



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.