



**News Release**

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*If you cannot extract images and/or video, and need to receive them as email attachments, please call or email.*



Join us for a special screening of

**SCREENAGERS: Growing Up in the Digital Age**

Thursday, September 28

7 - 8:30 p.m.

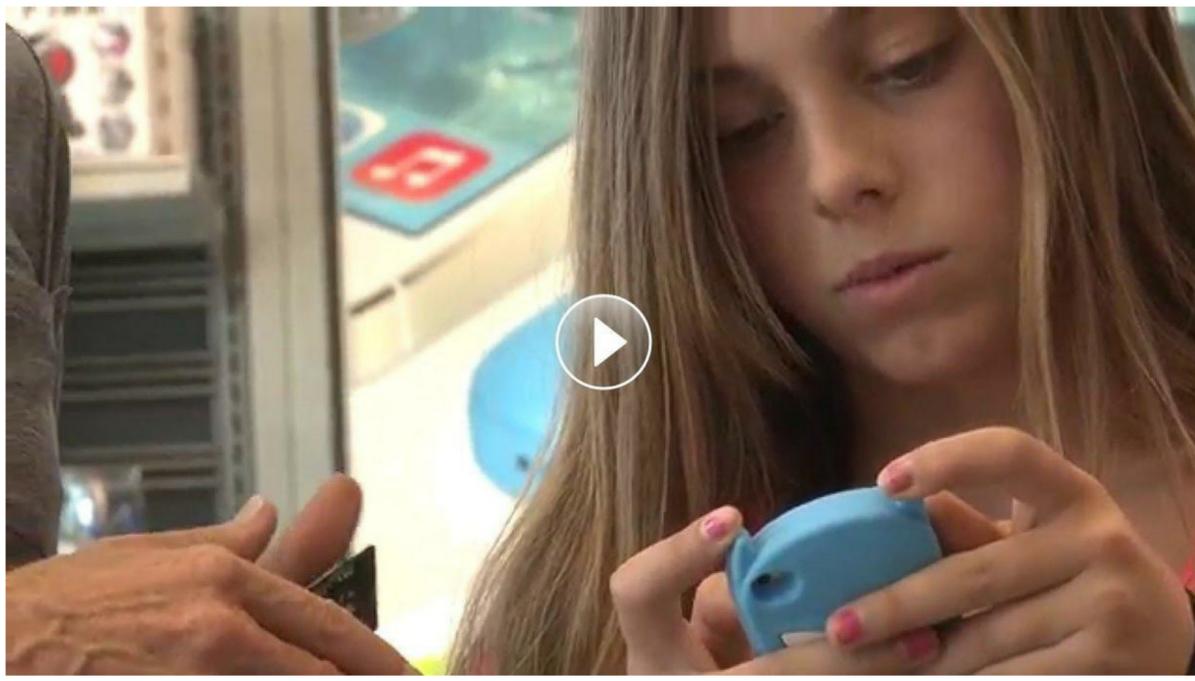
**Tumwater Timberland Library**

Adults & Teens & Youth (4th grade+)

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

In **SCREENAGERS**, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, **SCREENAGERS** reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

Join us as we view this exploration of technology and society. A World Cafe style discussion will follow the viewing.



All Timberland Programs are free and open to the public. The **Tumwater Timberland Library** is located at 17023 New Market Street. For more information, contact the library at (360) 943-7790 or visit [www.TRL.org](http://www.TRL.org).

Timberland Regional Library provides for the information, reading and lifelong learning needs of the Grays Harbor, Lewis, Mason, Pacific and Thurston county public at 27 community public libraries and six library service partner locations. The library system is funded mainly by local property taxes. Anyone needing special accommodations to participate in a library's programs may contact the library one week in advance.

CATALOG

LOCATIONS

EVENTS

RESEARCH

