

MOUNTAIN
VIEW
School council
presents

A research-based exploration of ideas for healthier tech habits & meaningful connection within our families.

INTENTIONAL *with* TECH



Speaker
Kaylee Low

NIDHW Certification in
Tech Addiction & Digital Health

Thursday, September 26

6:00 pm - 7:00 pm

Mountain View School
#1 School Ave Hwy 5, Mt. View

For all parents

LEARN ABOUT:

- Effects of excessive screen time on the developing brain.
- Risks & solutions to navigating social media, pornography, online predators, sextortion, & video game addiction.
- Combat screen time by strengthening the parent-child relationship.