

DOCUMENTARY SCREENING

Tuesday, March 29, 2016

HSC Level 2, Lecture Hall 4

4:00pm

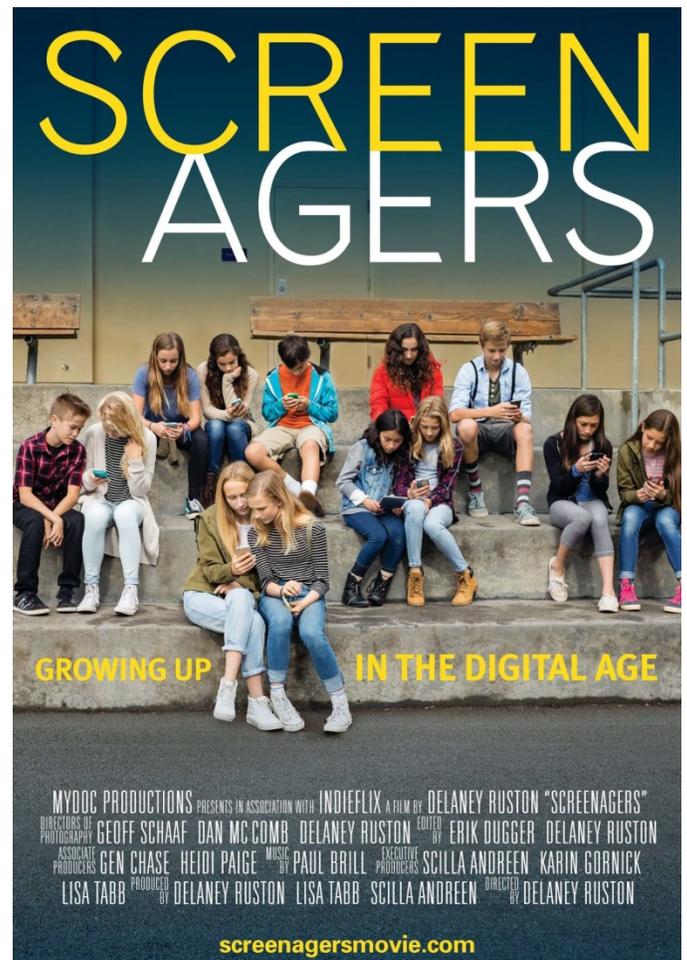
SCREENAGERS:

Growing up in the Digital Age

www.screenagersmovie.com for Trailer and Press

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker, Delaney Ruston, saw that happening with her own kids, which motivated her to delve into how it might affect their development. She learned that on average, youth spend 6.5 hours a day looking at screens. She wondered about the impact of all this time and worried about the friction occurring in homes or schools when kids' screen time was limited—a friction she knew all too well from personal experience. In *SCREENAGERS*, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life- including her own- to explore struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with surprising insights from psychologists and brain scientists, *SCREENAGERS* reveals how tech time impacts development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

Please **RSVP** at 444-8029 or
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*Dr. Delaney Ruston recently joined Stony Brook as Assistant Clinical Faculty and Filmmaker in Residence with the Department of Family, Population and Preventive Medicine; The Center for Medical Humanities, Compassionate Care and Bioethics; and The Alan Alda Center for Communicating Science at Stony Brook University. Ruston studied filmmaking while in medical school at Stanford and during her internal medicine residency at UCSF. She completed a Fulbright Scholarship making films in India. Her clinical focus has been on providing care to the underserved. Along with *Screenagers*, Ruston has made other award-winning films such as *Unlisted: A Story of Schizophrenia* (PBS), about her father, and *Hidden Pictures: A Personal Journey into Global Mental Health* (PBS). Both films were the focus of national campaigns to raise awareness about mental health, partnering with groups such as NAMI and The World Health Organization.*



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