

FOR PARENTS • CAREGIVERS • PROFESSIONALS • STUDENTS

LEFT TO OUR OWN DEVICES?

Parental Device Use and the Adolescent & Caregiver Attachment Bond

"Our study suggests that parents' device habits also shape important aspects of adolescent development."

— DR. DON GRANT, STUDY CO-AUTHOR

600 TEENS WERE ASKED

From the study's Device Attachment Interference Scale

"My primary caregiver is on their devices when they should be spending time with me."

NEVER ○ — ○ — ○ — ○ — ○ ALMOST ALWAYS

"When I want my primary caregiver's attention, but they won't put down their device, it makes me feel unimportant."

NEVER ○ — ○ — ○ — ○ — ○ ALMOST ALWAYS

How would your teen answer?

MONDAY OCT 12 • 6-8 PM

Newport Beach Civic Center
100 Civic Center Drive, Newport Beach, CA 92660

THE NIGHT

The study, *"Mommy, do you love your phone more than me?"*, surveyed 600 U.S. teens ages 12 to 17. Teens who saw their parents as more distracted by devices showed higher levels of anxious and avoidant insecure attachment. Published in *Frontiers in Psychology*. **Q&A to follow.**

YOU'LL LEAVE WITH

- 1 The findings.** What four years of national data reveal about screens and the parent-teen bond.
- 2 The signs.** How device habits at home show up in your teen's sense of connection.
- 3 The tools.** Simple, practical ways to be more present, starting tonight.

AS COVERED BY

AP • CNN • BLOOMBERG • NBC
THE GUARDIAN • THE TIMES OF LONDON

STUDY CO-AUTHORS

Dr. Don Grant

PhD, MA, MFA, DAC, SUDCC IV

Newport Healthcare's National Advisor of Healthy Device Management; Fellow of the American Psychological Association and past president of its Society for Media Psychology and Technology. Award-winning media psychologist, author and educator featured in the *Wall Street Journal*, *New York Times*, *TIME* and *Forbes*.

Dr. Barbara Nosal

PhD, LMFT, LADC

Founding Chief Clinical Officer of Newport Healthcare, with thirty years in adolescent mental health. A recognized expert in Attachment-Based Family Therapy (ABFT), family systems and attachment.



SCAN TO RSVP

or email

inspire@oneoncampus.com

FREE. YET PRICELESS.

■ RESOURCES PROVIDED

Teachers & professionals: ask yours about credit for attending.

Upcoming Evenings: Parent Panel Nov 14 • Dr. Fong Feb 8 • Parent Group Saturdays