



Hosted by:
The Muirlands Foundation
In-Person Location:
Muirlands Auditorium
Date: December 7th, 2022
Time: 5:30-6:45pm
Mature Content for Adults Only Please

Special Guest Presentation

All La Jolla Cluster Parents are invited for a dynamic presentation from a top national digital wellness expert about the latest research and best practices to protect children from digital media overuse, ensure safe citizenship online, and better manage screen time... without guilt, conflict, or confusion.

SCREEN TIME CLINIC®
PRESENTS
**Healthy Screen Time
Research & Tools for Parents
to Guide with Confidence**
SPECIAL PRESENTATION FOR SCHOOL FAMILIES
La Jolla Cluster Schools

But First: Your Speaker Introduction -NICOLE RAWSON



- Founder of Screen Time Clinic® est 2018
- Author of Screen Smart Sam children's book
- California Certified Secondary Instructor
- Credentialed in English, History, Business
- Featured on PBS in 2018 for work with best instruction practices for English learners
- Over 20 years experience, internationally connected states and 2 countries, internationally connected
- Blended family experience since 2002
- Mother of two young adults, ex-gaming addict
- M.A. in Education and Economics 1998
- B.A. in Education from Rice University 2006
- M.B.A. from Rice University 2006
- Clinically trained in Digital Media Overuse 2022
- Psychology of Happiness Training, Yale 2019
- Wall Street Journal expert contributor 2019-22



SCREEN TIME CLINIC®

- Speaker & Company Introduction
- Brain Science & Online Risk Research
- Avoid Bad Habits & Create Routines
- Solutions: Integrated Family Plan
- Solutions: Monitor Time Online
- Solutions: Reduce Time with Tools
- Summary & Questions

Parents you CAN make small or big efforts that help tremendously!



You can do it!