

LIKE:

A documentary about the impact of social media on our lives

Two film screenings

Tuesday, April 30, 2019 - 6:00 PM & 7:30 PM

Los Altos High School - Eagle Theater
201 Almond Avenue, Los Altos, CA

LIKE is an IndieFlix Original documentary that explores the impact of social media on our lives. Technology is a tool. It's here to stay and social platforms are a place to connect, share and care, but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know?

By understanding the effects of technology and social media on the brain, on our lives, and on our civilization, we can learn how to navigate it more safely together.

The goal for this film is to inspire people of all ages, especially kids, to self regulate their use of technology. It's about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other.

Audience: K-12 parents, students ages 10+, caretakers, teachers

Translation: Spanish subtitles

Admission: Free

Register: <https://mvla2018-19-like.eventbrite.com>

About the Film



Released this past fall, *LIKE* is the follow-up to *Angst: Raising Awareness Around Anxiety*, an IndieFlix film about teen anxiety, which was screened in January 2019 in partnership with the MVLA Unified High School District, Los Altos School District, and Mountain View Whisman School District.

Angst shines a spotlight on the alarming rise in teen anxiety and associative mental health issues for the very treatable condition that impacts 54 percent of females and 46 percent of males, with age seven being the median age of onset.



Following each screening, CHAC therapists will be available to share resources and to answer individual and small group questions.