

# ARE WE ADDICTED TO SOCIAL MEDIA?

# LIKE



IndieFlix  
AN ORIGINAL PRODUCTION

## A DOCUMENTARY ABOUT THE IMPACT OF SOCIAL MEDIA ON OUR LIVES

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### Screening Date & Location:

*Parent Screening*

*January 30<sup>th</sup>*

*6:00pm @ Seton Catholic*

*MS & HS Student Screening*

*February 3<sup>rd</sup>*

*11:45am @ Seton Catholic*

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Featuring experts on social media, technology, psychology, and education, the LIKE documentary sheds light on the impact of social media in our lives, especially for children and teens.

### By watching a screening, you'll discover:

- Tips and strategies to help your children use technology in a positive way.
- Understand how social media apps are designed to hook you, and what you can do to manage it for you and your family.
- Learn how to live more intentionally with your devices.

Each screening will be followed by a panel discussion with local experts on social media and family life. This event is free. Appropriate for all ages.

**Learn more!** <https://www.thelikemovie.com/>

Sponsored by the Office of Marriage and Family Life, Archdiocese of Seattle.  
Questions? Contact [eric.paige@seattlearch.org](mailto:eric.paige@seattlearch.org) or (206) 382-4864

