



Victoria Screening of Thought-Provoking New Documentary to Spark Discussion on the Real Impact of Social Media on Our Lives

April 7th Event to Be Held at Oak Bay High's Dave Dunnet Theatre from 7-8:30 PM
Q&A featuring local community & school counsellors to follow

Parents, educators and community members interested in attending will find more information and should RVSP at:

<http://bit.ly/OBLIKE>

Oak Bay High's Connect to Care student group, in collaboration with Oak Bay's and Monterey's Parent Advisory Council, is hosting a screening of the compelling new documentary [LIKE](#). More than 2 billion people have smartphones today and we check our phones on average an incredible 150 times every day. Technology makes our lives easier in so many ways - but what is the cost of our dependence, and our children's reliance, on screens? **LIKE** reveals the true effects of technology on the brain and uncovers the impact social media can have on our lives. The film's mission is to educate, inform and inspire people to effectively self-regulate their screen time. The **LIKE** screening will be followed by an informative panel discussion featuring local experts.

All Monterey & Oak Bay students will be viewing with their classes that week as well.