Important: Community leaders come together to discuss dangers of technology

Dear families,

We are pleased to introduce a new video series today focused on students and technology. This series, titled “Screens and Well Being,” is designed to help educate and inform families regarding the potential dangers of technology use amongst youth and provide solutions and ideas to help families work together to protect our youth.

The series opens with an introduction from Superintendent Eric Olson, followed by an informational video featuring several prominent Monticello community members - including students, staff, doctors, and more. We ask that ALL families take 12 minutes of time to watch this video, with the hopes that it spurs discussion regarding proper use of technology.

Then, for those interested, we are thrilled to be able to provide a no-cost opportunity for families to watch Screenagers: Next Chapter. In this movie, Filmmaker and physician Dr. Delaney Ruston takes the conversation around screens and teens to the next level with a film that examines the science behind teen’s emotional challenges, the interplay of social media, and most importantly, what can be done in our schools and homes to help them build crucial skills to navigate stress, anxiety, and depression in our digital age. Anyone that would like the opportunity to view this film needs to go here to register for a viewing code. You’ll then be sent an activation code that will be live until April 1.

At the conclusion of that window, Monticello School District will be providing the final video in this series, in which the same local experts offer more tips and ideas for successfully navigating the world of technology with our youth.

Thank you for taking the time to view these videos and have these conversations. Technology is one of the single biggest influences on the mental health of our students and school community, and it’s vitally important we all work together to understand the power that technology comes with, both good and bad.

Sincerely,

Monticello School District