



Raising Boys in a Digital World

ESSENTIAL INFORMATION FOR PARENTS OF BOYS

Boys are spending more and more time plugged into digital devices and their digital habits are impacting their health, wellbeing, learning and development! If used excessively or inappropriately, digital devices can negatively impact our boys. Equally, if used in developmentally-appropriate ways, for healthy amounts of time, technology can be a great tool for learning (& leisure).

There are not only gender differences in *what* technologies boys and girls use, but also in *how* they use technology and the *impact* on their physical health and emotional wellbeing.

Many parents feel confused about boys' digital habits and are concerned about video games, access to pornography, violent or inappropriate content, addiction concerns and aggressive, frustrated post-screen behaviour.

In this practical parent seminar Dr Kristy arms parents with:

// Guidance about **how much** screen-time is healthy and simple tips for managing screens at home (so screen-time doesn't always end in scream time for your son);

// Reasons why screens captivate our boys and can hijack their **attention** (there's a neuroscientific reason) and simple strategies to prevent techno-tantrums;

// Facts, not fears, about how technology is **changing** the ways boys **learn** and **develop** (including their sleep, attention spans and relationships, physical health and development);

// Essential information about the impact of boys' viewing **pornography** and **violent content** on their wellbeing; and

//Crucial **cyber-safety tips** that families must explore to help keep our boys healthy and safe;

// Practical ideas about how families can use technology in **healthy and helpful ways at home** (so you can ditch the guilt and guesswork for good!).

// Practical ideas about **healthy media habits** (to protect your son's 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 children's technology and development expert (& mum to two boys who's endured her sons' techno-tantrums!). She takes the guesswork and guilt out of raising kids 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 they're raising healthy, happy and balanced kids in the digital age... without telling you to ban the iPad or unplug the TV.

Parent Seminar:

Suitable for: parents of boys aged 3-12 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.