



the tech generation

with *Janell Burley Hofmann*

Finding Balance. Opening Dialogue. Setting Boundaries.

Technology is in our lives, but doesn't have to BE our lives. Janell will address the challenges of helping kids and teens find a balance between technology, school, and family. She will share tips on setting clear and fair limits on tech usage (she created an "iRules Contract" for her teen son!) and how to help your kids navigate treacherous "tech" waters like cyber-bullying, selfies, sexting, & gaming.

Janell is the author of iRules: What Every Tech Healthy Family Needs to Know About Selfies, Sexting, Gaming & Growing Up

February 3 • 6:30p.m.

Timberlane Performing Arts Center

This program is free and open to the public.

Presented by the Plaistow Public Library and Timberlane School District