

Welcome

**NAVIGATING SCREEN TIME:
What to Know and Consider**

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YOUTH EASTSIDE SERVICES



YOUTH & FAMILY
MENTAL HEALTH COUNSELING



SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING



COMMUNITY EDUCATION &
PREVENTION PROGRAMS

If you hear only one
message tonight,
let it be this:



A CONFLUENCE OF FACTORS

Adolescent
Development

Digital Life

Covid



DEVELOPMENTAL TASKS



Identity
Development



Autonomy

WHAT SUPPORTS POSITIVE DEVELOPMENT?

Supportive Adult Connection

At Least One Friend

Positive Community Norms

Good Coping Skills

TECH: BEST THING EVER OR THE WORLD'S GREATEST EVIL?



What we can
say for sure:

Tech is here to stay

Let's learn to
optimize opportunities
& minimize risks

OPTIMIZING OPPORTUNITY

Peer
Connections



Community



Access to
Supports



Learning



MINIMIZING RISK

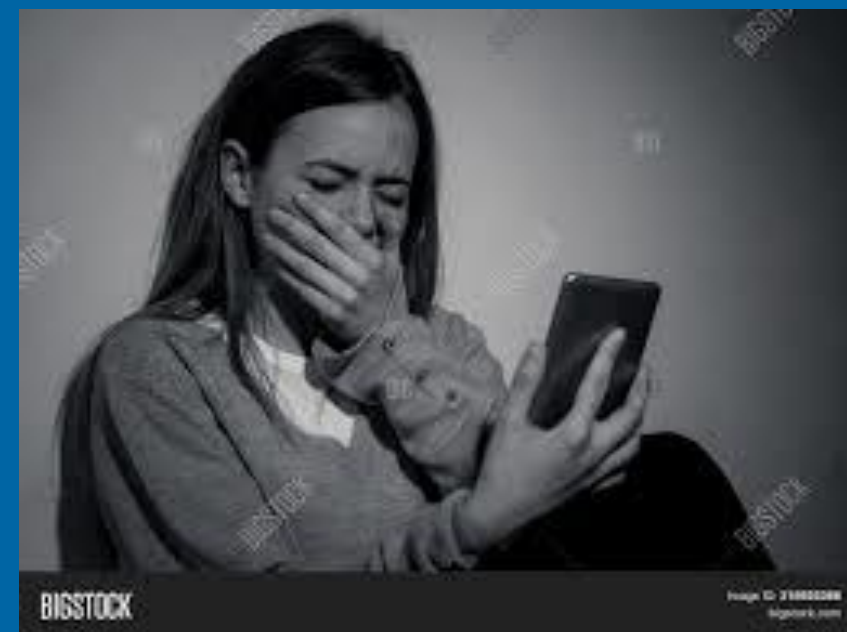
Privacy
Concerns



Unhealthy
Coping Skills

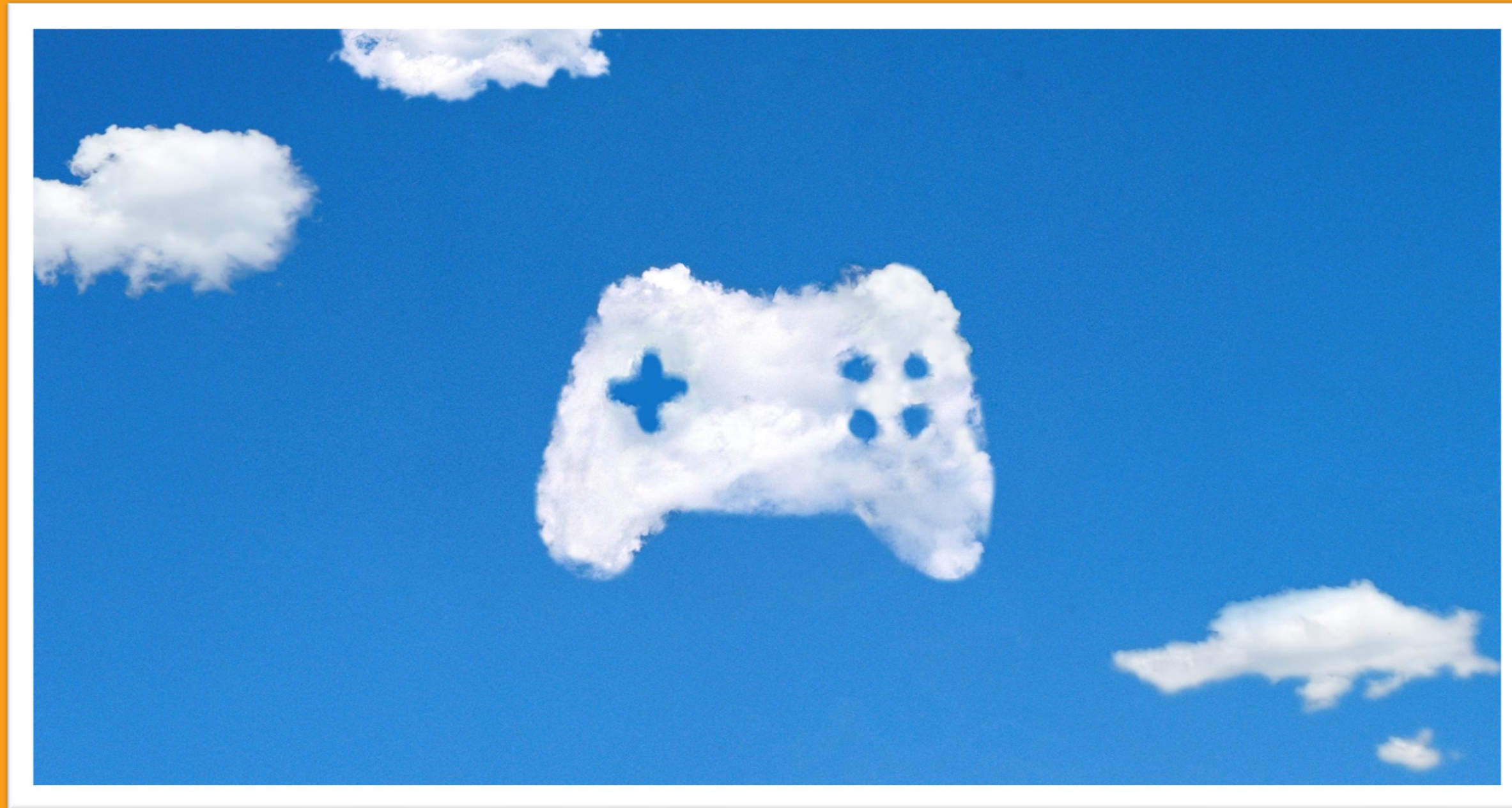


Harmful
Social
Interactions



Exposure to
Concerning
Content

WHAT ABOUT GAMING?



HOW DO WE DO THIS?



Make a Plan



Strike a Balance



Be a Role Model

RESOURCES



common
sense
media®



thank you

