



# SAVE MY FAMILY DIGITAL MEDIA

YOUR CHILD'S MENTAL HEALTH, DEVELOPMENT,  
& WELL-BEING

Join a community of parents, educators and other caring adults who want to help navigate children through our digital age.

**Feb. 20**

**6:30-8:30pm**



**Jerome High School Auditorium**



**104 N. Tiger Dr., Jerome**

**Free Dinner starting at 5:30pm**

**Childcare is provided.**



**SCREEN TIME**

How much screen time is too much?

What is the impact of screen time on the brain from a neurological standpoint?

Which sites are safe?



**SAFETY**

Why are anxiety & depression rates on the rise and what can I do to protect my child?

Who do you trust with your kids?



**Free Dinner and  
Childcare!**



**Officer Gomez**  
*Social Media Expert  
and SRO*



**Agent Hart**  
*Former FBI Agent &  
School Safety Expert*



**Nurse Kelli**  
*Save My Family  
Founder, Nurse  
Practitioner Student*

meet the experts

**For parents and  
kids ages 11+ (or  
any age with a  
smartphone).**



@Save.My.Family



SaveMyFamilyEvent.org



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