

# CIGARETTES AND SMARTPHONES- WHAT'S THE CONNECTION?

*Do you use a smart phone?  
Does your child use a smart phone?  
Do you or your child use social media apps  
(Snapchat, Facebook, Instagram, etc.)?  
Then this info is for you!*



## **TECHNOLOGY AND ADDICTION:**

Based on the work of Tristan Harris and the Time Well Spent initiative, learn what the battle against youth tobacco use can teach us about how to tackle the current problems of technology and smartphone addiction. Digging deeper into App



features, we'll uncover deliberate design techniques that seek to exploit every moment in our new attention-based economy. Armed with that new knowledge, we'll discuss tools, tips, and strategies to help parents and children ensure that device-time is satisfying and productive.

JOIN THE CONVERSATION ABOUT TECHNOLOGY AND ADDICTION VIRTUALLY ON **THURSDAY, JUNE 3<sup>RD</sup> AT 7:30PM.**

REGISTER FOR THIS INFORMATION SESSION BY CLICKING THIS LINK: [TECHNOLOGY AND ADDICTION](#)

(The Google Meet Link will be sent to you closer to the date.)