

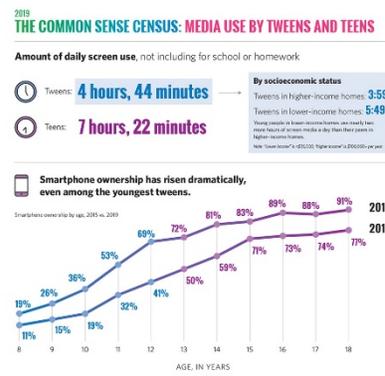


New Documentary Aims to Help Young People Thrive in an Online World *'Screenager NEXT Chapter: Uncovering Skills for Stress Resilience'* teaches parents how to ensure their child succeeds in a screen and stress-filled world

Cohasset, Mass., January 2, 2020 – With youth depression on the rise, and more youth turning to a screen in order to help them cope with stress, Safe Harbor Cohasset Coalition (SHCC) will be partnering with the Cohasset Parent School Organization (PSO), on Monday, January 13, 2020, to bring the documentary *'Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience'* to Cohasset. The goal is to educate parents and community members about how screen time impacts their child(ren), and what we can do, in our schools and homes, in order to help youth develop skills to navigate stress, anxiety, and depression in today's online world.

“We live in a society where people are completely dependent on various devices, whether it be a smartphone for communicating or taking pictures, a computer for homework or shopping online, a T.V. for streaming or playing video games, etc., which means that people are constantly staring at a screen” said Nicole Balaschi, Program Director for Safe Harbor Cohasset Coalition. “I can't imagine how difficult it must be for today's youth to balance all of these distractions, while their brains are still developing. This balancing act not only takes a toll on students emotionally, but can also affect their parents, many of whom feel helpless when it comes to looking out for their child's emotional wellbeing. We're excited to team up with the PSO to bring Screenagers NEXT CHAPTER to Cohasset, and hope it will educate both youth and parents about the steps they can take in order to develop the skills necessary to deal with stress, anxiety, and depression.”

A recent study by the Pew Research Centers, which analyzed data from the 2017 National Survey on Drug Use and Health, found that the total number of young people, ages 12 to 17, who recently experienced a depressive episode increased 59% between 2007 and 2017. Furthermore, much of the increase seems to be associated with an increase in the amount of time that students spend staring at a screen. In fact, according to recent data, U.S. teens average more than seven hours of screen-time per day, while middle-schoolers average nearly five hours of screen-time per day, not including school work. More importantly, a 2019 study by the Journal of the American Medical Association, found that “as little as a one-hour increase in social media or television viewing was associated with more severe depressive symptoms and lower self-esteem.” This highlights the need for events such as Screenagers NEXT CHAPTER, which will educate parents, and young people, about the link between screen-time and depression, and provide resources that will show parents how they can help their child(ren) develop the coping skills needed to thrive in today's digital world.



To get your tickets, please visit, <https://www.eventbrite.com/e/screenagers-next-chapter-tickets-87143266857>. Visit www.safeharborcohasset.org/events to learn more.

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About Safe Harbor Cohasset Coalition (SHCC)

Safe Harbor Cohasset Coalition is a community non-profit organization that focuses on preventing substance use, and various mental-health related issues, in young people, by fostering a strong and inclusive community that allows youth to strive and encourages healthy, educated and responsible choices about substance use. The mission is supported by evidenced based, prevention focused, sustainable policies, and youth-focused programs, such as Ground Level Café and the Safe Harbor Youth Ambassador Program.

To learn more, visit www.safeharborcohasset.org. Keep up to date on the latest trends by following Safe Harbor on Facebook at www.facebook.com/safeharborcohasset, on Twitter [@cohsafeharbor](https://twitter.com/cohsafeharbor), & on Instagram [@safeharborcohassetcoalition](https://www.instagram.com/safeharborcohassetcoalition).