



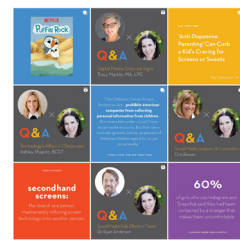
# Event Followup

Thank you for attending our DopaMind event! Below is a recap of key information along with resources to help empower you and your family to create a healthy relationship with technology. Underlined text is hyperlinked for quick and easy reference:



Our [pilot video](#) for kids explains the basics of dopamine, how the reward center works in the brain, and how dopamine surges and dips can affect mood. It also explains how video games feed dopamine and what to do if you have a big feeling. Illustrated by DopaMind co-founder and award-winning children's book author Bethany Barton and narrated by Emmy Award-winning actor and former *Glee* star Darren Criss!

Our [Instagram](#) is a great resource for parent-geared content including tips, expert interviews, current articles, research, and more. It's designed to deliver information in bite-sized pieces for parents and teachers that don't have a lot of time. It includes many of the topics and principles covered in the presentation and more. Shorter clips of our expert Q&A interviews are also on [TikTok](#).



If you are ready to go more in-depth, our podcast can be found on [Spotify](#) or [YouTube](#). The podcast explores the relationship between technology and mental health and contains interviews with DopaMind contributing experts including digital wellness educators, family therapists, doctors of psychology, education therapists, and best-selling authors in relevant fields.

## HOW YOU CAN HELP OUR MISSION TO BRING DIGITAL WELLNESS TO ALL KIDS



### GIVE YOUR FEEDBACK

We need data to measure success for scaling. It takes only two minutes to fill out our [anonymous feedback form](#).



### MAKE A CONTRIBUTION

If DopaMind content has helped you or your family, please make a [tax-deductible individual contribution](#).



### INTRODUCE US

Be a parent connector! Send an introduction email to your school or office recommending our [programs](#).



### STAY CONNECTED

Follow and engage with our social pages [@dopamindkids](#) and join our monthly newsletter from our [website](#) footer.

Have a specific question we didn't get to or want to connect us with your school or office? Email us at [dopamindkids@gmail.com](mailto:dopamindkids@gmail.com).