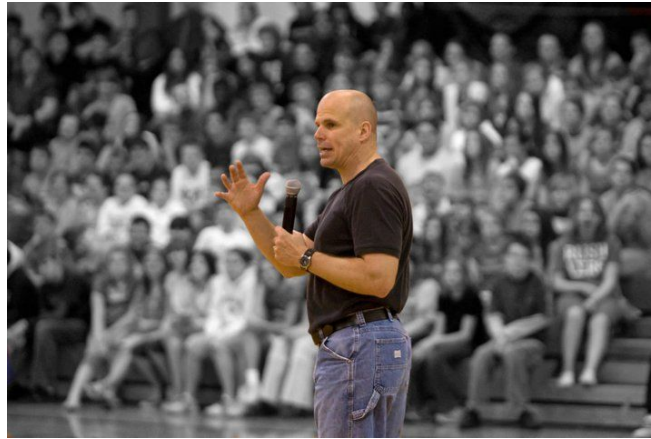


How to Keep Your Kids (And You) Sane During the Pandemic: Dealing With Social Media Addiction and Lose of Structure A Parent Education Night



Keith Deltano, an award-winning teacher, speaker, and author, will share simple strategies you can use to get through this difficult time.

- He will include tips on how to monitor social media use as well as cut down on gaming time.
- He will explain the link between social media use and depression and anxiety.
- He will go into why the pandemic has created a perfect storm in regards to the mental health of the nation's youth and share strategies you can use to protect them from the uncertainty created by the loss of structure.

**Please join us for a phenomenal parent education night on
December 9th, 2020 at 6:30 PM.**

This program will be available to all of our North Haledon District parents and guardians through a virtual platform. Click on the Zoom link provided below in order to view the presentation, which will provide an array of resources to best support your children!

- Zoom Link:
 - <https://us02web.zoom.us/j/86368303760?pwd=allnblcyRi90T2JDRtNkZU56bVJEUT09>



<https://dontbullyonline.com/virtual-assemblies>