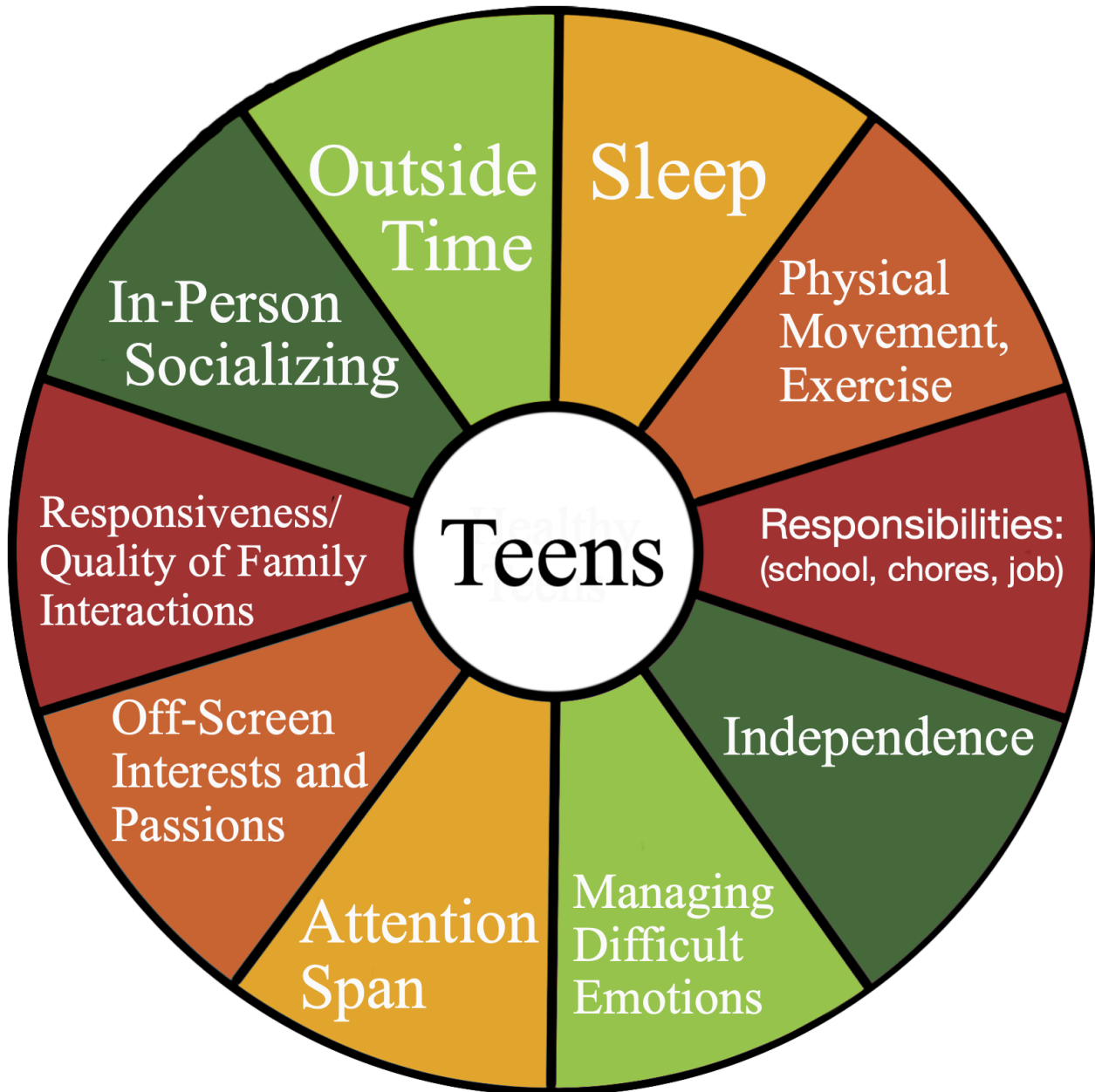


# Let's Help Our Teens Thrive



These are the necessary skills and activities that get displaced when teens overuse screens