

# Healthy Conversations, Healthy Kids 2023



*A Healthy Lynnfield presents...*

## SCREEN AGERS **NEXT** **CHAPTER**

UNCOVERING SKILLS FOR STRESS RESILIENCE

**MONDAY, NOV 6TH, 2023**

**6  
PM**

**LYNNFIELD  
MIDDLE SCHOOL  
AUDITORIUM**

[WWW.AHEALTHYLYNNFIELD.ORG/CURRENT-EVENTS](http://WWW.AHEALTHYLYNNFIELD.ORG/CURRENT-EVENTS)

*Brought to you by A Healthy Lynnfield's Parent Advisory Group*

## Discussion Guide November 2023

# Reflections

1. Was there a moment or a character that stood out to you in particular?
2. What did you learn that was new or different?

# Generalize and Connect

1. What are your thoughts about the relationship between stress, anxiety and depression, and how much time teens spend on their screens and using social media?
2. What factors other than time on screens affect a teen's mental health?

# Exploring 5 Key Concepts

## 1. GROUP 1: 3 Ex's of Worry

- a. Name common worries for your children and practice the 3 ex's.

## 2. GROUP 2: Practice In-Person Interaction

- a. What can we do to encourage more face to face interactions?
- b. How do you model difficult conversations?

## 3. GROUP 3: Expression vs. Suppression and Labeling Emotions

- a. How and when do you talk to your children about your own emotional experiences, and strategies you used to work through them?

## 4. GROUP 4: Validate More, Problem Solve Less

- a. How do you understand the difference between validation and problem solving?
- b. Think of a challenge your teen has faced or is currently facing. What are ways you can validate their experience?

## 5. GROUP 5: Doing and Connecting

- a. A Sense of Connection is an important part of combatting depression. What activities do you think might help your teen feel more connected and motivated?

# Take Away

What is one new thing I will do in my home to promote my child's/children's mental health?

# Resources

[Screenagersmovie.com](https://www.screenagersmovie.com)

[A Healthy Lynnfield](#)

Interface Help & Referral Line

MassBehavioral Health HelpLine

[Common Sense Media](#)