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# Navigating Technology, Smartphone Use and Social Media

with **Chelsea Rissner, Social Worker** and **Stephanie Gonzalez, Librarian**

**Friday, May 18th**  
**Miller Library**  
**9:00am**

**ALL PARENTS ARE ENCOURAGED TO ATTEND!**

Please join us on **Friday, May 18th at 9:00 am in the Miller Library** for a Parents Association sponsored talk, *Navigating Technology, Smartphone Use and Social Media*. This special Parent Association meeting is specifically designed to address the inherent challenges and responsibilities associated with internet use among children and, more specifically, issues that may come up if a child has access to a smartphone at home. While technology, in many respects, can prove to be a valuable educational tool, it is critical that families open up lines of communication regarding responsible usage. As our children grow, the role technology plays inevitably grows as well. We hope to facilitate a meaningful and ongoing conversation regarding technology, as well as provide concrete tools and strategies in navigating and setting limits on media use.

In this workshop, we will discuss: Social Media, Smartphone usage, Parental Controls, Cyberbullying, “Sexting,” and Family Media Contracts. We will also offer strategies in talking to children about internet content and healthy relationships. Please bring your phone or tablet; part of our workshop will be hands on.

***We look forward to seeing you there!***

For more information, please contact Faculty Chair, Sabine Kully at [kullys@waldorfgarden.org](mailto:kullys@waldorfgarden.org) or Parent Association Co-Chair, Lisa Horowitz at [horowitzl@waldorfgarden.org](mailto:horowitzl@waldorfgarden.org)