



Providence  
SWEDISH



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PREP  
BY AMFM HEALTHCARE

# Teens, Technology and Taboos:

## A Parent Workshop on Navigating the Challenges of Teen Tech Use

Hosted by **Providence Swedish School-Based Health**  
In collaboration with **Mission Prep** & **Mission Connection Teen**



### Featured Speaker

Aja Chavez, LMFT, Vice President  
Mission Prep Healthcare



Wednesday, January 21 • 6:00–7:30 PM PT



Virtual Event



Register: [amfm.ce-go.com/teens-technology-and-taboos](https://amfm.ce-go.com/teens-technology-and-taboos)



## What's Really Going On With Teens & Tech?

This workshop goes beyond “just limit screen time” and explores what’s actually driving teen tech use, what’s helpful, what’s harmful, and how parents can support healthier habits without constant battles.

- Understand how apps, algorithms & the teen brain interact
- Spot risks early (comparison, cyberbullying, sleep disruption)
- Recognize the upsides (connection, creativity, belonging)
- Use simple tools and scripts that make limits feel doable