

Everett Public Schools presents Promoting Healthy Digital Habits

Presentation by University of Washington assistant professor shares insights and strategies for families



[Everett, WA] — Tuesday, February 6, parents and community members went to Cascade High School to hear University of Washington assistant professor Dr. Magis-Weinberg. The digital world presents both opportunities and risks. While young people today are highly familiar with technology, they cannot simply unlock all its benefits without guidance and support. Additionally, there are measures we can take to prevent online harms from occurring.

Dr. Magis-Weinberg's research examines how the challenges of social and emotional development during adolescence have evolved due to the digital age. In her presentation, she explored how students are influenced by both the advantages and dangers of technology, especially social media, and discussed strategies for fostering positive digital behaviors.



After her talk, attendees joined small group discussions with other parents and school leaders.

A glimpse into Dr. Magis-Weinberg's vision

In her own words, "My long-term goal is to leverage my background in developmental psychology, cognitive neuroscience, and cross-cultural contexts to advance our understanding of how adolescent development is shaped by the risks and opportunities afforded by digital technologies."

The event, which was live-streamed as well as [recorded](#), had more than 100 in overall attendance. The district also provided interpreters who spoke Arabic, Marshallese, Russian, Spanish, and Vietnamese.

--end--

For more information:

[Kathy Reeves](#), Director of Communications, 425-385-4040