edrc Presents: Ask the Experts

Jennifer Berger

Wed, Dec. 2, 2026
4PM - 5PM PST

Helping Teens Navigate Social Media

Jennifer Berger has been a media literacy educator for 20 years. She has helped more than 10,000 pre-teens and teens learn to question the messages they receive through media, with measurable improvements in mental health and self-esteem.

Jennifer is the founder and executive director of **Ready Set Screen**, a San Francisco-based nonprofit that helps families build healthy digital habits and prepare young people to navigate an increasingly online world. Its flagship program, The Social Media Driver's License, gives children and teens practical skills for using smartphones and social media, while also giving parents tools to guide them. **Learn more at socialmediadriverslicense.org.**

Ready Set Screen

Ready Set Screen is studying the program's impact and is offering families $25–$50 for completing the program and sharing feedback. Interested families can contact them through the Contact Us page on the Ready Set Screen website.

Follow **@readysetscreen** on TikTok, YouTube, Instagram, Pinterest, and LinkedIn for more media literacy resources.

SCAN OR CLICK TO REGISTER

ZOOM EVENT



Send your questions to Olivia (olivia@edrcsv.org) by November 30, 2026.

Ready Set Screen

edrc Eating Disorders Resource Center

Santa Clara Family Health Plan