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**EL MODENA HIGH SCHOOL OFFERS
EXCLUSIVE SHOWING OF “SCREENAGERS”**

Award-winning documentary reveals impacts of screen use, offers practical tips for parents

ORANGE, CA (January 19, 2018) — El Modena High School PTSA is sponsoring a free showing on February 22 of “Screenagers” to raise awareness surrounding the impact of screen use on teens’ health, social development and academic performance. “Screenagers” is an award-winning documentary created by physician and filmmaker Delaney Ruston, who faced concerns about screen time in her medical practice as well as her own family.

**“Screenagers”
Thursday, February 22, 2018, 6:45 p.m.
El Modena High School Cafeteria
3920 Spring Street, Orange, CA 92869**

The film focuses on teens’ use of smartphones and computers for screen-based activities, such as social media and video games. It shares expert research from psychologists, brain scientists and others who point to the negative effects of overuse and the need for balance. “Screenagers” concludes with a variety of practical ways to help kids use their screen time more responsibly.

“If families are experiencing difficulty with negotiating screen time, this film can be a catalyst for positive change,” says Rebecca Hultquist, El Modena PTSA president. “The film offers many effective strategies to help our children better navigate the complex digital world.”

“Screenagers” is approximately one hour and will be followed by a brief panel discussion. This community education event is open to all local parents and middle and high school students, not just those attending El Modena. There is no cost to attend.

To view the “Screenagers” trailer, see www.screenagersmovie.com.