

DPAC PARENT SERIES

FUTURE READY: GROWING UP IN A DIGITAL WORLD



WEST
VANCOUVER
SCHOOLS **DPAC**

Technology is shaping how children learn, communicate, create and engage with the world around them. Join West Vancouver Schools, the District Parent Advisory Council (DPAC) and community and educational experts for a three-part series exploring the opportunities and challenges of growing up in a digital world. Through practical conversations, expert perspectives and useful strategies, families will learn how to support their children in an increasingly connected world.

SESSION #1 SCREEN TIME: FINDING BALANCE IN A DIGITAL WORLD

Wednesday, October 21, 2026 at 6:30 pm in the library at West Vancouver Secondary

Technology is an important part of how children learn, connect and play. Join us as we explore healthy technology habits, the difference between productive and distracted screen use, and practical strategies for supporting balance at home.

Featuring Dr. Alex Choi together with West Vancouver Schools educational leaders.

Dr. Choi is the Chief Medical Officer with Vancouver Coastal Health and is dual-certified as a family physician and public health specialist. She holds an MD and a Master of Health Science, as well as CCFP and FRCPC designations. In her role, Dr. Choi provides health guidance to West Vancouver Schools and works with the VCH medical team to support practical approaches to managing the effects of heavy technology use on young people's sleep, physical activity and social-emotional development.

Tickets: \$10 each

SESSION #2 RAISING THINKERS IN THE AGE OF ARTIFICIAL INTELLIGENCE (AI)

Thursday, January 28, 2027 at 6:30 pm in the Kay Meek Main Theatre

Raising Thinkers in an Age of AI explores how artificial intelligence is changing the way children learn, create, and solve problems. Learn about opportunities and risks, practical strategies to support learning at home, and confidence in nurturing the critical thinking, creativity, and resilience that matter most for their child's future.

Featuring Future Design School Presenters

Tickets: \$20 each

SESSION #3 NAVIGATING SOCIAL MEDIA, GAMING AND ONLINE LIFE

Wednesday, April 14, 2027 at 6:30 pm in the Kay Meek Studio Theatre

From social media to online gaming, today's digital world presents both opportunities and challenges. Explore ways to support positive online behaviour, healthy relationships, responsible decision-making, and digital citizenship.

Featuring members of the West Vancouver Police Department, together with West Vancouver Schools educational leaders.

Tickets: \$10 each



**TICKETS CAN BE PURCHASED THROUGH YOUR
SCHOOL CASH ONLINE ACCOUNT**