



## **BCHD BRINGS “SCREENAGERS: ELEMENTARY SCHOOL AGE EDITION” TO BEACH CITIES ELEMENTARY SCHOOLS**

*Documentary gives parents tools for dealing with the “digital divide”*

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REDONDO BEACH, Calif. (December 19, 2024) – Beach Cities Health District (BCHD), in conjunction with Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD), Redondo Beach Unified School District (RBUUSD) and South Bay Families Connected, is providing free screenings of a documentary that aims to give parents tools to help support their children as they navigate the digital age and the devices that come with it.

BCHD and local schools are offering free movie screenings of the film “Screenagers: Elementary School Age Edition.” The new version is a follow-up to the 2016 movie “Screenagers,” a documentary created and directed by physician Delaney Ruston to describe growing up in a tech-saturated world where she believes a balance needs to be established between screen time and screen-free time. “Screenagers: Elementary School Age Edition” addresses issues that elementary school-aged kids, parents and educators are facing – smartwatches in class, unhooking from and monitoring video gaming, social media pressures and exposure too young.

These screenings and discussions are intended for parents and caregivers to learn about existing research around the topic of device use and potential solutions to address and support mental well-being in the digital age.

“Young people today face many challenges from social media, gaming and having a smartphone, challenges their parents didn’t have to deal with,” said Tom Bakaly, CEO of BCHD. “Through these screenings and follow-up discussions, we’re hoping to provide parents with tools to help them support their children and help them learn to be good digital citizens and not be overwhelmed by a smartphone, video game or a Tik Tok post.”

South Bay parents and caregivers are welcome to attend any event date. BCHD is providing free childcare, supervised by AdventurePlex staff - more information is on [the registration form](#).

The first screening occurred in September at Hermosa Vista Elementary in Hermosa Beach. Four other elementary schools – Tulita and Washington in Redondo Beach, and Robinson and Pennekamp in Manhattan Beach – have also held screenings of the documentary this fall.

The remaining schedule for “Screenagers: Elementary School Age Edition” in the Beach Cities:  
**HERMOSA BEACH**

- Hermosa Valley School - Tuesday, January 28, 5:30 – 7 p.m.
- Hermosa View School - Tuesday, May 13, 5:30 – 7 p.m.

#### **MANHATTAN BEACH**

- Grand View Elementary School - Monday, April 7, 5:30 – 7 p.m.
- Meadows Elementary School - Tuesday, April 29, 5:30 – 7 p.m.

#### **REDONDO BEACH**

- Madison Elementary School - Monday, January 13, 5:30 – 7 p.m.
- Alta Vista Elementary School - Thursday, January 23, 5:30 – 7 p.m.
- Lincoln Elementary School - Tuesday, February 4, 5:30 – 7 p.m.
- Beryl Heights Elementary School - Monday, February 10, 5:30 – 7 p.m.
- Jefferson Elementary School - Monday, March 3, 5:30 – 7 p.m.
- Birney Elementary School - Monday, March 3, 5:30 – 7 p.m.

#### **About Beach Cities Health District**

Beach Cities Health District (BCHD) is a healthcare district focused on preventative health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive fitness center that is one of two Medical Fitness Association-certified facilities in California. Visit [www.bchd.org](http://www.bchd.org) or call (310) 374-3426 for more information.

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