

JOIN OVER 20,000 SCHOOLS AND COMMUNITIES

What is The Screenagers Project?

Screenagers is a series of award-winning documentaries that help schools and communities understand the realities of growing up in the digital age. Our films turn complex topics like mental health, social media, and technology use into conversations that drive real change for students and families.

More than 20,000 schools and community organizations have shown Screenagers films. You can host a one-time screening or access our films and resources year-round through membership.

About Screenagers

Screenagers produce award-winning documentaries that focus on youth wellbeing in this digital age. The movies explore the impact of technology—such as smartphones, social media, and video games—on youth development, their mental health and decision-making regarding substances like vaping and drugs.

Through research, statistics, and real-world stories, the documentaries take a realistic look at the challenges and present solutions for students, parents, and educators. The films are designed to be watched together as a community, encouraging open conversations and mutual learning.



Getting Started:

There are two main ways schools can bring our resources to their communities.

Membership to The Screenagers Project - Through a 12 or 36 month membership, schools get access to our movies and resources for all of their teachers and faculty for use at their one school.

One-Time Screening License - For schools that want to host a single screening of any of our movies. We provide a USB/ DVD/Streaming link of the movie, along with facilitator guides and marketing resources to promote your event.

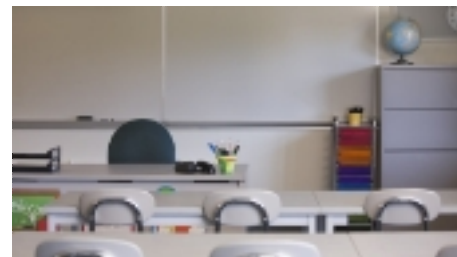
SCHOOL USE CASES

CLASSROOM



Many teachers incorporate the movies or select parts, with a few activities, into their curriculum. The classroom versions are 40-50 minutes long, and are also broken into shorter segments focusing on specific issues. The accompanying lesson plans include activities, in-class discussions and homework assignments.

RESTORATIVE PRACTICES



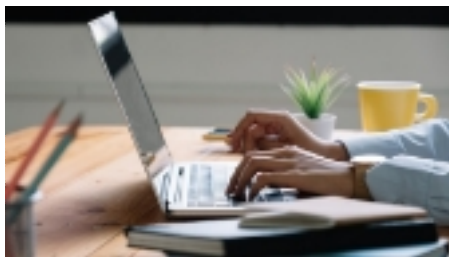
The challenge in schools on the themes of the movies are growing. Many school principals and counselors successfully use the movies for restorative practices. For example, If students are caught vaping for using their smartphone in class, they can be asked to watch the movie or the related segment, followed by doing some activities from the curriculum.

PARENT NIGHTS



Most schools host public screening events of the movies, bringing together youth, parents and faculty to watch the movie and then take part in a discussion or Q&A session. The movies were made for screening in this way with the goal of bringing these groups together to foster open discussion, with discussion guides and moderator packs available to support.

FACULTY USE

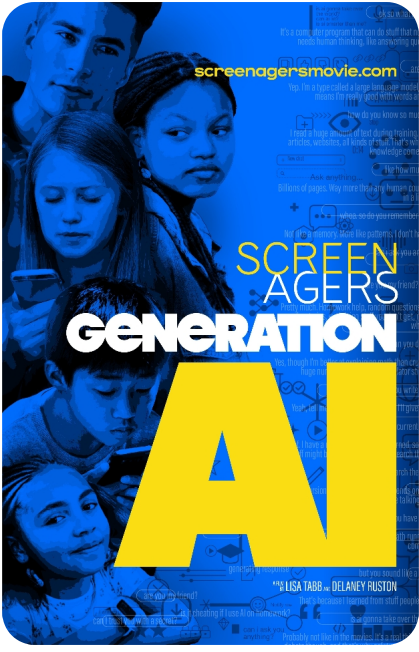


The movie contains research and statistics, along with personal stories and perspectives from youth and families that faculty members find beneficial to their own knowledge and continuing professional development. The movies and resources on the platform are available on demand and can be accessed at school or elsewhere for convenience.

“We have held public screenings for both youth and adults, classroom screenings and assemblies with the help of school-based counselors and health teachers”

“The real life stories, youth voices and parent experiences make it “real” and really hit home. That, combined with expert knowledge and statistics is powerfully effective”

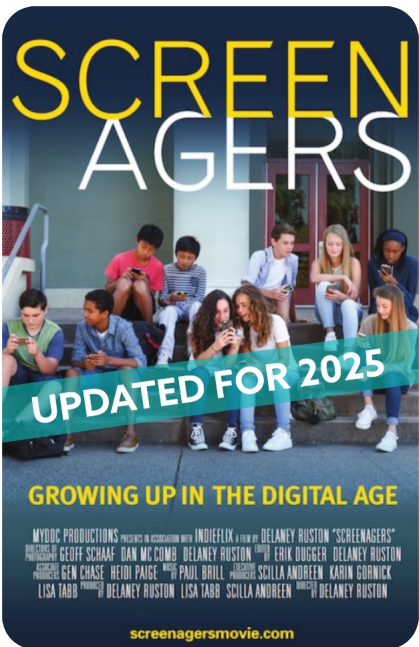
Current Member Schools



SCREENAGERS: GENERATION AI

Releases September 8, 2026 | *Screenagers: Generation AI* examines how artificial intelligence has rapidly entered the lives of young people and what it means for their relationships, learning, and wellbeing. Weaving together candid stories, cutting-edge science, and honest insights from adults and youth, the film confronts AI's risks while offering a path forward for young people's social, academic, and emotional well-being.

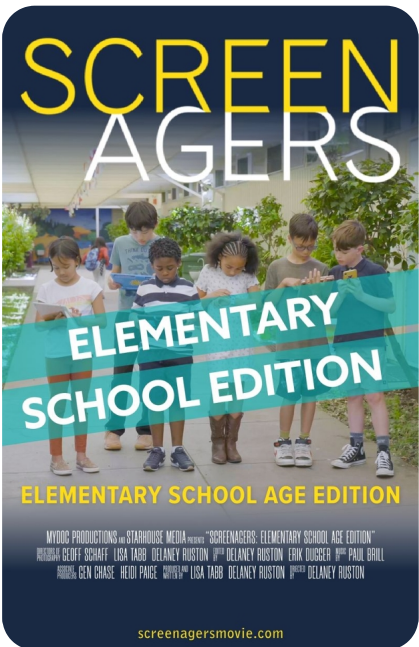
Running Times: Original Version: tbc | Classroom Version: tbc



SCREENAGERS: GROWING UP IN THE DIGITAL AGE

Updated for 25/26 | *Screenagers* is an award-winning documentary that dives into the challenges families face in this digital age. Physician and filmmaker Delaney Ruston faced this challenge with her own kids and screens. She questioned how this was affecting family dynamics, education, and the mental well-being of young people. The movie reveals how screens are shaping kids' development. Most importantly, it offers actionable solutions to help adults empower kids to navigate the digital age and find balance.

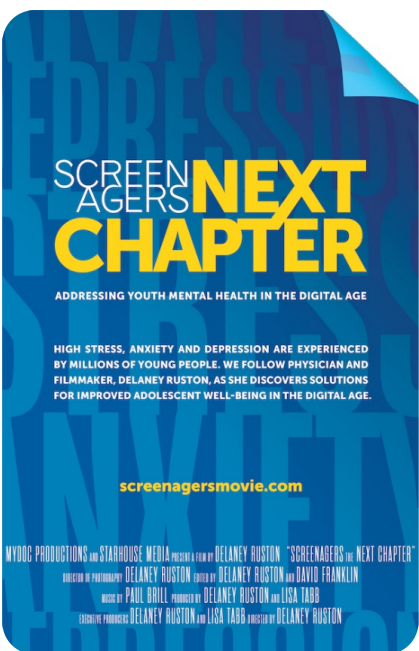
Running Times: Original Version: 59 minutes | Classroom Version: 45 minutes



SCREENAGERS: ELEMENTARY SCHOOL AGE EDITION

This version of the original *Screenagers* movie addresses issues that elementary school aged kids, parents and educators are facing, i.e., smartwatches in class, unhooking from and monitoring video gaming, social media pressures and exposure too young, what research shows is a healthy amount of screen time, and offers many solutions to these and other challenges.

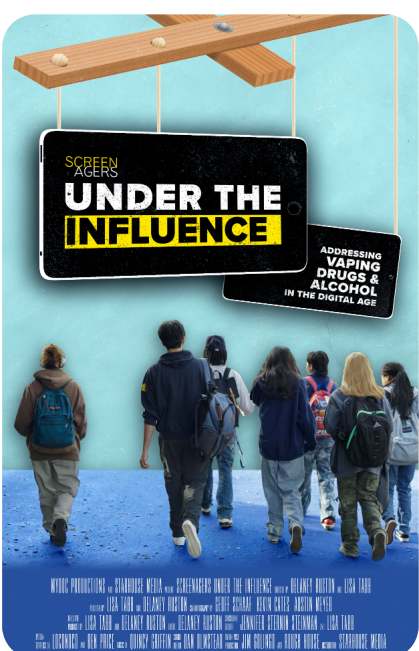
Running Times: Original Version: 56 minutes | Classroom Version: 26 minutes



SCREENAGERS NEXT CHAPTER - ADDRESSING YOUTH MENTAL HEALTH IN THE DIGITAL AGE

Screenagers Next Chapter addresses the stress, anxiety, and depression experienced by young people today. The movie sets out to understand these challenges in our current screen-filled society, observes approaches in schools that provide strategies relevant beyond the classroom setting and examines how parents and schools can empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

Running Times: Original Version: 63 minutes | Classroom Version: 50 minutes



SCREENAGERS UNDER THE INFLUENCE - ADDRESSING VAPING, DRUGS & ALCOHOL IN THE DIGITAL AGE

Screenagers Under The Influence delves into how the tech revolution has reshaped adolescence and its effects on substance use. The film debunks myths and depicts strategies parents and schools can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments. The film also includes many ways young people are using their wisdom and strength to help each other and themselves through this complicated terrain around substance use.

Running Times: Original Version: 70 minutes | Classroom Version: 50 minutes