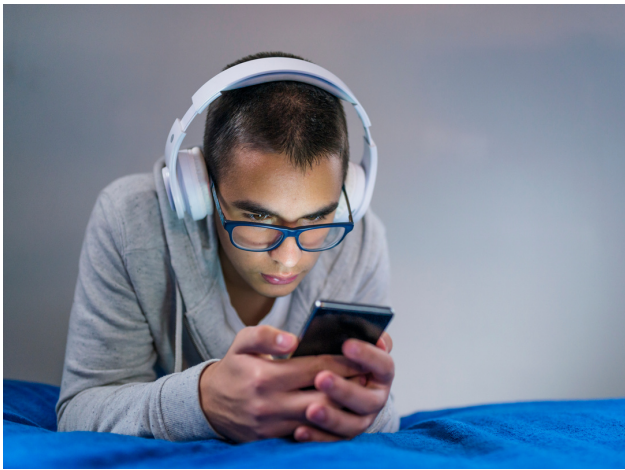


TEENS & TECHNOLOGY

HOW WIRED IS YOUR TEEN?

This one-night workshop is best for families with children ages 11-18 years old

Learn to help your teen manage the internet, social networks, gaming, texting and other electronic challenges.



Taught by Al Krug

- A parent's guide to technology used by teens
- Establish reasonable use, limits, & responsibilities
- Is technology a major driver of the epidemic levels of teenager anxiety, depression, & suicide?

Wednesday, May 3

6:00pm-8:00pm

Dinner @ 5:30pm

Held at Philomath
Middle School

FREE

Contact Jennifer
to register at

jennifer.srf@ruralfamilies.org
or by phone: (541) 929-2535

BROUGHT TO YOU BY:

Strengthening Rural Families & LBCC -Parenting Success Network,
with funding from the Oregon Department of Human Services.



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