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## CCUSD Takes On Cyberbullying

April 29, 2015 by [Kathryn M. Miller](#) [Leave a Comment](#)

Two elementary schools in the **Cave Creek Unified School District** are leading the way with proactive prevention seminars presented to 200 plus fifth and sixth grade students on social media safety. The program will be presented by a Scottsdale psychologist and Cave Creek parent, **Dr. Lisa Strohmman**, as a follow-up to the outreach education provided to the parents earlier this year.

The seminar will address issues including cyberbullying, and what is deemed to be appropriate and inappropriate online content, and take place Friday, May 1, at **Black Mountain Elementary School** (9:30-11:30am) and **Lone Mountain Elementary School** (2-3pm).

Dr. Strohmman is the founder and director of the **Technology Wellness Center**, one of the first organizations to address the global issue of technology addiction and overuse. As a licensed clinical psychologist, Dr. Strohmman has spent more than a decade working with individual, family and adolescent clients struggling with issues including depression, anxiety and addiction.

Recognizing the growing challenges parents now face with their children, and the increasing issues her young patients are dealing with due to our growing dependency on technology, inspired Dr. Strohmman to launch the Technology Wellness Center, which she co-founded with **Dr. Melissa Westendorf JD, PhD** in 2014.

In addition to establishing the Technology Wellness Center, Dr. Strohmman and Dr. Westendorf developed an assessment test (TUC) to help parents identify if their child is at risk from technology overuse. The two have also co-authored a book, *Unplugged: What everyone needs to about raising kids in a technology addicted world*. The book is scheduled to be published in 2015.

Learn more at [www.technologywellnesscenter.com](http://www.technologywellnesscenter.com) or [www.ccusd93.org](http://www.ccusd93.org).

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