



News Release

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### **Learn how to keep your family safe in a digital world**

For Immediate Release

**(COLUMBUS, Neb.)** – Spending time on technology and social media has become a way of life for many toddlers, teens and beyond. But is it safe and healthy for youth and families?

Columbus Community Hospital and Smart Gen Society will offer two community events to help families understand the developmental, emotional and psychological impacts of social media and technology on youth and families.

The first event will be from 5:30-6:30 p.m. on Monday, Oct. 24, in the hospital's first-floor conference center and focus on "Parenting the Smart Gen." Featured topics will range from early access to technology to increasing digital-based anxieties. Smart Gen Society staff will teach attendees about the long-term impacts of our digital choices and help set healthy boundaries in screen time limitations and account restrictions.

The second event will be from 5:30-6:30 p.m. on Tuesday, Oct. 25, at the Columbus Wellness Center and share information related to "Toddlers and Tech." Attendees will learn how to safely manage their toddler and young child's online exposure and activities. Through the workshop, Smart Gen Society staff will also share information about the long-term impacts of our digital choices, and help lay the groundwork for families to build and develop a balanced digital wellness plan and team.

Both presentations will discuss the resources available for families, friends and professionals to keep everyone safe in this digital world.

Interested participants should register for the event by Friday, Oct. 21, by calling 402-562-3359, emailing [kadahl@columbushosp.org](mailto:kadahl@columbushosp.org) or visiting [columbushosp.org](http://columbushosp.org).

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