



Dr. Devorah Heitner

Screen Time and Social Media Wellness

Screen Time and Social Media with Dr. Devorah Heitner

Roland Park Country School is thrilled to welcome Devorah Heitner, Ph.D., for our annual Doug and Carol Croft Linde, 1982 Health Colloquium on Tuesday, October 3. Dr. Heitner is the author of *Growing Up in Public: Coming of Age in a Digital World* and *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World* and an expert in the uses of technology and social media among children and adolescents.

After her talk, there will be break-out sessions for families in grades K-6, that will facilitate conversations around ways to set expectations and boundaries with children and how to offer support. **This lecture is intended for parents and guardians with children in Lower and Middle School.**

Dr. Heitner's work has appeared in the *New York Times*, *The Washington Post*, *The Wall Street Journal*, and CNN Opinion. She has a Ph.D. in Media/Technology & Society from Northwestern University and has taught at DePaul and Northwestern. She is delighted to be raising her own teenager and she lives with her family in Chicagoland. You can follow her on Instagram @devorahheitnerphd. This event is free and open to the public.

**Tuesday,
October 3, 6:30 p.m.**

About the Doug and Carol Croft Linde, 1982 Health Colloquium

The Doug and Carol Croft Linde, 1982 Health Colloquium allows RPCS to engage nationally recognized wellness speakers and researchers annually to work in partnership with our students, employees and parents – as well as the local community. These academic seminars with industry professionals enable RPCS young women to explore their interests in mental and physical health while also equipping them and their families with the tools and insight needed to flourish across any stage of life. The Colloquium was originally funded by past parents Barbara and James (Jim) Robinson and supported through the Annual Fund.