



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?

DEVICE USE

SOCIAL  
MEDIA



**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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