



Panel Discussion on:

# Social Media & Screen Time - The Effects on Youth Mental Health, Online Safety Strategies, and Tips for Building Healthy Digital Habits as a Family

## About the Discussion

Join us for a meaningful community conversation about how social media and screen time are shaping the mental health and well-being of our children and teens. This panel discussion brings together professionals and parents to share perspectives, experiences, and practical ideas for supporting healthy digital habits at home and at school.

## Who Should Attend

Open to parents of upper-grade school, junior high, and high school students

**Thursday, March 5, 2026**  
**6:00 PM – 7:30 PM**



### All Saints Catholic Academy

1155 Aurora Ave, Naperville, IL 60540  
in McSherry Hall

**ADMISSION - FREE AND  
OPEN TO THE COMMUNITY!**

## RSVP / Registration

Please RSVP  
in advance  
to help us plan.



Register via JotForm:

<https://form.jotform.com/260214901106140>



## What We'll Talk About

- ▶ Online safety tools and tips
- ▶ How social media and screen use affect emotions, confidence, and stress
- ▶ Solutions for families to manage screen time and build healthy digital habits
- ▶ Signs that digital habits may be impacting a child's well-being
- ▶ Practical, realistic strategies families can use to encourage balance

## Panelists

Featuring speakers with experience in education, mental health, and youth development

- ▶ Jason R. Arres, Chief of Police, Naperville Police Department, City of Naperville
- ▶ Dr. Laura Bokar, LMFT, LCPC, ACS – Chief Executive Officer, Fox Valley Institute
- ▶ Ryan Lauterwasser, LCPC, CADC – Manager for the Adolescent Inpatient and Flex Units, Endeavor Health Linden Oaks Hospital

## Hosted By

KidsMatter Foundation  
& All Saints Parent Association

