

PRESENTED BY:

SANTA MONICA-MALIBU COUNCIL



FAMILY SOCIAL MEDIA EVENT: TAKE CONTROL OF YOUR DIGITAL HEALTH

An important event designed to inform, educate and inspire people of all ages to self-regulate social media and technology use, so they can enjoy balanced and fulfilled lives.

MODERATORS:



Santa Monica:
Shuli Lotan, LCSW, PPSC *
Coordinator of Mental Health Counseling at Santa Monica-Malibu Unified School District



Malibu:
Peggy Zherdev, MSW, MPPA, ASW **
Director of the Wellness Center and Social Services, Boys & Girls Club Malibu.

Santa Monica:

THU FEB 9

7PM - 9PM

JOHN ADAMS MIDDLE SCHOOL PERFORMING ARTS CENTER

Malibu:

MON FEB 13

6:30PM - 8:30PM

MALIBU HIGH SCHOOL THEATER

70%
will use social media differently after seeing LIKE
--LIKE Film Viewer Poll

78%
think social media is to blame for the rise in anxiety
-- LIKE Film Viewer Poll

FILM SCREENING:



LIKE: The Movie

LIKE explores the impact of social media on our lives and the effects of technology on the brain. Weaving stories and reflections of teenagers, and the perspectives of both brain scientists and Silicon Valley creators, LIKE introduces JOMO - the Joy of Missing Out, along with simple tips for taking back control over our devices and our free time.

FOLLOWED BY A PANEL DISCUSSION WITH:



Dr. Don Grant
An internationally award-winning media psychologist, published researcher, Doctoral Addictions Counselor, and educator with specific expertise in technology's impact on mental health.



Larissa May **
Founder & Executive Director of #Halfthistory, Larissa is pioneering a movement for the digital wellbeing of the next generation.



Rebecca Nelson
A SMMUSD School Psychologist and licensed educational psychologist, Rebecca has a specialized (and personal) interest in the influence of social media and technology on our youth.



Ana G. Jara *
Santa Monica Youth & Family Programs Services Administrator

Zoe Pollock **
Malibu High School ASB President

Felix De Raspide Ross **
Malibu High School Junior Class President



Anthony Angel *
Santa Monica School Resource Officer

Deputies David Lee & Angelica Curiel**
Juvenile Team for Malibu Schools

*** Santa Monica Only. ** Malibu Only.**