



# DEVICES, DIGITAL MEDIA, & DEVELOPMENT

YOUR CHILD'S MENTAL HEALTH & WELL-BEING

**Feb. 20** 

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

**Jerome High School Auditorium**

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

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

In today's world, it is critical that parents are **empowered** to help protect their children in every way possible. The **Save My Family** event is geared to provide you with the **tools, insights, and resources** to better enable you to understand several of the major forces that are impacting your kids' **psychological, emotional, and physical well-being**.

We have assembled a **panel of experts** to provide training and inspiration on how to successfully navigate the waters that kids and teens are caught in.

**There is so much that parents don't know.**

Be enlightened by the experts -- **Officer Gomez, Agent Hart, and Nurse Kelli**. They'll discuss social media, drugs, addiction, and other issues you need to know about to **keep your kids safe**.



**Officer Gomez**  
Social Media Expert  
and SRO



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



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



 @Save.My.Family

 SaveMyFamilyEvent.org



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.



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#### 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?



**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



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richkel4@isu.edu