SAN FRANCISCO – January 18, 2016. First-ever public preview of the much anticipated feature documentary SCREENAGERS: Growing Up in The Digital Age, presented by My Doc Productions and Indieflix, will be shown to a sold-out audience Monday, January 25th at 7pm. SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and to offer parents proven solutions that work.

SCREENAGERS is blazing a new model of distribution, known as a community viewing model, in hopes that parents and educators can start a conversation nationwide about how screen time impacts our lives. As part of the community viewing model, parents, educators, PTAs and workplace groups can book at www.screenagersmovie.com. Screenings can be booked on an event-by-event basis, and parents are encouraged to bring their kids to the movie.

Physician and filmmaker, Delaney Ruston decided to make SCREENAGERS when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

Director Ruston turned the camera on her own family and others—revealing stories that depict messy struggles over social media, video games, academics and internet addiction. Examples of stories, include Hannah’s, an 14-year old victim of social media bullying that stemmed from her trying to hide her use of social media from her mom. Issues are different for boys and girls, and the film also follows Andrew’s story, a straight-A student whose love of video games spins out of control when he goes off to college and lands in an internet rehab center.

Interwoven into these stories, are cutting edge science and insights from thought leaders such as Peggy Orenstein, Sherry Turkle, Simon Sinek, as well as leading brain scientists who present evidence on real changes happening in the brain. SCREENAGERS goes far beyond exposing the risks of screen time, but reveals multiple approaches on how parents and educators can work with kids to help them achieve a healthy amount of screen time.

SCREENAGERS, similar to A RACE TO NOWHERE and MISSREPRESENTATION, is launching a movement to accompany the film. The goal is to use social media, websites and more to continually provide parents talking points to have ongoing productive conversations with kids.

MOVIE THEMES
● Use of screens in school
Girls and social media
Risk of addiction

DISTURBING STATS
- Kids spend on average 6.5 hours a day on screens and that doesn't include classroom or homework screen time.
- Boys spend on average the equivalent of 1.5 days on video games every week.
- Some recent studies show us that screen time increases dopamine production and causes behavior that mimics addiction.

WHEN: January 25, 2016 at 7:00 p.m.
WHERE: Fairfax Theater
9 Broadway Avenue
Fairfax, CA 94930

WHO: Lisa Tabb, SCREENAGERS’ producer
415-482-8726, lisatabb@gmail.com
SCREENAGERS' TRAILER: https://www.youtube.com/watch?v=LQx2X0BXgZg
www.screenagersmovie.com

DIRECTOR BIO
Delaney Ruston is a multi-award winning filmmaker, Stanford-trained physician, and mother of two. Ruston’s has produced two PBS feature documentaries. Her first one is about her father, UNLISTED: A Story of Schizophrenia. Her her second film, HIDDEN PICTURES, is about global mental health, and was screened by 141 organizations including the World Health Organization. Ruston has won several awards for her work launching mental health awareness campaigns using film at the cornerstone. In addition to filmmaking, Ruston has spent more than a decade providing primary medical care to the underserved.

About IndieFlix
Touted as the Netflix of independent film by Variety and founded by filmmakers, IndieFlix is a film distribution and membership-based streaming service that has become one of the most meaningful global online platforms in the industry. IndieFlix gives film lovers access to over 8000 quality independent shorts, features, documentaries and web-series from 85 countries, 2500 film festivals and the top film schools in the world. https://indieflix.com/