

Come Visit Smith Chapel, on July 10 at 7:30 PM, on Beach Mill Rd. In Great Falls, for the following presentation:

# WHAT IS SCREENTIME DOING TO YOUR KIDS & FAMILY?

Presentation by Peter Ryan

Before Covid, almost half of teens described their internet use as constant. For all age brackets, young and old, screen use has gone up since then.



What impact is this growing screen usage having on our children?

What can we do about it?

Peter Ryan is a Christian husband & father of four who recently retired as a Navy Captain after 28 years of service. Due to a family situation, he has begun studying the profound effects that screen based personal technology is having on our lives. He authored "Technology, The New Addiction," which was published in the September 2018 edition of the U.S. Navy Journal *Proceedings*. By request, he started speaking on this topic over 5 years ago & has presented to the USMC, the Great Falls Reston Soccer Club, and numerous faith communities. Sometimes his college senior daughter joins him in speaking after she first gave up her smartphone while attending Langley HS.

## **Presentation Overview**

The event involves a PPT presentation that usually takes about an hour. With Q and A it usually goes about 1 1/4 hours in total. For parents, it consists of the following four parts. I. Data that shows the problem in our nation. II. Problem Prevention Techniques and Strategies. III. Signs of a Screen Addiction Problem in your family. IV. What to do if you sense your son or daughter has a screen addiction. I then take Q and A. Sometimes my daughter, a Franciscan University of Steubenville rising senior and member of the Unplugged Scholarship community, joins me and gives her experience with no smart phone as a college student and high school senior.

We present to parents, youth/young adults, or combined (we prefer separate because the message is targeted to the audience). We are also willing to deliver several times to hit different audiences if that works best. I set up a table where I display articles and books that participants can review prior to and after the presentation. After the presentation, I provide handouts for all.

## **Feedback from some attendees:**

College Student – “I dropped my Instagram account the evening immediately after I heard you speak.”

Parent of Elementary School Students – “I wish I had known this before I bought my children smart phones”

Religious Education Instructor/Parent – “My son was becoming a video game addict and checking out of life. I followed your de-tox recommendations and he soon pulled out of his growing depression. Video games were the problem.”

Parent – “Opened my eyes.”

## **Article/Podcasts/Testimonial:**

<https://www.usni.org/magazines/proceedings/2018/september/technology-new-addiction>

“Thru the Fire” with Dr. Marie Seltz: <https://familyvisionmedia.org/thru-the-fire-peter-ryan/>

“Sideline Sanity” with Michele Tafoya <https://youtu.be/uisPK856wa4>

Testimonial from College Students: [Franciscan Students Unplugged Testimony - YouTube](#) / <https://www.youtube.com/watch?v=ZuGPdWMYyks>

## **Speaker:**

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