



youth  
service  
bureau

*Helping youth and families learn the skills they need to be more successful at home, in school, and throughout the community.*

## Youth and Family Education Documentaries

Intended Audience for all films:

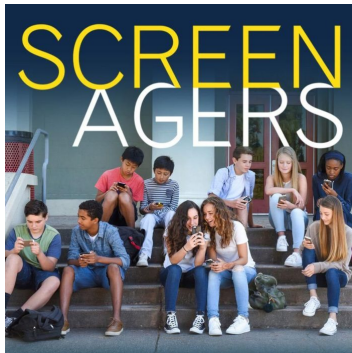
11+ with caring adult, community members, parents, school staff



IndieFlix

55 MINS - APPROPRIATE FOR AGES 10 AND UP

**Angst movie** - is a 56-minute new documentary that shines a bright light on **anxiety and offers resources, tools, and hope**. A highlight with this film is that the children and young adults featured are openly talking about their experiences with anxiety and other mental health challenges. **Join YSB in our hope that just as the youth in this film share their candidness and bravery it will inspire our community to do the same.** Experts highlighted in the film: Jenny Howe, MS, Dr. Jerry Bubrick, Dr. Cora Bruener and Dr. Laura Kastner. **Michael Phelps is featured in the film and shares his personal journey living with anxiety.**



**Screenagers: Growing up in the Digital Age** - is a 67-minute award winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. The film offers solution on how we can help our kids navigate the digital world.



**LIKE: documentary about the impact of social media on our lives**

Like is a documentary that explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire and help equip us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care ... but is that what's really happening?

**BRAND NEW - Release October 2018**

Contact Merri Guggisberg for information on how Youth Service Bureau will facilitate a screening with a panel discussion.

[Merri.guggisberg@ysb.net](mailto:Merri.guggisberg@ysb.net)

651.735.9534

Better Choices.

Brighter Futures.

[www.ysb.net](http://www.ysb.net)