



SAVE MY FAMILY

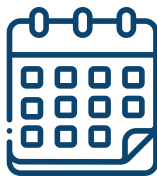
# DIGITAL MEDIA

**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. 25

### 6:30-8:30pm



**Cambridge High School commons**

**140 N 4th street Cambridge, Idaho**



#### 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

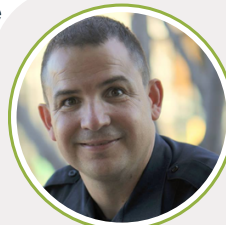
Why are anxiety & depression rates on the rise and what can I do to protect my child?  
Who do you trust with your kids?

DEVICE USE

SOCIAL MEDIA



meet the experts



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



**Agent Hart**  
*Former FBI Agent & school safety expert*



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

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



@Save.My.Family



SaveMyFamilyEvent.org



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