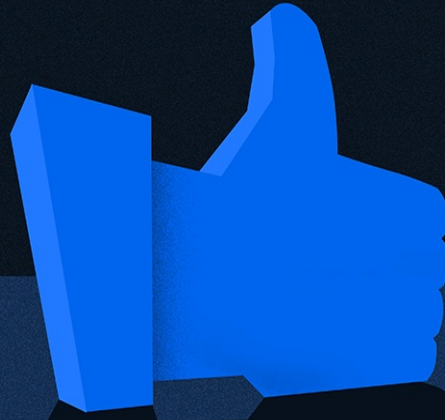


**Free Community Screening**

**IndieFlix**

presents



**LIKE**

A DOCUMENTARY ABOUT OUR LIVES ON SOCIAL MEDIA

**September 4<sup>th</sup>, 2019 7PM**

**Campolindo Performing Arts Center**

**(Free) RSVP info at [www.moragaikind.org](http://www.moragaikind.org)**

**Followed by a Student Discussion Panel.**

Hosted by:  
The AUHSD Wellness Centers, the Moraga School District and the Moraga iKind Project

**iKind** MORAGA

**Be Kind Inside & Out**

# Free Movie Presentation of "Like"

## From Common Sense Media:

Parents need to know that LIKE is a short documentary about the pros and cons of social media. Experts in media and psychology are interviewed, as are teens -- most of whom have an uneven relationship with their phones and social media. There's no strong language, violence, substance use, or sex (save for a mention of how important a "like" can be for someone a social media user actually likes), making it appropriate for older tweens and up. With themes of communication, teamwork, and self-control, this film has the potential to spark timely, interesting conversations and positive change for viewers, both adults and kids. (Ages 10+)

The movie will be followed by a Student Discussion Panel.

## About the film:

LIKE is an IndieFlix Original documentary that explores the impact of social media on our lives. Technology is a tool. It's here to stay and social platforms are a place to connect, share and care, but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, on our lives and on our civilization, we can learn how to navigate it more safely together.

Our goal for this film is to inspire people of all ages, especially kids, to self regulate. It's not about blame. It's about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other.

When: Wednesday, September 4, 2019 from 7:00 PM to 8:30 PM (PDT)

Where: Campolindo Performing Arts Center - 300 Moraga Road, Moraga, CA 94556

## C.A.R.E. Program

The Moraga School District and the Moraga iKind Project will be implementing the C.A.R.E. program developed and used by the Acalanes Union High School District. Adopting existing and new programs under a common theme will provide a TK-12 and community wide solution and promote opportunities for the entire community to work together.

Compassion (August to October)

Acceptance (November to January)

Respect (February to March)

Equality (April to June)

## The Moraga iKind Project:

The mission of the Moraga iKind project is to promote **kindness** and **courtesy**, to foster **courage** and **bravery**, based on the belief that **empathy** and **inclusion** constitute the foundation on which community is built.

Website: [www.moragaikind.org](http://www.moragaikind.org)