

DEVELOPING HEALTHY KIDS XI

Community **EDUCATION** and **PREVENTION** Series

JANUARY 10 – 6:30-8:00pm

Childhood 2.0

Hosted by **Erin Cole and Colton Crossen**

All K-12 parents and high school students are invited to attend the viewing of Childhood 2.0. Childhood 2.0 is required viewing for anyone who wants to better understand the world their children are navigating as they grow up in the digital age. Featuring actual parents and kids as well as industry-leading experts in child safety and development, this documentary dives into the real-life issues facing kids today — including cyberbullying, online predators, suicidal ideation, and more.

Join us in the Rockford High School Auditorium as we learn the tools and skills needed to maneuver social media in today's world.

There are plenty of good things about social media, but there are also many risks and cautions children and teens should know to keep themselves safe. Parents play a crucial role in helping their children become responsible digital citizens. This Developing Healthy Kids series aims to support students and families in navigating the pitfalls and dangers of social media. Involvement in the series will help students and families gain proactive skills to foster successful social-media interactions.

JANUARY 19 – 6:30-8:00pm

I Am Gen Z

Hosted by **David Jangda**

Beyond the Rock will be highlighting the student perspective. Through expert interviews and the web lens of Generation Z, this documentary explores how the digital revolution is impacting our society, our brains, and mental health. Themes explored in the film include addiction to smartphones, rise of perfectionism and burnout, misinformation and more. *Due to the mature content of this film, this screening is for high school age students and adults.*

FEBRUARY 6 – 6:30-8:00pm

Screenwise

Hosted by **Mindy Duba and presented by Author Devorah Heitner, PhD**

Screenwise helps parents recognize kids need mentoring and that kids deserve more empathy from adults about growing up in the digital age. Devorah Heitner, author of Screenwise, offers advice on helping kids navigate friendship and identity issues that are common among new texters, gamers and social media users. These skills can help set kids up for a lifetime of success in a world fueled by technology.

APRIL 17 – 6:30-8:00pm

Human Trafficking

Hosted by **Mindy McGinn and Lisa Jacobs and presented by HYPTE, Kent ISD**

This informational session will include what human trafficking really means, what are the risk factors and red flags, and what you can do now for prevention. Online safety will be a common thread. The session will conclude with time for questions and answers.



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