

Connected Conversations

Building family connection through conversation



Screens, Stress and Safety

Join us for a meaningful evening of connection and conversation, where families will gain the knowledge and tools to navigate the intersection between digital media, youth mental health, and online safety.

Details

This free family event is designed for middle and high school students and their parents or caregivers. The evening begins with a complimentary family meal, followed by engaging activities and separate sessions for parents and youth.

Parent Session – *The Anxious Generation*

Parents will watch a screening of *The Anxious Generation* and participate in a facilitated discussion. Explore how digital media impacts youth mental health, reflect on your family experiences, and gain practical tools for fostering healthier technology habits at home.

Youth Session – *Digital Dangers & Mental Health*

Youth will engage in an interactive session examining how digital media affects mental health. Learn about risks from popular platforms like Roblox and Discord, addictive behaviors, online predators, and emerging AI technologies, while discovering strategies for safe and balanced tech use.

Additional Info:

- Dinner provided
- Childcare available
- Attendees will receive free take-home materials and resources

Date

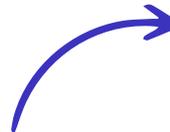
Monday, January 26, 2026

6 - 7:30 p.m.

Trail Ridge Middle School | 495 E. Grand St., Gardner, KS 66030

Registration

To register, scan the QR code or visit, bit.ly/ConnectedConvos-Screens



For questions and more information

For more information, contact Jared Avilez, Jared.Avilez@jocogov.org,

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