

Berkeley

Unplugged

# Kids & Smartphones

## A Parent Workshop + Alternative Phone Fair

WEDNESDAY, OCTOBER 21 | 5:30-7:00 PM

OXFORD ELEMENTARY SCHOOL | BERKELEY

### Is your child asking for a smartphone - or already using one?

Get practical guidance for every stage: deciding when a child is ready, exploring lower-tech options, and making the devices your family already uses safer.

01 5:30-6:00 PM

#### Alternative Phone Fair

Explore real options whether you're waiting, comparing alternatives, or already managing a smartphone.

- family plans and non-device strategies
- basic phones and other devices
- safer settings, filters, and controls

02 6:00-7:00 PM

#### Workshop + Q&A

Leave with a clearer decision and practical next steps for your family.

- Smartphone timing and readiness
- How to say "not yet"
- Healthy boundaries and digital habits

#### MEET THE PRESENTERS

Trusted guidance from digital wellness and child-health experts



##### Reichi Lee

Digital wellness educator

Certified health coach and digital wellness educator with 25 years of experience as a children's attorney, law professor, and media literacy expert.



##### Dr. Devika Bhushan

Pediatrician + public health leader

Dr. Devika Bhushan is a pediatrician, public health leader, and author with expertise in health innovation, stress and resilience, trauma-informed systems, and gender and health equity.

BRING YOUR QUESTIONS.

Learn more + RSVP

[berkeleyunplugged.org/#events](https://berkeleyunplugged.org/#events)

\* We are unable to provide childcare



SCAN TO RSVP