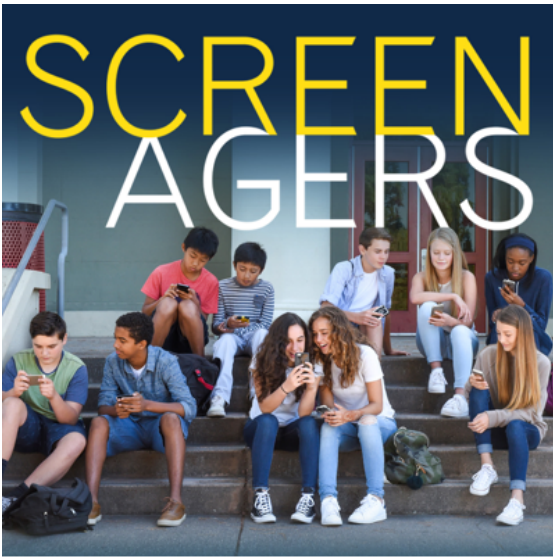


# Joint PARENT EDUCATION NIGHT

Three Palo Alto middle schools jointly host parent education nights every year. This year, Greene PTA will feature “Screenagers Next Chapter” in Spring. Right after the film, there is a discussion panel with some key experts and high school students.

**When** 6:45pm–8:30pm Wed, February 12, 2020

**Where** MPR, Greene Middle School



## About SCREENAGERS Next Chapter

From the director of Screenagers: Growing Up in the Digital Age comes SCREENAGERS Next Chapter: Empowering Youth with Stress Resilience and is about helping young people thrive in our screen and stress-filled world.

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help parents flip the script on stress, anxiety, and depression. We follow Delaney as she suddenly finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to uncover how we understand these challenges in our current screen-filled society. And how we as parents and schools

empower teens with skills to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

We witness Delaney as she finds her way from ineffective parenting to much-improved strategies. We follow other personal stories of families from an array of backgrounds with a spectrum of emotional challenges giving viewers hope. We also observe approaches in schools that provide strategies relevant beyond the classroom setting. Interwoven into the stories are surprising insights from brain researchers, psychologists, and thought-leaders that reveal evidence-based ways to support mental wellness among our youth.

Some of the featured experts in the film include:

- Daniel Pine, MD, chief psychiatrist, National Institute of Mental Health
- Dan Siegel, MD, director of the Mindful Awareness Research Center at UCLA
- Dr. John and Julie Gottman, founders of the Gottman Institute
- Ronald E. Dahl, Ph.D., Center on the Developing Adolescent at UC Berkeley
- Laura Kastner, Ph.D., psychologist, and author of Wise-Minded Parenting
- Ned Johnson, co-author of The Self-Driven Child
- Adriana Galvan, Ph.D., Chair in Behavioral Neuroscience, UCLA

(source: <https://www.screenagersmovie.com/about/>)

Other joint parent education nights at other schools will be announced and updated through eNews.

Questions? Contact Michelle Zhang at [ymichellezhang@gmail.com](mailto:ymichellezhang@gmail.com)

