

YOUTH & MEDIA

Cultivating Healthy Self-Worth in a Digital Age



Learn how to be your child's trusted guide



Equip your child to be media resilient



Create a tailored family media plan



Discover ways to impact the future for all youth

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"Smart phones, social media, and porn are out of control. *I had given up.* This workshop showed me what I can do about it."

A workshop for parents because...

Teen depression increased 40% between 2005 and 2015

Mental health and self-esteem are damaged by forms of media use