

# Community Education Service



*Improving emotional health and well being*

## Friend or Foe? How to create healthy relationships with digital devices in the family

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With the multitude of changes that have occurred in the last year, families are stuck at home and spending a lot of time with their digital devices (e.g., video games, phones, tablets). Parents especially have become concerned about how much time their children and adolescents spend facing a screen, whether it's on TikTok or playing Fortnite. Some parents may be left wondering, "Are my kids addicted? What do I do? How will this affect them?" Learn from our experts, Tanya Mudry and Jezz Stone, on how to manage the increased use of screens/digital devices from a relational and family perspective. In this presentation, they will discuss tips for families to consider when developing healthy relationships with digital devices.

**Rebroadcast of Feb 2 presentation  
pending recording quality**

**Feb 4 2021 1pm mst**

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