



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS



Lunch & Learn

Scrolling Through Childhood: Screen Time and Youth Mental Health

Presenter: Alyssa Payne, M.S.



REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/R/
NSWSY59](https://www.surveymonkey.com/r/NSWSY59)

*If you have trouble accessing
the survey, please copy the
link and paste it directly into
your browser*

Date & Location

TUESDAY,

MAY 19, 2026

12:00 pm—1:00 pm

**ZOOM REMOTE VIDEO
CONFERENCE**

Once registration is
confirmed, link to access the
training will be provided

Description

From television and computers to tablets and smartphones, screens have become increasingly present in normal, everyday life. Screen time, defined as the cumulative amount of time spent using a digital device for entertainment, has revolutionized education, social connection, and information acquisition. However, youth consistently endorse screen time exposure above recommended levels, often up to 7+ hours a day. This presentation will explore how excessive screen time and screen use type (e.g., education, social media, video games, etc.) can shape youth mood, behavior, attention, and self-esteem. Participants will learn realistic strategies to create healthier screen time routines at home to promote balance and overall well-being.



There is no cost associated with this program.