



# Parent Workshop:

## Keys to Building a Tech Healthy Household



February 4<sup>th</sup>, 2026

6:30-8 PM

ORLA Commons

## What to expect

An engaging 60 minute presentation + 30 minutes Q&A



### TECH ADDICTION

Why it happens and how it can be overcome



### HOW TO DISCUSS SCREEN TIME

Conversations with kids (without eye rolling)



### PRACTICAL TIPS

Maintain balanced relationships with tech

All attendees will receive actionable take home resources and dinner table discussion guides

## Hosted by Dino Ambrosi

Founder of Project Reboot

<https://projectreboot.school>



Dino Ambrosi is a digital wellness presenter on a mission to help students build healthy relationships with technology. After years of struggling with his own unhealthy tech use, he created a course that helped 100+ UC Berkeley students reduce their screen time by an average of 3.5 hours per day. In 2022, he launched Project Reboot. He has since spoken to over 30,000 students and parents around the world, released a TEDx talk "The Battle for Your Time," with over 2 million views, and created an online tech addiction support group with members on six continents.