



# *Raising Screenagers in the Digital Age*

## ESSENTIAL & PRACTICAL INFORMATION FOR PARENTS OF TEENS

Are you confused and concerned about raising a screen-obsessed teenager? Worried that they've developed an unhealthy digital dependence? You're not alone. One of the biggest worries facing modern parents and sources of conflict in homes is screen-time.

As modern parents we've been faced with the enormous task of raising teens in a digital world, where they often spend more time with pixels than with people. Teens who are spending countless hours on social media, gaming devices and other online activities.

As parents, we're bamboozled by the often conflicting information and advice about how technology is impacting on teens' health, learning and wellbeing. Whether we love it or loathe it, technology is here to stay. So digitally amputating your teen is NOT the solution. Instead, we have to teach our teens how to use screens in healthy and helpful ways.

***We need to plan, not ban technology with our teens. We need to show them how to be masters of the media and not slaves to the screen!***

Digital wellness researcher, speaker and author (and mum!) Dr Kristy Goodwin helps parent and professionals find the best ways to use technology to support, not stifle kids' health, learning and development. She arms parents with facts, not fears, about what today's kids (0-18 years) *really* need to thrive online *and* offline in a digital world.

*In this practical seminar Dr Kristy arms parents with:*

// Guidance about **screen-time** recommendations and tips for managing screens at home (so screen-time doesn't end in scream time!)

// Facts, not fears, about how technology is **impacting teens' sleep, relationships, physical activity levels and attention spans** (and how we can use it to promote their development, health and wellbeing)

// An understanding of the impact and risks of **social media, pornography and cyber-bullying** and simple ideas to manage the risks at home...without having to ban devices!

// Simple ideas about how families can **establish healthy technology habits** at home (to protect your teens' sleep habits, vision, hearing, posture and attention spans).

// Solutions to your '**digital dilemmas**'. There will be opportunity to ask Dr Kristy your pressing questions and concerns about your child's technology habits.



**Dr Kristy Goodwin** is a leading digital wellness researcher, speaker and author (and mum!). She helps parents ditch the techno-guilt and raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising kids & teens in the digital age by translating the latest research into practical and digestible information, tips, and tricks for parents so that they can feel confident and assured that their child can use technology without fretting about its impact...and without banning their phone or suggesting you unplug the TV!

### *Seminar Details:*

**Suitable for:** parents of children aged 12-16 years.

**Duration:** Two hours (including Q and A)

**Maximum numbers:** Schools are welcome to invite parents from other local schools. There are no maximum numbers for parent seminars. There's an option to host or sponsor an event.