

# A CATHOLIC TAKE ON SMARTPHONES AND SOCIAL MEDIA



PARENT FORMATION OPPORTUNITY

**7 +**

average hours  
teens spend on  
their phone

**145%**

increase in major  
depression for U.S.  
teen girls since  
2010

**134%**

increase in U.S.  
undergraduates  
diagnosed with  
anxiety since 2010

## HOW CAN WE HELP OUR KIDS THRIVE IN A PHONE-BASED CULTURE?

**JOIN US FOR THIS EVENT!  
THURSDAY, JANUARY 30, 2025  
7:00 PM  
ST. PATRICK CHURCH  
ST. JOSEPH ROOM**

RSVP HERE



**Speaker Bio:** Alex Haynie has spoken to thousands of people at our Catholic schools across the Archdiocese of Philadelphia. He is the Director of Strategic Initiatives with the Catholic non-profit Live Vertical. He received his bachelor's degree from Princeton University and his master's degree in Theology from the University of Notre Dame. Alex worked for a world class tech company that filters the internet and protects kids from toxic content online, and he is currently a husband and father of four kids.

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