

**FOR IMMEDIATE RELEASE**

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**Free “Save My Family” Digital Safety Event Coming to Minico High School**

**SOUTH CENTRAL IDAHO** – To address growing concerns surrounding children’s mental health and digital safety, Minico High School will host a “Save My Family” digital safety event with local and national experts on Monday, January 26, 2026 from 6:00 p.m. to 8:00 p.m. This free, community-focused event is designed to provide parents, educators, and caring adults with the essential tools and resources needed to navigate the complexities of child development in the modern digital era.

The event aims to empower parents to protect their children from the major forces currently impacting their psychological, emotional, and physical well-being. Attendees will gain insights into critical topics, including the impact of screen time on neurological development, social media safety, and rising rates of anxiety and depression among youth. The dangers of opioid use and overdose prevention will also be addressed.

Children and teens face significant challenges because of widespread access to technology, including cyberbullying, the encouragement of self-harm, and potential exposure to grooming and exploitation.

"There is so much that parents don't know," said Melanie Lucas, Minidoka School Nurse. "The Save My Family event is geared to provide parents and other caring adults with the tools, insights, and resources to enable them to understand the major forces impacting their kids."

**Event Details**

- Save My Family: Digital Media, Your Child’s Mental Health, Development, and Well-Being
- Monday, January 26, 6 p.m. – 8 p.m. | Minico High School, 292 West 100 South, Rupert, Idaho 83350
- Recommended for parents and children 11 years of age and older. **Due to sensitive topic matters, the event is not suitable for young children.**

For more information about Save My Family, go to [committingto16.org](https://committingto16.org).

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