-being
 - Internet and gaming habits
- Shares real, relatable (and often humorous) stories.
- Includes insights from leading experts.
- Offers practical, actionable strategies to help adults support youth in finding balance in the digital age.



youtube.com/watch?v=ivzV5E17_HQ&feature=youtu.be

WHAT OUR SCHOOLS ARE SEEING

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



COMMUNITY SCREENING

- With a membership we hope to host community parent nights (at least 2)
- Parents can watch the 65 minute film
- The platform contains a range of resources including facilitator guides to support screening events and start conversation



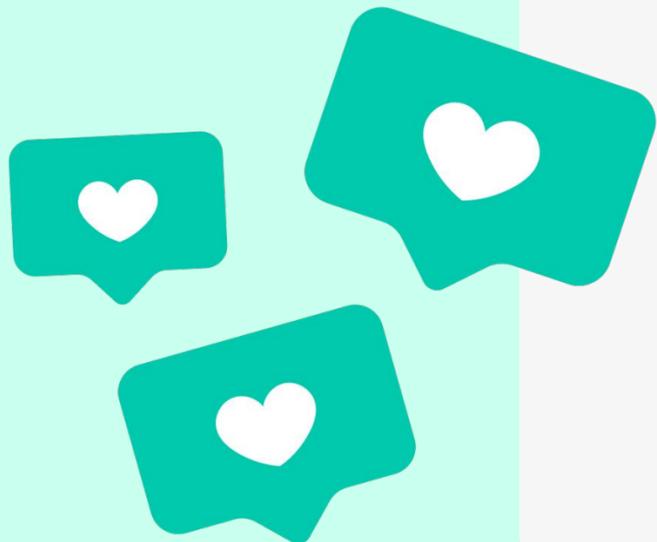
CLASSROOM CURRICULUM

- Unlimited, on demand access to a shorter version of the screenager movies for internal school use (removing some of the parent advice) for 1 year
- Access to their extensive curriculum and lesson plans, which allows students to deep dive into the content of each film
- Topics include- Digital citizenship, analyzing media literacy, who we are on and offline, digital footprint, & video game addiction



How Can Parent Councils Help?

- Hosting a screening in your school communities
- Promotion to families
- Financial support
- Follow the digital wellness coalition facebook page for upcoming events



A PRESENTATION FOR PARENTS WITH PAUL DAVIS

TOPICS INCLUDE

SOCIAL MEDIA
SMARTPHONES
AI & EDUCATION
CYBERBULLYING
INTIMATE IMAGES
ONLINE GAMING
ONLINE GROOMING
PRIVACY



MEDICINE HAT
COLLEGE THEATRE
APRIL 22, 2026
6:00 PM

THANK YOU!