

# Social Media and Parenting

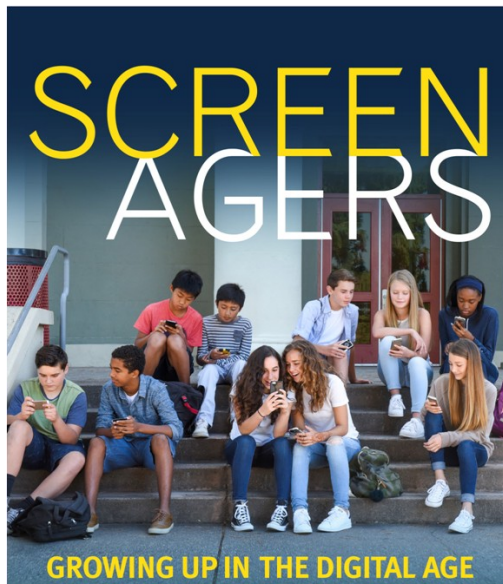
Two programs for parents to give you the info you need  
as you raise your children in a world of technology

## THE POWER OF SOCIAL MEDIA

October 3, 7:00 p.m.

With guest speaker Tom Pincince  
Lyme-Old Lyme High School Auditorium

*Tom Pincince is a longtime collegiate athletics administrator, and a former Division 2 college football player. He has spoken at over 50 schools in Connecticut about the Power of Social Media, and helping students Make Good Decisions. Most importantly, Tom is the father to three daughters, ages 13, 11 and 8, and deals with issues of children/teens and social media every day. His presentation is geared to helping students and parents Make Good Decisions on Social Media. This includes being private and not sharing personal information, but also building a healthy and trusting relationship between students and parents. We don't throw cars keys to our children and tell them to drive, we shouldn't do that with technology. We can all learn together and get on the road to Making Good Decisions. Mr. Pincince will make presentations to students in grades 5-12 during the school day. This evening program is geared for parents, grandparents, caregivers, and community members. Free and open to the public. Co-sponsored by Lyme Old Lyme Schools and LYSB.*



## SCREENAGERS

Growing Up in the Digital Age  
November 6, 7:00 p.m.

Lyme-Old Lyme High School Auditorium  
The award winning documentary  
followed by a facilitated discussion.

SCREENAGERS is about the impact of the digital age on children and how to help them minimize harmful effects and find balance. In the documentary, physician and filmmaker Delaney Ruston takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults

can empower kids to best navigate the digital world and find balance. Presented through a grant from the Lyme-Old Lyme Education Foundation.

