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 and 2018
- Author of Screen Smart Kidschildren’s book
- California Certified Secondary Instructor
- Certified in English, History, Business
- Featured on PBS in 2018 for work with best instruction practices for English learners
- Over 20 years experience teaching in 5 different spaces and 2 countries internationally connected
- Mother of two young adults, emerging adult
- B.A. in Education and Economics 1995
- M.B.A. from Rice University 2008
- Currently licensed in Digital Media Outreach 2021
- Psychology of Happiness Training, Yale 2010
- Wall Street Journal expert contributor 2018-21

Parents you CAN make small or big efforts that help tremendously! You can do it!