



*"Television and social media, more than any other types of media, expose young people to content and images that accentuates the unrealistically positive and idealized presentation of other young people. Kids form unrealistic expectations of what is normal, which makes them feel like they are not measuring up." \**

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- 91% of 16-24 year olds use the internet for social networking
  - Snapchat, Facebook, Twitter and Instagram misuse is shown to lead to increased feelings of depression, anxiety, poor body image and loneliness
  - Social media has been described as more addictive than cigarettes and alcohol
  - Studies show the more time teens and young adults spend on social media, the greater the risk of depressive symptoms

## Film Synopsis

From the director of **SCREENAGERS: Growing Up in the Digital Age** comes **SCREENAGERS Next Chapter: Uncovering Skills for 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.

\* Dr. Patricia Conrod, **Association of Screen Time and Depression in Adolescence**, July 15, 2019, JAMA Pediatrics.