

TEEN

ESTEEM+

PARENTS

TEENS

KIDS

&

TECH

Thurs, Dec 4, 2025

10:00 - 11:30 AM

Lafayette Library

Don Tatzin Community Hall

3491 Mount Diablo Blvd

Anxiety

Smartphones

Social Media

Depression

Addiction

Online Porn

Cyberbullying

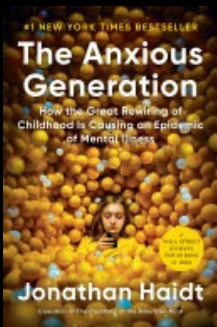
The TRUTH

about the struggles of parenting
and growing up in the digital age.



Join Teen Esteem+ for a FREE community
education event with a panel of experts.

RSVP with this
QR code or email
info@teenesteem.org



Discussion topics include:

- New York Time's Bestselling Book, The Anxious Generation by Jonathan Haidt.
- The impact of smartphones and social media on the mental health of kids and teens.
- Struggles our kids face online and what parents can do to protect them.
- Creative ways to implement a family tech plan.

Parents, grandparents and caregivers receive real talk and practical strategies
from school psychologists, family therapists, teachers and students.

This is not an MSD sponsored event.

For additional information, email us at info@teenesteem.org or visit our website at www.teenesteem.org

Teen Esteem is a 501(c)(3) nonprofit. Our assemblies and classroom presentations educate, equip and empower students to make healthy life-changing choices so they can thrive for a lifetime. We cannot do this without YOU! Please consider a donation to help further our outreach.

Teen Esteem+ Tax ID# 20-1598494

P.O. Box 966, Danville, CA 94526 - or - online at teenesteem.org/give