

Health Psychology Unit, UTS presents,

# Teens and screens: How much is too much?



Is your child constantly using screens? Is it always a battle to try and get them off? Do you have difficulty trying to figure out what the right balance is? Come along to this interactive and highly engaging presentation and find out all you need to know about what a healthy digital diet looks like!

## Dr. Justin Coulson PhD.

This presentation, delivered by one of Australia's best-known and leading experts in this area, is designed to help parents and their children understand why screens, games, and social media are so compelling and how their children can enjoy them in healthy, balanced ways so that the other parts of their lives can be as successful as their advancement through the levels of their favourite game!

**When** Wednesday 7 September 2016

6:30pm-8pm

**Where** Health Psychology Unit, UTS  
Ground Floor, 174 Pacific Highway St Leonards.

**Tickets** \$15

Any questions please call the Health Psychology Unit, UTS on 9514 4077 or email:  
[health.psychology@uts.edu.au](mailto:health.psychology@uts.edu.au)

**Hurry!! Numbers are limited!!**

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