

# Unplugged St.Albert - Parent Session

*Protecting Childhood: Delaying Smartphones and Social Media*



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Location: Sturgeon Heights School Gym

Date: January 23rd, 2025

Time: 6:30-8:00 PM

Join us for an informative parent session where we will explore a community initiative to restore a smartphone-free childhood for our children and young teens.

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## Presentation Speakers

- Tania Johnson, a Registered Psychologist, Registered Play Therapist, and Co-founder of the Institute of Child Psychology, will share the latest research on the risks associated with early exposure to smartphones and social media.
- Natasha Pearson, Educator in St. Albert for 17 years and School Engagement Lead for St. Albert Public Schools. Natasha will discuss her observations on how smartphones can impact student learning, social development, and career readiness.
- Rachel Glendenning, Constable for the RCMP in St. Albert, will share insights into local trends related to children and teens' use of social media platforms, such as Snapchat.
- Unplugged St. Albert will present our plan to promote a smartphone-free childhood and provide resources, including our website and pledge, to help families connect and support each other in this initiative.
- Time for questions and discussion