



## Plugged-in Parents

Keeping kids safe, happy and healthy in the digital age

Even the most in-tune parents could use some extra tips for keeping up with the fast-changing media landscape. Local Issaquah mental health therapist specializing in technology fixation, and youth screen time use, Jocelyn Skillman, partners with nationally acclaimed *Common Sense Media* to deliver a comprehensive presentation addressing the biggest concerns parents of elementary and middle schoolers have: managing screen time, getting a cellphone, cyberbullying, social media, apps, and more.

Jocelyn leads a thought-provoking discussion to help parents determine how to use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, and raise our kids to be media savvy consumers and creators.

Sponsored by:



Jocelyn Skillman

LMHC, MHP, CMHS

&

**COMMON SENSE MEDIA**

—

Mon, Feb 10<sup>th</sup>

7:00 - 8:30pm

Issaquah HS Theater

—

Register at

<http://ParentWiser.org>

—

Free for

PTSA members of Issaquah schools,  
non-members \$10 donation

—

For PARENTS of grades K-8