



Healthy Digital Habits

Research suggests that today's kids are spending a significant amount of time online: the average 8-12-year-old clocking between 19 hours/week and teenagers spending upwards of 33 hours/week with digital devices.

If devices are used incorrectly, or excessively students' technology habits can pose serious threats to their health, learning and wellbeing.

Emerging research evidence indicates that students' digital habits are compromising their physical health. For example, there are concerns that students' vision (increasing rates of myopia), hearing (noise-induced hearing loss because of headphones), musculoskeletal development (such as tech-neck), could be caused by unhealthy screen habits. Research also suggests that students' social-emotional wellbeing and attention spans are also being shaped by their digital habits. It's therefore vital that our kids adopt healthy digital habits to ensure that their time online isn't interfering with their health.

In this practical workshop Dr Kristy explores:

// **physical risks**- students will discover how incorrect or excessive use of screens can adversely impact their sleep, physical activity levels, vision, hearing, posture and even pedestrian and driver safety (if this is age-appropriate to discuss) and will learn simple strategies to use devices so their physical health isn't hampered (because digital amputation *isn't* a long-term solution)

// **social-emotional risks**- students will learn about cyber-bullying (what it is, the legal consequences and how to cope and report it), how social media and phones are impacting on students' mental health and social skills;

// **attention spans**- students will discover the cognitive costs associated with multi-tasking and why managing their attention is *the* most essential skill they can develop in 21st Century. Students will develop a repertoire of simple strategies that will help them manage their attention spans (including mindfulness, diaphragmatic breathing, Pomodoro techniques & tech-breaks).



Dr Kristy Goodwin is a digital wellness expert, speaker and researcher. She helps students make informed choices about their digital habits, to ensure that their health and wellbeing aren't compromised. She delivers a practical, 60-minute student workshop that explicitly details how digital devices can be used in healthy & helpful ways...equipping kids with essential ideas and strategies to ensure that they develop lifelong, healthy technology habits.

Workshop Details:

Suitable for: students from Years 5- 10

Fee: \$1200 +GST /1-hour workshop

\$2200 +GST for 2 x 1-hour workshops

Basic School Package- \$3200 + GST includes your choice of TWO of the following services: 2 x 1-hour student workshops; OR 1 x 1.5-2 hour staff professional learning session; OR 1 x 1.5-2 hour parent seminar (on same day).

Advanced School Package- \$4200 + GST includes (i) 1 x 60 minute student workshop, (ii) 1 x 1.5-2 hour staff professional learning session and (iii) 1 x 1.5-2 hour parent seminar (on the same day).

Comprehensive School Package- \$5200 +GST for 3 x 1-hour student workshops, 1 x 1.5-2 hour staff professional learning session, 1 x 1.5-2 hour parent seminar (on same day).